

Course Title	Contemporary Cooking, Techniques and Trends				
Course Code	ICUL-415E				
Type of Course	Compulsory				
Level	1 st Cycle				
Year / Semester of study	Fourth / Spring				
Lecturer's Name					
ECTS	4	Lectures / week	0	Laboratories / week	6
Course Objectives	<p>This module is designed to provide the learners the opportunity to develop specialist expertise and creative ability in the area of contemporary cooking methods, techniques and trends. The aim of this course is to bring the students' attention to the existence of different culinary trends which influence the food sector. It will enable the students to compare and contrast classical and contemporary styles of food creations and redesign them with current trends within the culinary environment. Students will build on their knowledge of cookery developed in the previous years of studying. This module challenges students to explore through research and practical application features of the original dish while transforming it indicative of their own culinary style. Moreover, it will enable the students to learn and analyze their profession into more depth, hence enabling them to further develop it when the time comes. By doing this, it also aims at creating an awareness into future trends, the formulation of which will presumably require their input or participation.</p>				
Learning Outcomes	<p>Upon completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • Know how economic, cultural and social parameters create contemporary trends. • Know about the past and present food trends in the world • Create an insight into future trends. • Demonstrate proficiency in contemporary cooking methods and techniques. • Demonstrate advanced culinary skills in all roles of the contemporary kitchen. • Practice techniques of advanced food preparation while adhering to quality standards. • Modify culinary techniques to prepare and present a variety of products of the course content. • Choose appropriate cooking and presentation methods for a variety of hot and cold applications. • Understand and analyse consumer's expectation in food sector. • Evaluate the effect of modern trends on style, preparation and presentation of contemporary cuisine. 				

	<ul style="list-style-type: none"> • Creation of special menus regarding contemporary cuisine trends and compare them. 		
Pre-requisites	All courses of the 1 st , 2 nd and 3 rd year.	Co-requisites	None
Course Content	<ul style="list-style-type: none"> • Vegetarian and vegan cuisine • Gluten free cuisine • Spa cuisine • Breakfast fusion • Deconstructed cuisine • Healthy and modern street food • Contemporary ethnic buffet • Bistronomy • Flexitarian diet • Pickling/Fermentation <p>Practical training The practical training will take place in a specially designed laboratory that will complement the theoretical modules and demonstrations where necessary.</p> <p>In this program the main practical training will consist of the following:</p> <ul style="list-style-type: none"> • Explanations and laboratory program analysis. • How do students work using new cooking methods and techniques. • Setting up a menu based on the mixing of materials from different cuisines. • Practice students in groups. • Gourmet dishes with "nouvelle" character. • Control and evaluation. 		
Teaching Methodology	Lectures, examples, questions-answers, discussion, demonstrations, videos, workshops and techniques in laboratories. A variety of learning methodologies will be used to communicate and develop concepts and theories. This module will give the opportunity to students to develop expertise and creative ability in modernising the classical approach.		
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> • The Art And Craft Of The Cold Kitchen /Garde Manger Fourth Edition, The Culinary Institute Of America, John Wiley & Sons, INC., Hoboken, New 		

	<p>Jersey 2012.</p> <ul style="list-style-type: none"> • El Bulli 2005 Catalogue, Ferran Adria, Juli Soler, Albert Adria, Phaidon Press Limited 2014. • Modernist Cuisine The Art And Science Of Cooking, History And Fundamentals, Techniques And Equipment, Animals And Plants, Ingredients And Preparations, Plated Dish Recipes, Kitchen Manual, Nathan Myhrvold, Chris Young, Maxime Bilet, The Cooking Lab, LLC 2011. • The Noma Guide to Fermentation, Rene Redepi, David Zilber, Artisan 2018. • Against the Grain: Extraordinary Gluten-Free recipes Made from Real, All-Natural Ingredients: A Cookbook, Cain Nancy, Clarkson Potter, 2015. • Lecturer's notes <p>Suggested:</p> <ul style="list-style-type: none"> • Mugaritz A Natural Science Of Cooking, Andoni Luis Aduriz, Phaidon Press Limited 2012. • Eleven Madison Park The Cookbook, Daniel Humm – Will Guidara, Data Humm, Daniel. • Kinton, R and Ceserani, V. The Theory of Catering, Hodder & Stoughton • Gourmet Today, Reichl, Ruth, Houghton Mifflin Harcourt, • The Gourmet Bachelor, Chad Carns, Carns Concepts • Professional Cooking, Wayne Gisslen, John Wiley and Sons • A la Carte, Maria Villegas (Author), Benjamin Villegas (Editor), Villegas Editores • Bocuse a La Carte, Paul Bocuse, Pantheon 														
<p>Evaluation</p>	<p>Projects, tests, kitchen practices and final examination.</p> <ul style="list-style-type: none"> • Class Participation • Projects • Lab Assessment • Tests • Final Exam <p>Grading Policy</p> <table border="1" data-bbox="491 1742 1182 2018"> <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%
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%														

INTERCOLLEGE

Language	English
----------	---------