

## Modern European & Cypriot Cuisine

<b>Course Title</b>	Modern European & Cypriot Cuisine				
<b>Course Code</b>	TCUA-202				
<b>Course Type</b>	This course serves as both Elective and Requirement, according to the program.				
	Culinary Diploma/Higher Diploma		Requirement		
	All Programs		General Elective		
<b>Level</b>	Diploma (Short Cycle)				
<b>Year / Semester</b>	Year 2, A' Semester				
<b>Teacher's Name</b>	Marinos Kyriakou				
<b>ECTS</b>	6	<b>Lectures / week</b>		<b>Laboratories / week</b>	5
<b>Course Purpose and Objectives</b>	This course covers European cuisine and exposes the student to culture, history, diversity in foods, and flavour profiles from around the world with special reference to the Cyprus cuisine.				
<b>Learning Outcomes</b>	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the influences and the cultural history on the foods and cuisine of the various countries.</li> <li>2. Identify factors that influence eating patterns in a country with special reference in Cyprus.</li> <li>3. Examine foods that are made in various parts of the world and differentiate among the varying cuisines of the world.</li> <li>4. Demonstrate the various methods of cooking in the international cuisine.</li> <li>5. Plan and prepare meals from the international cuisine, using various methods of cooking.</li> <li>6. Demonstrate knowledge of Cyprus cuisine terms and menu construction and obtain skills in Cyprus food preparation (appetizers, main courses and desserts).</li> </ol>				
<b>Prerequisites</b>	TCUA – 100 Introduction to Gastronomy & Culinary Theory			<b>Required</b>	

<b>Course Content</b>	<ol style="list-style-type: none"> <li>1. Cuisine and foods of Cyprus and Europe.</li> <li>2. Preparing buffet displays covering food and pastry items of the European Cuisine. Appetizers, main courses and desserts and buffet preparations.</li> <li>3. Cooking methods. Different spices and herbs that are recognized as the major representative of each country's cuisine.</li> <li>4. Cyprus famous recipes and preparation, Cyprus tavern meze preparation, Buffet of Cyprus cuisine. Appetizers, main courses and desserts and buffet preparations.</li> <li>5. International food preparation, distinct ingredients, cooking and preservative techniques.</li> <li>6. Culture and food habits, nutrition and dietary guidelines. Using dietary guidelines when planning and preparing foods.</li> <li>7. Menu applications: quantity food techniques, food production procedures, food, desserts and bakery ingredients, identifying and categorizing ingredients, standards and procedures of measuring and weighing.</li> <li>8. Food preparation, using standard recipe procedures properly, using correct techniques to produce consistent products, using correct computations to adjust recipes, preparing and decorating bakery items, preparing a variety of food items (pasta, fruits, vegetables, dairy-based products, soups, salads, meat, poultry, seafood, sandwiches, and beverages).</li> <li>9. Cost effective food production, estimating food and beverage cost, estimating labour and other costs.</li> </ol>
<b>Teaching Methodology</b>	<p>The course is delivered through lectures, demonstrations, and kitchen practice.</p>
<b>Mode of delivery</b>	<p>Face to face.</p>
<b>Bibliography</b>	<p><b>Required</b></p> <ol style="list-style-type: none"> <li>1. Kenehan, K., European cuisine: The best food in Europe, R&amp;R publication, 2005.</li> <li>2. The International Culinary Schools at The Art Institutes, International Cuisine, Wiley, 2008.</li> <li>3. Mourtzis M, Kopiaste, The Cookbook of traditional Cyprus food, K.P Kyriakou Books &amp; Stationery Ltd, 1995.</li> </ol> <p><b>Recommended</b></p> <ol style="list-style-type: none"> <li>1. The Culinary Institute of America, Professional Chef, 8th ed., John Willey &amp; Sons, 2008.</li> <li>2. Kitchen, L., The Butcher, Murdoch Books, 2008.</li> <li>3. Foskett, D., Campbell, J., Ceserani V., Paskins P., Practical Cookery: Foundation Student Book Level 1, Hodder Education, 2009.</li> <li>4. Labensky S. and Hause A., On-cooking, 4th ed., Upper Saddle River, New Jersey, 2006.</li> <li>5. Kinton, R., Ceserani, V., The Theory of Catering, 11th ed., Trans-Atlantic Publications, 2007.</li> <li>6. Johnson &amp; Wales University, Culinary Fundamentals, Kendall/Hunt, 2003.</li> </ol>

<b>Assessment</b>	The following assessment methods are employed to assess this course: <table border="1" data-bbox="517 255 1369 512"><tr><td data-bbox="517 255 943 322">30 – 50 %</td><td data-bbox="943 255 1369 322">Final Exam</td></tr><tr><td data-bbox="517 322 943 389">20 – 40 %</td><td data-bbox="943 322 1369 389">Mid –Term / Tests / Quizzes</td></tr><tr><td data-bbox="517 389 943 456">10 – 30 %</td><td data-bbox="943 389 1369 456">Assignments / Projects</td></tr><tr><td data-bbox="517 456 943 512">0 – 10 %</td><td data-bbox="943 456 1369 512">Class Attendance &amp; 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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<b>Language</b>	English								