

Course Title	Introduction to Gastronomy & Culinary Theory			
Course Code	TCUA-100			
Course Type	This course serves as both Elective and Requirement, according to the program.			
	Culinary Diploma/Hospitality Diploma		Requirement	
	All Programs		General Elective	
Level	Diploma (Short Cycle)			
Year / Semester	Year 1, A' Semester			
Teacher's Name	Dimitris Kashiouris			
ECTS	6	Lectures / week	3	Laboratories / week
Course Purpose and Objectives	<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"> • Explore national and international cuisine and gastronomy • Understand different tasting profiles and their importance in menu planning • Develop food production and service related professional knowledge and competencies 			

Learning Outcomes	<p>Upon completion of this course students will be able to:</p> <ul style="list-style-type: none"> • Comprehend the history and development of national and international cuisines the different tasting profiles around the world. • Recognize the dangers of working in a professional kitchen environment and explain procedures to avoid them. • Develop a sense of professional responsibility to the public health by recognizing and practicing common sanitary procedures needed to prevent food borne illness. • Become familiar with the tools, equipment, cooking methods and basic food qualities and standards and layout of the kitchen laboratory as a main back of the house support function in catering industry. 		
Prerequisites	None	Required	
Course Content	<p>Historical review of the national and international cuisine development. Gastronomic philosophy, gastronomy and society, gastronomy and civilization, 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 the 21st century. Tasting Profiles, food Culture and eating habits. Historical review of the food service industry Introduction to cooking, cooking - nutrition and healthy eating. Kitchen departments, their usage and planning, kitchen equipment, mechanical and small ware utensils, energy sources - use, function and safety, fire protection. Importance of personal skills to work, personal, and family life. Methods of cookery / Food storage, storage areas, cleanliness /Measurement units – use of metric systems. Food categories</p>		
Teaching Methodology	The course is delivered through lectures, demonstrations and kitchen practice.		
Mode of delivery	Face to face.		
Bibliography	Required Labensky, S.R., Hause, A.M. & Martel, P.A. (2022) On Cooking: A Textbook for Culinary Fundamentals (6 th ed.) Global Education, Pearson.		

	Recommended								
	Foskett, D., Paskins, P. Rippington, N. & Thorpe, S. (2023) Practical Cookery (15 th ed.) Hodder Education								
Assessment	<p>The following assessment methods are employed to assess this course:</p> <table border="1" data-bbox="480 483 1331 752" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">30 – 50 %</td> <td style="text-align: center;">Final Exam</td> </tr> <tr> <td style="text-align: center;">20 – 40 %</td> <td style="text-align: center;">Mid –Term / Tests / Quizzes</td> </tr> <tr> <td style="text-align: center;">10 – 30 %</td> <td style="text-align: center;">Assignments / Projects</td> </tr> <tr> <td style="text-align: center;">0 – 10 %</td> <td style="text-align: center;">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								