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| Course Title | Introduction to Culinary Arts | | | | |
| Course Code | CBPA114 | | | | |
| Course Type | Compulsory | | | | |
| Level | Higher Diploma | | | | |
| Year / Semester | 1 st Year /2 nd Semester | | | | |
| Instructor's Name | Nikolaou Aristos | | | | |
| ECTS | 4 | Lectures / week | 2 | Laboratories / week | 2 |
| Course Purpose and Objectives | <p>The main objective of the course is to familiarize students through all the methods of work used in various departments of a Hotel or Restaurant Kitchen. In addition, the course aims to make the student understand the importance of cooperation between departments in the kitchen as well as the importance of taking up initiative and being a responsible employee. The components which make up this course will give the students basic kitchen knowledge that is necessary to every hotel manager.</p> | | | | |
| Learning Outcomes | <p>Upon successful completion of this course, students are expected to:</p> <ul style="list-style-type: none"> • State the importance of the food service industry. • Identify the correct use of the standard cooking equipment, knives, hand tools and small equipment with safety • Be able to demonstrate the cooking methods and ways to present food, judge and adjust flavours. • Describe the importance of planning and organizing food production and explain the use of the knife to produce basic cuts and shapes. • Describe the importance and procedure of the white, brown, fish and vegetable stocks and the use of bouget garni, sachet, mirepoix. • Describe the classification and procedure on making clear, thick, specialty and national soups like: consommé, clear vegetable, cream, puree, bisques and chowders. • Examine and practice the general rules for cooking vegetables and the factors that influence the texture, flavour, colour and nutritional changes for vegetable dishes and salads. • Be able to analyze the structure of meat, game, chicken, fish and shellfish and the grading of meat the freshness of fish, handling and storage. • Demonstrate the different cooking methods on cooking potatoes and the characteristics, types and shapes of rice and pasta. | | | | |
| Prerequisites | None | | Co-requisites | None | |
| Course Content | Themes to be dicussed: | | | | |

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| | <ul style="list-style-type: none"> • The Food Service Industry • Sanitation and Safety in the Kitchen • Identification of Tools and Equipment • Culinary Terms • Basic Cooking Principles • The Use of Standard Recipe on a Menu • Mice en Place • Preparation of Stocks, Sauces and Soups • Cooking Meats, Game and Poultry • Cooking Fish and Shellfish • Cooking Vegetables, Potatoes and Starches • Preparation and Service of Hors' oeuvres • Salads and Dressings • Food Presentation and Service • Basic Bake Shop and Pastries |
| Teaching Methodology | Course topics are presented by a variety of teaching approaches including lectures, exercises, multimedia cases, homework case analysis, class presentations and with exercise in the cookery lab. |
| Bibliography | <p>Compulsory Reading:</p> <ul style="list-style-type: none"> • Foskett, David(2017), Practical Cookery, Hodder Education, ISBN: 9781510401846. • Gisslen, Wayne (2011), Professional Cooking, John Wiley & Sons Inc, ISBN: 978-0-470-19752-3. <p>Additional Reading:</p> <ul style="list-style-type: none"> • The Culinary Institute of America (2011), The professional chef, 9th, John Wiley & Sons, ISBN:978-0470421352. |
| Assessment | <ul style="list-style-type: none"> ▪ Class participation 10% ▪ Assignments/Tests 20% ▪ Mid-term exam 20% ▪ Final exam 50% |
| Language | English |