

Course Title	Kitchen Practice I				
Course Code	ICUL-121 (L)				
Course Type	Required				
Level	1 st Cycle				
Year / Semester	First/Fall				
Teacher's Name	Panayiotis Theodosiou				
ECTS	3	Lectures / week	0	Laboratories / week	13
Course Purpose and Objectives	<p>The objectives of the course focus on the effort of introducing the students in the principles and procedures of products' preparation, through demonstrations and practical courses. The course covers food preparation, production, dishes' presentation, and the principles of team work in a productive manner. A specific reference will be made on basic kinds ingredients, food and raw materials as a well as to the use of standardized recipes and their application. A further objective of this course is to integrate and teach students the notion of teamwork and its results for a successful performance and productivity.</p>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ul style="list-style-type: none"> • Identify and apply the various cooking methods. • Execute recipes with the right products. • Execute recipes and easy preparations with specific raw materials. • Work within the commercially acceptable time-frame. • Work with security and on a professional level. • Work with high standards of hygiene and cleanliness. <ul style="list-style-type: none"> • Present and decorate various dishes. • Work within a team spirit. • To properly handle professional knives, small equipment and machinery in the laboratory. • Be aware of storing ways. • Apply all the techniques presented to them by their instructors. • Understand and evaluate the outcome of their work through their lecturer's assessment having as an ultimate goal their personal improvement. 				
Prerequisites	None	Required	None		
Course Content	<p><u>Introduction to Lab Course</u></p> <p>- Students' familiarization with the lab, the machines, the knives as well as with the small kitchen equipment.</p>				

	<p>- Methods used for cooking preparation.</p> <p>- Handling the stock and getting familiar with different ingredients (fresh, dried, canned, frozen, preserved).</p> <p>- Application of standard recipes in: Basic preparations, Broths/Stocks, Sauces, Soups, Vegetables and Legumes, Potatoes, Fruits, Eggs and Breakfast Dishes Pasta and Farinaceous Products.</p>
Teaching Methodology	Labs, Samples (when and if necessary) and Explanations.
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> • <i>'The Chef's Book. The Culinary Institute of America'</i>. Malliaris Education, 2010. • 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	<p>Attendance</p> <p>Hygiene on a personal and professional level</p> <p>Team spirit during work</p> <p>Alertness during lab work (know the product to be prepared)</p> <p>Food Presentation</p> <p>Taste.</p>
Language	Greek