

Course Syllabus

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|-------------------------|-----------------------|--------------------------------|
| Course Code | Course Title | ECTS Credits |
| HSPO-105 | The Art of Gastronomy | 4 |
| Prerequisites | Department | Semester |
| None | Hospitality | Fall |
| Type of Course | Field | Language of Instruction |
| Required | Culinary Arts | English |
| Level of Course | Lecturer(s) | Year of Study |
| Diploma | | 1 st |
| Mode of Delivery | Work Placement | Corequisites |
| Face to Face | 1 | None |

Course Objectives:

To introduce students to the world of gastronomy. Students will understand gastronomy; the science that studies the culture, development and coexistence of people with their cuisine and its ingredients.

This course will give students the “Hands on” experience needed to be a well-trained, efficient employee of any hospitality field. The student will obtain the skills for continual growth in a world of accelerating change and a competitive market. The student, upon completion of this course should have an understanding of proper food handling and storage, preparation of many foods, the proper arrangement of foods; also identify basic ingredients and production equipment.

The first part of the course introduces the students to the food and beverage service while the second part of the course incorporates the practical aspects of food production.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Develop a professional attitude and appearance, acquire professional skills and behave in a professional manner.
2. Understand the role of ingredients in gastronomy, including sourcing, selection, and preparation.
3. Develop knowledge and understanding of quality, cost, availability and to compare fresh, part-prepared, commercial and convenience products.

4. Understand the methods of cookery and in which circumstances they are used for specific foods and to be able to produce a variety of dishes suitable for various types of establishments.
5. Develop interpersonal skills, such as communication, leadership, and teamwork, through group projects and culinary competitions.
6. Know the fundamental preparations of a kitchen such as stocks, soups, sauces, eggs, pasta and rice, meat and fish categories, vegetables, potatoes.
7. Demonstrate basic knife skills as used in the professional kitchen.
8. Be introduced to the system of food safety and sanitation.
9. Be introduced to “front of the house” and “back of the house” procedures relevant to current industry standards.
10. Describe what gastronomy is.
11. Assess the evolution of gastronomy through the years.
12. Define the various types of food and beverage operations and the various types of menus used today in hospitality industry by means of class discussion and assignments.
13. Practice different service methods in food and beverage establishments.

Course Content:

1. The determinants and the development of world and European gastronomy.
2. The contributors of the development of the classical and modern cuisine from the times of Escoffier to molecular cuisine.
3. Cooking methods (boiling, poaching, deep and shallow frying, grilling, baking, roasting, stewing) and portion control techniques.
4. Procedures for selecting, cooking, handling and categorizing meat, poultry, fish, dry goods, fruits and vegetables, bakery, and pastry products.
5. Restaurant opening - room layout, setup, and decoration.
6. Structure and organization of a restaurant and banqueting facilities.
7. Service methods and procedures for food and beverages.
8. Job responsibilities and personal requirements for restaurant staff.
9. Room service procedures.
10. Events, functions, banqueting service, and outside catering.

Learning Activities and Teaching Methods:

Lectures, Examples, Demonstrations and Labs, Techniques in Labs.

Assessment Methods:

Class/Lab Participation, Assignments, Mid-Term Exam, Final Exam

Required Textbooks / Readings:

| Title | Author(s) | Publisher | Year | ISBN |
|----------------------------------|--------------|----------------|------|----------------|
| Gastronomy and Food Science | Galanakis, C | Academoc Press | 2020 | 9780128200575 |
| Handbook on Molecular Gastronomy | Kelly, A. | CRC Press | 2021 | 978-1466594784 |

Recommended Textbooks / Readings:

| Title | Author(s) | Publisher | Year | ISBN |
|--------------------|--------------|-------------------------|------|----------------|
| Taste of Molecules | Mol Life 406 | Independently published | 2020 | 979-8667981879 |
| What is Cooking | Ferran, A.. | Phaidon Press | 2020 | 978-1838661335 |