

Course Title	Kitchen Theory I				
Course Code	ICUL-101				
Course Type	Required				
Level	1 st Cycle				
Year / Semester	First/Fall				
Teacher's Name	George Georgiou				
ECTS	6	Lectures / week	13	Laboratories / week	0
Course Purpose and Objectives	<p>The objectives of this lesson are to examine the historical evolution of Culinary Arts. In addition, it provides a detailed support for the organization of a kitchen, the theoretical aspects of cooking, the use and proper operation of kitchen equipment and utensils and the fundamental supervision issues. At the same time this course combines the theoretical part with a Demo (DEMO), so that students have a more complete picture of their studying field. The purpose of this lesson is also the greatest possible learning acquisition of the first and basic knowledge of the cooking art, including the concepts and terminologies concerning cooking - gastronomic art.</p>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ul style="list-style-type: none"> • Understand the appropriate professional appearance in the field of food arts. • Recognize raw materials and products, distinguishing A' and B' quality. • Classify foods in the different categories. • Recognize machines and small appliances. • Know the layout and the parts of an organized kitchen. • Understand and observe safety and regulatory rules. • Know the hierarchy of an organized kitchen. • Understand the importance of proper use of recipes, foods and cooking methods. • They adhere to the rules of personal hygiene, as well as to the hygiene rules of the kitchen. • Understand the first recipes and how they are presented. 				
Prerequisites	None	Required	None		
Course Content	<p><u>Kitchen Organization</u></p> <ul style="list-style-type: none"> • Cook's uniform and appearance. • Kitchen hierarchy and duties of every professional cook. 				

	<ul style="list-style-type: none"> • Sectors in an organized kitchen, machinery and micro-equipment consisted. • Use, cleaning and maintenance of professional knives, micro-equipment and machinery. • Ways to operate a kitchen. • Personal safety & hygiene. • Basic preparations. • Cooking methods. • Food quality, storage and cooking technology: Stocks, soups, sauces, vegetables and legumes, egg dishes, rice dishes / pasta and fruit. • Introduction to standardized recipes and the need for their use. • Catering items. • Teamwork. • Personal development
Teaching Methodology	Lectures, examples, demonstrations in amphitheatric modern labs, studies and presentations, videos and transparencies, as well as, in class assignments.
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> • <i>“The Chef’s Book”</i>, The Culinary Institute of America, Malliaris Education (Latest Edition) • The cooking book of “Chef d Oeuvre” school, Nikolaou, Dina Adverta, (Latest Edition) • Instructor’s Notes <p>Suggested:</p> <ul style="list-style-type: none"> • <i>“Basic Cookery”</i> Daniel R. Stevenson,,: The Process Approach, International Edition, Stanley Thomas Ltd • <i>“The New Professional Chef”</i>, The Culinary Institute of America (Latest Edition) • <i>“Practical cookery”</i> Ceserani, Kinton, Foskett. Hodder & Stoughton (Latest Edition).
Assessment	Assignments, tests, and final exams.
Language	Greek