

Course Title	Kitchen Lab II				
Course Code	ICUL-122 (L)				
Course Type	Required				
Level	1 st Cycle				
Year / Semester	First/Spring				
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. The specific reference will be done on basic kinds and products. The instructor will guide the students to work in a teamwork effectiveness spirit, after they apply the instructions given for the standard recipes. Moreover, through time they will develop their bibliography studies, creativity, and imagination to improve themselves and become more skilful. Furthermore, the students will continue, through lab activities, to follow the original standardized recipes and the continuous standard quality of the food they will be called to prepare, during their practical course.</p>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ul style="list-style-type: none"> • Know practical preparations from different categories of products. • Execute fish, shellfish, meat, poultry, and game recipes. • Create different salads along with their dressings. • Have knowledge on issues concerning the modules taught and therefore, be able to complete their projects on topics they have been practiced into and studied. • Handle raw materials, concerning their preparation and preservation. Develop and create recipes with the relevant/appropriate ingredients and the proper cooking methods. 				
Prerequisites	ICUL-101/ 102/ 121	Required	None		
Course Content	<p>Introduction, types, methods' demonstration and preparation, ingredients, presentation, storing and handling the following kinds of food:</p> <ul style="list-style-type: none"> • Fish and shellfish • Meat and game • Poultry • Appetizers and salads • Fast food dishes 				

	<ul style="list-style-type: none"> • Terminology of each unit
Teaching Methodology	Labs, Demonstrations 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. (Latest Edition). • Nikolaou, Adverta, D. <i>The Cooking Book of Chef d Oeuvre</i>. (Latest Edition). • 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 • 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	Attendance, personal hygiene and hygiene and safety during lab work, level of teamwork accomplished, alertness during lab work (by knowing the product to be produced), food presentation, taste.
Language	Greek