

Course Title	Kitchen Theory I				
Course Code	ICUL-101E				
Course Type	Compulsory				
Level	1 <sup>st</sup> Cycle				
Year / Semester	First/Fall				
Teacher's Name					
ECTS	6	Lectures / week	3	Laboratories / week	0
Course Purpose and Objectives	<p>The objectives of this lesson are to examine the historical evolution of Culinary Arts. In addition, it provides a detailed support for the organization of a kitchen, the theoretical aspects of cooking, the use and proper operation of kitchen equipment and utensils and the fundamental supervision issues. At the same time this course combines the theoretical part with a Demo (DEMO), so that students have a more complete picture of their studying field. The purpose of this lesson is also the greatest possible learning acquisition of the first and basic knowledge of the cooking art, including the concepts and terminologies concerning cooking - gastronomic art.</p>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ul style="list-style-type: none"> <li>• Understand the appropriate professional appearance in the field of food arts.</li> <li>• Recognize raw materials and products, distinguishing A' and B' quality.</li> <li>• Classify foods in the different categories.</li> <li>• Recognize machines and small appliances.</li> <li>• Know the layout and the parts of an organized kitchen.</li> <li>• Understand and observe safety and regulatory rules.</li> <li>• Know the hierarchy of an organized kitchen.</li> <li>• Understand the importance of proper use of recipes, foods and cooking methods.</li> <li>• They adhere to the rules of personal hygiene, as well as to the hygiene rules of the kitchen.</li> <li>• Understand the first recipes and how they are presented.</li> </ul>				
Prerequisites	None	Required	None		
Course Content	<p><b><u>Kitchen Organization</u></b></p> <ul style="list-style-type: none"> <li>• Cook's uniform and appearance.</li> <li>• Kitchen hierarchy and duties of every professional cook.</li> <li>• Sectors in an organized kitchen, machinery and micro-equipment consisted.</li> </ul>				

	<ul style="list-style-type: none"> <li>• Use, cleaning and maintenance of professional knives, micro-equipment and machinery.</li> <li>• Ways to operate a kitchen.</li> <li>• Personal safety &amp; hygiene.</li> <li>• Basic preparations.</li> <li>• Cooking methods.</li> <li>• Food quality, storage and cooking technology: Stocks, soups, sauces, vegetables and legumes, egg dishes, rice dishes / pasta and fruit.</li> <li>• Introduction to standardized recipes and the need for their use.</li> <li>• Catering items.</li> <li>• Teamwork.</li> <li>• Personal development</li> </ul>														
Teaching Methodology	Lectures, examples, demonstrations in amphitheatric modern labs, studies and presentations, videos and transparencies, as well as, in class assignments.														
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> <li>• <i>“The Professional Chef”</i>, The Culinary Institute of America, John Wiley &amp; Sons; 10th Revised edition</li> <li>• Instructor’s Notes</li> </ul> <p>Suggested:</p> <ul style="list-style-type: none"> <li>• <i>Practical Cookery</i>. 2019. David Foskett, Neil Rippington, Patricia Paskins, Steve Thorpe, Hodder Education. 14<sup>th</sup> Edition. ISBN-10 : 151046171X</li> <li>• <i>“Kitchen Essentials”</i>: The Complete Illustrated Reference to the Ingredients, Equipment, Terms, and Techniques Used By Le Cordon Bleu Hardcover – Houghton Mifflin Harcourt; 1 edition</li> <li>• <i>“The Theory of Hospitality and Catering”</i>, David Foskett, Patricia Paskins, Andrew Pennington, Neil Rippington, Hodder Education; 13<sup>th</sup> Revised edition</li> <li>• <i>“Basic Cookery” Daniel R. Stevenson: The Process Approach, International Edition, Stanley Thomas Ltd</i></li> </ul>														
Assessment	<ul style="list-style-type: none"> <li>• Class Participation</li> <li>• Assignments</li> <li>• Tests</li> <li>• Final Exam</li> </ul> <p>Grading Policy</p> <table border="1" data-bbox="491 1697 1182 1982"> <tr> <td>Final Examinations</td> <td>30 – 50%</td> </tr> <tr> <td>Class Tests</td> <td>15 – 30% each</td> </tr> <tr> <td>Term paper or Projects</td> <td>15 – 30%</td> </tr> <tr> <td>Mid-Term</td> <td>30 – 40%</td> </tr> <tr> <td>Homework</td> <td>0 – 20%</td> </tr> <tr> <td>Quizzes</td> <td>0 – 10%</td> </tr> <tr> <td>Class Attendance &amp; Participation</td> <td>0 – 10%</td> </tr> </table>	Final Examinations	30 – 50%	Class Tests	15 – 30% each	Term paper or Projects	15 – 30%	Mid-Term	30 – 40%	Homework	0 – 20%	Quizzes	0 – 10%	Class Attendance & Participation	0 – 10%
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Language	English
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