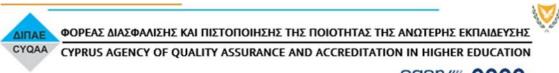|	
Course Title	Modern European & Cypriot Cuisine
Course Code	TCUA-202
Course Type	This course serves as both Elective and Requirement, according to the program. <table><tr><td>Culinary Diploma</td><td>Requirement</td></tr><tr><td>All Programs</td><td>General Elective</td></tr></table>
Level	Diploma (Short Cycle)
Year / Semester	Year 2, A' Semester
Teacher's Name	Fotis Andreou

ECTS	6	**Lectures / week**		**Laboratories / week**	5

Course Purpose and Objectives	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.
Learning Outcomes	Upon completion of this course students will be able to: 1. Understand the influences and the cultural history on the foods and cuisine of the various countries. 2. Identify factors that influence eating patterns in a country with special reference in Cyprus. 3. Examine foods that are made in various parts of the world and differentiate among the varying cuisines of the world. 4. Demonstrate the various methods of cooking in the international cuisine. 5. Plan and prepare meals from the international cuisine, using various methods of cooking. 6. Demonstrate knowledge of Cyprus cuisine terms and menu construction and obtain skills in Cyprus food preparation (appetizers, main courses and desserts).

Prerequisites	TCUA – 100 Introduction to Gastronomy & Culinary Theory	**Required**	

Course Content	1. Cuisine and foods of Cyprus and Europe. 2. Preparing buffet displays covering food and pastry items of the European Cuisine. Appetizers, main courses and desserts and buffet preparations. 3. Cooking methods. Different spices and herbs that are recognized as the major representative of each country's cuisine. 4. Cyprus famous recipes and preparation, Cyprus tavern meze preparation, Buffet of Cyprus cuisine. Appetizers, main courses and desserts and buffet preparations. 5. International food preparation, distinct ingredients, cooking and preservative techniques. 6. Culture and food habits, nutrition and dietary guidelines. Using dietary guidelines when planning and preparing foods. 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. 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). 9. Cost effective food production, estimating food and beverage cost, estimating labour and other costs.
Teaching Methodology	The course is delivered through lectures, demonstrations, and kitchen practice.
Mode of delivery	Face to face.
Bibliography	**Required** 1. BookSumo Press. European Cuisine: Authentic European Recipes in an Easy European Cookbook, 2018. 2. The International Culinary Schools at The Art Institutes, International Cuisine, Wiley, 2008. 3. Practical Cookery, 14th ed. John Campbell, David Foskett, 2019

	Recommended
	1. Mourtzis M, Kopiaste, The Cookbook of traditional Cyprus food, K.P Kyriakou Books & Stationery Ltd, 2. Professional Cooking, 9th Edition, Wayne Gisslen, 2019. 3. Le Cordon Bleu Chocolate Bible: 180 Recipes from the Famous French Culinary School, 2019 4. Le Cordon Bleu Pastry School: 101 Step-by-Step Recipes, 2018.

Assessment	The following assessment methods are employed to assess this course:
	
	  30 – 50 % — Final Exam
	  20 – 40 % — Mid –Term / Tests / Quizzes
	  10 – 30 % — Assignments / Projects
	  0 – 10 % — Class Attendance & Participation

Language	English