

Course Title	Kitchen Theory II				
Course Code	ICUL-102				
Course Type	Required				
Level	1 st Cycle				
Year / Semester	Spring				
Teacher's Name	George Georgiou				
ECTS	6	Lectures / week	13	Laboratories / week	0
Course Purpose and Objectives	<p>This course's objectives are to provide the students with the basic theoretical knowledge and techniques for food preparation, including terminology, and cooking technology, based on the skills and the further knowledge developed during the course ICUL 101, 121, and 113. Additionally, this course aims to reinforce the students' consolidation of the basic knowledge acquired during the previous semester and to continue with their vocational training completing important chapters of Culinary Arts.</p>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ul style="list-style-type: none"> • Know preparations from different product categories. • Perceive the impacts of fast food. • Comprehend the salad classifications and preparation techniques. • Handle raw materials in relation to their productivity and conservation, such as: Vegetables, Fish, Poultry, Pork, Beef, as well as game. • Cook raw materials in the proper temperatures indicated. • Further apply the techniques and cooking methods for all kinds of food they have been taught so far during ICUL 101, 121, and 113. 				
Prerequisites	None	Required	None		
Course Content	<ul style="list-style-type: none"> • <u>Consolidation and demonstration of original recipes.</u> • <u>Fish and shellfish</u> <ul style="list-style-type: none"> - Classification, quality, cutting and holding - Cooking methods - Execution of Recipes • <u>Poultry, pork, beef and game</u> <ul style="list-style-type: none"> - Types and quality of the different kinds - Cutting 				

	<ul style="list-style-type: none"> - Pre-cooked and convenience products - Carving and cutting - Keeping uncooked kinds - Cooking methods - Execution of recipes <ul style="list-style-type: none"> • <u>Appetizers (Hors d'oeuvres) and salads</u> <ul style="list-style-type: none"> - Introduction to salads and appetizers (Hors d' oeuvres) - Kinds of vegetables, quality, food keeping - Salad sauces – Fresh and easy - Classification of the different kinds of salads - Presentation - Preparation methods - Execution of recipes • <u>Fast food</u> <ul style="list-style-type: none"> - Implications -Convenience products - Snacks - Execution of recipes
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"> • <i>'The Chef's Book. The Culinary Institute of America'</i>. Malliaris Education. (Latest Edition) • Nikolaou, Adverta, D. (2005), <i>'The Cooking Book of Chef d Oeuvre'</i>. • Lecturer's Notes <p>Suggested:</p> <ul style="list-style-type: none"> • Daniel R. Stevenson. <i>'Basic Cookery. The Process Approach, International Edition'</i>. Stanley Thomas Ltd • <i>"The New Professional Chef"</i>, The Culinary Institute of America (Latest Edition) • Ceserani, Kinton, Foskett. Hodder & Stoughton. <i>"Practical cookery"</i> (Latest Edition) • Jenni Wright & Eric Treuille <i>'Integrated Cooking Techniques'</i>. Le Cordon Bleu (Latest Edition)
Assessment	Assignments, tests, and mid-term and final exam
Language	Greek