

Course Title	Specialized cuisine				
Course Code	ICUL-341				
Type of Course	Required				
Level	1 <sup>st</sup> Cycle				
Year / Semester of study	Third / Spring				
Lecturer's Name	Nikolas Konstantinou				
ECTS	4	Lectures / week	13	Laboratories / week	0
Course Objectives	<p>The aim of the course is to give the students the right foundation to design in the future upgraded "a la carte" and "gourmet" menus. Also the aim of the course is to integrate students into new and more sophisticated cooking methods (SOUS VIDE), new blends of kitchens and flavours (Fusion) and the Molecular Kitchen. This will be achieved through studies, presentations, practices and analysis of the general functionalities of a food business to be able to compose and execute such menus in a professional and even manner.</p> <p>Also, emphasis is placed on the correct design and costing of the dishes related to the above cuisines , cooking methods and practical applications in real working conditions. Therefore, the result will be more effective. A prerequisite for success is the combination of demonstration of practical aspects with practice in preparing and baking food.</p>				
Learning Outcomes	<p>Upon completion of the course, students are expected to:</p> <ul style="list-style-type: none"> <li>• Know the theoretical and practical knowledge in designing and costing an "a la carte" and "gourmet" menu.</li> <li>• Operate and apply new techniques and sous vide.</li> <li>• Create and mix cuisines (Fusion) for inventiveness of new flavours.</li> <li>• Understand and apply molecular kitchen techniques.</li> <li>• Prepare food with a high level of quality and craftsmanship, following hygiene rules and the right ways of presenting food, taking into account combinations of colour, flavour, temperature and baking gradient.</li> <li>• Know a high-level presentation with separate and light sauces and delicious flavours (Nouvelle).</li> <li>• Know the use of residues, food quality, nutrient differentiation and their interference in costing.</li> </ul>				
Pre-requisites	ICUL 101, 121, 113, 102, 122, 128, 201, 240, 206, 214,193, 293	Co-requisites	None		

Course Content	<p>Presentations</p> <ul style="list-style-type: none"> <li>• Understand the functionalities of each food business separately.</li> <li>• "Fusion" cuisine.</li> <li>• Molecular cuisine.</li> <li>• Nouvelle cuisine.</li> <li>• New cooking methods "sous vide" etc</li> <li>• Various types of menus and design of an "a la carte" and "gourmet" menu.</li> <li>• Presentation of the dishes.</li> <li>• Composition of new recipes involving students' nationalities of materials and quotes. Talk-corrections.</li> <li>• Careful marketing planning for "a la carte" and "gourmet" menus, including specific techniques such as Molecular cuisine techniques, once they have gained theories and demonstrations.</li> <li>• Demonstration menu by the Instructor</li> <li>• Practical student assignment.</li> </ul> <p>Practical training</p> <p>The practical training will take place in a specially designed area in the laboratory where there will be a bakery and a bakery workshop and will complement the theoretical modules and demonstrations where necessary. In this program the main practical training will consist of the following:</p> <ul style="list-style-type: none"> <li>• Explanations and laboratory program analysis.</li> <li>• How do students work using new cooking methods.</li> <li>• Presentation by a trained Chef of sous vide machines and testing by students.</li> <li>• Setting up a menu based on the mixing of materials from different cuisines.</li> <li>• Practice students in groups.</li> <li>• Gourmet dishes with "nouvelle" character.</li> <li>• Preparing quotes with applications of their new learning skills and skills.</li> <li>• Control and evaluation.</li> </ul>
Teaching Methodology	Examples, demonstrations, videos, workshops and techniques in laboratories.
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> <li>• Το βιβλίο του Chef, <i>The Culinary Institute of America, Μαλλιάρης Παιδεία (τελευταία έκδοση)</i></li> <li>• Το βιβλίο μαγειρικής της σχολής "Chef d Oeuvre, Νικολάου, Ντίνα Adverta, (τελευταία έκδοση)</li> <li>• Αρχές Σχεδίασης Μενού, Paul J. McVety and Bradley J. Ware, επιμέλεια: Αλέξανδρος Παρασκευάς, Εκδόσεις (τελευταία έκδοση)</li> </ul>

	<ul style="list-style-type: none"> <li>• Kinton, R and Ceserani, V. The Theory of Catering, Hodder &amp; Stoughton (τελευταία έκδοση)</li> <li>• Σημειώσεις καθηγητή</li> </ul> <p>Suggested:</p> <ul style="list-style-type: none"> <li>• Gourmet Today, Reichl, Ruth, Houghton Mifflin Harcourt, (τελευταία έκδοση)</li> <li>• The Gourmet Bachelor, Chad Carns, Carns Concepts; τελευταία έκδοση)</li> <li>• Professional Cooking, Wayne Gisslen, John Wiley and Sons; (τελευταία έκδοση)</li> <li>• A la Carte, Maria Villegas (Author), Benjamin Villegas (Editor), Villegas Editores (τελευταία έκδοση)</li> <li>• Boccuse a La Carte, Paul Boccuse, Pantheon; (τελευταία έκδοση)</li> </ul>
Evaluation	Projects, tests, laboratories and final examinations.
Language	Greek