

<b>Course Title</b>	Introduction to Gastronomy & Culinary Theory				
<b>Course Code</b>	TCUA-100				
<b>Course Type</b>	This course serves as both Elective and Requirement, according to the program.				
	Culinary Diploma/Hospitality Diploma		Requirement		
	All Programs		General Elective		
<b>Level</b>	Diploma (Short Cycle)				
<b>Year / Semester</b>	Year 1, A' Semester				
<b>Teacher's Name</b>	Dimitris Kouklos				
<b>ECTS</b>	6	<b>Lectures / week</b>	3	<b>Laboratories / week</b>	
<b>Course Purpose and Objectives</b>	<p>The course exposes the students to the history and the development of national and international cuisines, gastronomy and the tasting profiles around the world. Through the course, students will gain an understanding of the revolution, development and progress of the profession. As a foundation for developing professional competencies, students will learn about tools, equipment, basic cooking procedures, recipe structure, recipe use and basic kitchen sanitation and safety procedures. Emphasis is given to the structure and history of each group food, in order students to be ready to understand the different methods of cooking.</p> <p>Students are expected to:</p> <ul style="list-style-type: none"> <li>• Explore national and international cuisine and gastronomy</li> <li>• Understand different tasting profiles and their importance in menu planning</li> <li>• Develop food production and service related professional knowledge and competencies</li> </ul>				

<b>Learning Outcomes</b>	<p>Upon completion of this course students will be able to:</p> <ol style="list-style-type: none"> <li>1. Define the history and development of national and international cuisines.</li> <li>2. Recognize the dangers of working in a professional kitchen environment and explain procedures to avoid them.</li> <li>3. Develop a sense of professional responsibility to the public health by recognizing and practicing common sanitary procedures needed to prevent food borne illness.</li> <li>4. Become familiar with the tools, equipment, and layout of the kitchen laboratory as a main back of the house support function in catering industry.</li> <li>5. Demonstrate a clear understanding of all the cooking methods and basic food qualities and standards</li> </ol>		
<b>Prerequisites</b>	None	<b>Required</b>	
<b>Course Content</b>	<ol style="list-style-type: none"> <li>1. Historical review of the national and international cuisine development (Stone Age, Neolithic Revolution, Ancient Egypt, Greece and Roman Civilizations, Middle Ages, Modern Cuisine, Nouvelle Cuisine, American Cookery).</li> <li>2. Tasting Profiles, Food Culture and eating habits.</li> <li>3. Introduction to cooking, Cooking- nutrition and healthy eating.</li> <li>4. Kitchen departments, their usage and planning, Kitchen equipment, mechanical and small ware utensils, Energy sources - use, function and safety, Fire protection, kitchen accidents.</li> <li>5. The working environment, Kitchen personnel, hierarchy (kitchen brigade), personnel duties, organization, staff scheduling, Qualifications, duties and responsibilities, Personal hygiene, basic knowledge for kitchen accidents.</li> <li>6. Professional and hygienic appearance / Food hygiene and kitchen hygiene regulations, HACCP.</li> <li>7. Importance of Personal Skills to Work, Personal, and Family Life.</li> <li>8. Positive Attitude, Self-confidence, Honesty and Integrity, Self-discipline, Interpersonal Skills that Enhance Working Relationships, Working Cooperatively, Communicating Effectively, Sharing Responsibilities, Exercising Leadership, Communication Skills, Getting and Keeping a Job, Interacting with Customers and Employees.</li> <li>9. Food storage, storage areas, cleanliness.</li> <li>10. Measurement units – use of metric systems.</li> <li>11. Cooking methods and food categories (boiling/frying/grilling/roasting/baking/roasting/stewing/braising/potroasting/paper bag).</li> <li>12. Gastronomic philosophy, gastronomy and society, gastronomy and civilization, fount of gastronomy, apex of the hospitality industry, genesis of grand cuisine, history of early European gastronomy, medieval and renaissance cuisine, fathers of European gastronomy (Escofier, Careme, Point), nouvelle cuisine, harmonious food and wine, changing nature of dinning, influences on cuisines, modern European gastronomy and developments, gastronomy in 21st century.</li> </ol>		

<b>Teaching Methodology</b>	The course is delivered through lectures, demonstrations and kitchen practice.								
<b>Mode of delivery</b>	Face to face.								
<b>Bibliography</b>	<b>Required</b>								
	1. Practical Cookery, 14th ed. John Campbell, David Foskett, 2019								
	<b>Recommended</b>								
	1. Professional Cooking, 9th Edition, Wayne Gisslen, 2019. 2. Gillespie, C. (2012). European Gastronomy into the 21 <sup>st</sup> Century. NY: Routledge.								
<b>Assessment</b>	The following assessment methods are employed to assess this course: <table border="1" style="margin-left: 40px;"> <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 &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								