

Course Title	Meat & Fish Preparation								
Course Code	TCUA-200								
Course Type	This course serves as both Elective and Requirement, according to the program. <div><table><tr><td>Culinary Diploma</td><td>Requirement</td></tr><tr><td>All Programs</td><td>General Elective</td></tr></table></div>					Culinary Diploma	Requirement	All Programs	General Elective
Culinary Diploma	Requirement								
All Programs	General Elective								
Level	Diploma (Short Cycle)								
Year / Semester	Year 2, A' Semester								
Teacher's Name	Dimitris Kashouris								
ECTS	5	Lectures / week		Laboratories / week	4				
Course Purpose and Objectives	This course serves as a basis for learning more advanced food preparation techniques. The student learns the science of scratch cookery through small batch assignments. Areas of study include meats, poultry, game, shellfish, and fish. Extensive practice is provided for preparation, presentation and garnishing of food. Students will be able to understand the quality points of choosing fish and poultry and be able to identify the hygienic methods of receiving and storage of meat, fish, poultry and game based on HACCP rules.								
Learning Outcomes	Upon completion of this course students will be able to: <div><div><div>1.</div><div>Identify market forms, characteristics, and quality indicators of poultry, seafood, beef, veal, pork and lamb.</div></div><div><div>2.</div><div>Define and identify a variety of beef, veal, pork and lamb, standards of quality and recognize cooking characteristics, cuts and cooking methods.</div></div><div><div>3.</div><div>Distinguish the variety of poultry and game standards of quality and recognize their cooking characteristics, cuts and cooking methods.</div></div><div><div>4.</div><div>Distinguish a variety of seafood and fishes, standards of quality and recognize cooking characteristics and cooking methods for seafood and fishes</div></div><div><div>5.</div><div>Identify the different parts and cuttings of lamb, pork, beef, poultry, game and their best cooking method preparations.</div></div><div><div>6.</div><div>Estimate the right portion sizes and conform to HACCP rules.</div></div></div>								
Prerequisites	TCUA – 100 Introduction to Gastronomy & Culinary Theory			Required					

Course Content	<ol style="list-style-type: none"> 1. Poultry cookery preparation using a variety of cookery methods: baking, roasting, broiling, stewing, sautéing, deep-fry, poach, steam and grill. Handling and storing a variety of poultry products using HACCP methods. 2. Preparing beef, veal, lamb, beef 3. Principles of meat cookery. Meat cookery. 4. Cookery methods: baking, roasting, broiling, stewing, sautéing, deep-fry, poach, steam, and grill. 5. Handling and storing a variety of poultry products using HACCP methods. 6. Perform yield tests on a variety of meats, 7. Shellfish. Preparing a variety of shellfish by broiling, sautéing, steaming, roasting, deep frying, baking and boiling. 8. Methods of handling fresh fish and storage. 9. Fish preparation by broiling, grilling, sautéing, poaching, baking, and deep-frying. 10. Prepare a variety of game such as pheasant, pigeon, quail and rabbit. 11. International flavour profiles.
Teaching Methodology	<p>The course is delivered through lectures, demonstrations, and kitchen practice.</p>
Mode of delivery	<p>Face to face.</p>
Bibliography	Required
	<ol style="list-style-type: none"> 1. Practical Cookery, 14th ed. John Campbell, David Foskett, 2019 2. The Culinary Institute of America, Garde Manger: The Art and Craft of the Cold Kitchen, 4th ed., John Wiley & Son, 2012.
	Recommended
	<ol style="list-style-type: none"> 1. Professional Cooking, 9th Edition, Wayne Gisslen, 2019. 2. John Wiley & Sons, The Culinary Institute of America, Professional Chef, 9th ed., 2011.

Assessment	<p>The following assessment methods are employed to assess this course:</p> <table border="1"> <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	<p>English</p>								