

Culinary Theory & Practice I

Course Title	Culinary Theory & Practice I								
Course Code	THOM – 102								
Course Type	This course serves as both Elective and Requirement, according to the program.								
	<table border="1"> <tr> <td>Hospitality Diploma/Bachelor</td> <td>Requirement</td> </tr> <tr> <td>All Programs</td> <td>General Elective</td> </tr> </table>		Hospitality Diploma/Bachelor	Requirement	All Programs	General Elective			
Hospitality Diploma/Bachelor	Requirement								
All Programs	General Elective								
Level	Bachelor (1 st Cycle)								
Year / Semester	Year 1, B' Semester								
Teacher's Name	Dimitris Kouklos								
ECTS	6	Lectures / week	3	Laboratories / week					
Course Purpose and Objectives	Introduce students to food & beverage operations through fundamental food composition and properties, food products and preparation, and food safety. Students will prepare recipes, menus, and production schedules.								
Learning Outcomes	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> 1. Understand basic food composition and properties. 2. Investigate the methodology of cookery and service. 3. Examine F&B operations and good practice to avoid health and safety hazards. 4. Define the structure and organization of a restaurant and banquet kitchen. 5. Plan and effectively produce menus, recipes and production schedules. 								
Prerequisites	None		Required						

Course Content	<p>Introductory course related to food preparation and service theory. Comprising demonstrations of practical aspects of food handling with practice of some fundamental skills required in food preparation and service.</p> <ol style="list-style-type: none"> 1. The structure and organization of a restaurant and banquet kitchen. 2. The equipment necessary in food production and maintenance. 3. Methods and techniques of cookery and service. 4. Laboratory exercises of theories taught in class. 5. Beverages 6. Fish 7. Dry goods 8. Fruits and Vegetables 9. Poultry 10. Meat 11. Bakery 12. Pastry 								
Teaching Methodology	The course is delivered through lectures, demonstrations, presentations and discussions.								
Mode of delivery	Face to face.								
Bibliography	Required								
	<ol style="list-style-type: none"> 1. The Culinary Institute of America (2008). <i>Professional Chef</i> (8th ed.). John Willey & Sons. 								
	Recommended								
	<ol style="list-style-type: none"> 1. Foskett, D., Campbell, J., Ceserani V., Paskins P., (2009)., <i>Practical Cookery: Foundation Student Book Level 1</i>, Hodder education. 2. Ceserani V., Foskett D., & Campbell J., (2008), <i>Practical Cookery</i>, (11th ed.), Oxford University Press. 3. Labensky S. & Hause A., (2006), <i>On-cooking</i>, (4th ed.), Upper Saddle River, New Jersey. 4. Kinton, R., Ceserani, V., (2007) <i>The Theory of Catering</i>, (11th ed.), Trans-Atlantic Publications. 								
Assessment	<p>The following assessment methods are employed to assess this course:</p> <table border="1" data-bbox="549 1693 1401 1951"> <tr> <td>30 – 50 %</td> <td>Final Exam</td> </tr> <tr> <td>20 – 40 %</td> <td>Mid –Term / Tests / Quizzes</td> </tr> <tr> <td>10 – 30 %</td> <td>Assignments / Projects</td> </tr> <tr> <td>0 – 10 %</td> <td>Class Attendance & Participation</td> </tr> </table>	30 – 50 %	Final Exam	20 – 40 %	Mid –Term / Tests / Quizzes	10 – 30 %	Assignments / Projects	0 – 10 %	Class Attendance & Participation
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Language	English								

