

Course Title	Cyprus Cuisine and Cyprus Food Culture				
Course Code	ICUL-215E				
Course Type	Compulsory				
Level	1 st Cycle				
Year / Semester	Second /Fall				
Teacher's Name					
ECTS	3	Lectures / week	0	Laboratories / week	6
Course Purpose and Objectives	<p>The aims of the course are to educate and make the students know, love and establish the traditional and creative Cypriot cuisine. The course focuses on the Cypriot national cuisine and culture of Cyprus food: meze- cold and hot dishes from fish, meat and poultry, weeds of Cyprus, Cypriot meals, and desserts. Learn also the areas of Cyprus and its well-known traditional delicacies. Traditional terminology and traditional dishes are covered as part of the curriculum. The students are given the opportunity to create new modern dishes with pure Cypriot ingredients and familiarize with the culinary heritage and culture of Cyprus</p>				
Learning Outcomes	<p>After completion of the course, students will be able to:</p> <ul style="list-style-type: none"> • Know the Cyprus cooking and pastry terminology. • Implement practices, traditional culinary preparations, and recipes from different categories of products (fish, meat, shellfish, and poultry). • Apply special methods of Cyprus cuisine preparations, traditional pastry and bakery products, and recipes from various food categories. • Make various Cypriot soups and salads. • Develop and consolidate knowledge on traditional food issues. • Survey and present studies on Cypriot traditional cuisine. • Make use of raw materials in connection to their production and preservation. 				
Prerequisites	ICUL-101E, 102E, 121E, 122E, 190E	Required	None		
Course Content	<ul style="list-style-type: none"> • Introduction to traditional Cyprus cuisine. • Familiarization and practical application with Cypriot ingredients and aromatic herbs (food, drinks used in the kitchen). • Assortment of dishes served in Cyprus cuisine. • Cold and hot dishes for appetizers. • Cypriot soups. • Pasta dishes. • Pilaf • Presentation of dairy products • Fish, meat, and poultry dishes. 				

	<ul style="list-style-type: none"> • Meals with Cypriot greens and other vegetables. • Cypriot sweets and sweet and savoury pies. • Cooking and menu presentation in a Cypriot Tavern. 														
Teaching Methodology	Lectures, examples, amphitheatric demonstrations in modern labs, studies and presentations, videos and transparencies, as well as, in class work.														
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> • Cyprus Cuisine: Middle Eastern and Mediterranean Cooking, Christina Loucas, Whitecap Books, 2021 • Lecturer's notes <p>Suggested:</p> <ul style="list-style-type: none"> • S. Lennane, «A Cyprus Cook's Calendar» • M. Mourtzis, «The Cypriots at Table» • Sitas Kopiaste, «Cyprus Food, Customs and traditions». • G. Davies, «A Taste of Cyprus, a Seasonal Look at Cypriot Cooking» 														
Assessment	<ul style="list-style-type: none"> • Class Participation • Assignments • Tests • Final Exam <p>Grading Policy</p> <table border="1"> <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 & 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														