

Course Title	International Cuisine I				
Course Code	ICUL-214				
Course Type	Required				
Level	1 st Cycle				
Year / Semester	Second/Spring				
Teacher's Name	Panayiotis Theodosiou				
ECTS	3	Lectures / week	0	Laboratories / week	13
Course Purpose and Objectives	<p>Students will be introduced to the techniques, ingredients and seasonings that are unique to a variety of international cuisines. Various national influences and cooking such as religious, geographical, touristic etc. will be studied along with the preparation, cooking and presentation in accordance to traditions and / or customer requirements. Timing, organization, and presentation of the dishes are highlighted. Russian, Asian (China, Japan, India) and Italian Cuisine, are included. The student is given the opportunity to increase his/her knowledge, critical thinking and practical application of his/her skills.</p>				
Learning Outcomes	<p>After completion of the course, students will be able to:</p> <ul style="list-style-type: none"> • Know the various seasonings, spices, and raw materials of international cuisines. • Know the religious and other influences affecting the different cuisines. • Understand the need for knowing and learning about each culture. • Prepare modern and traditional recipes of international cuisines. • Prepare hot and cold options of international cuisines. • Develop the various international cuisines in a comparative and culinary way. 				
Prerequisites	ICUL-101, 121, 102, 122, 128, 113, 193	Required	None		
Course Content	<p><u>Russian Cuisine</u></p> <ul style="list-style-type: none"> • Tradition, historical view, and religious influences • Russian gastronomy • Foreign influences • Cooking products • Cooking methods • Different dishes • Preference, Composition, and Cycle • Recipes 				

	<p><u>Asian Cuisine</u></p> <ul style="list-style-type: none"> • Asian seasonings, ingredients and cooking techniques • Development of organizational and cooking skills • Various dishes from China, Japan, and India • Recipes <p><u>Mediterranean Cuisine</u></p> <ul style="list-style-type: none"> • Modern and traditional local Mediterranean cuisine (Italy, Spain, Greece) • Traditional and Modern products <p>The production of varieties on the menu, presentation of dishes and contemporary cooking techniques</p> <ul style="list-style-type: none"> • Recipes
Teaching Methodology	Examples & demonstrations, techniques & labs.
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> • <i>“Practical Cookery”</i>, 13th Edition, David Foskett, Neil Rippington, Patricia Paskins, Steve Thorpe, Hodder Education • Notes of the instructor • <i>“The Professional Chef”</i>, The Culinary Institute of America, John Wiley & Sons; 9th Revised edition • <i>“Kitchen Essentials”</i>: The Complete Illustrated Reference to the Ingredients, Equipment, Terms, and Techniques Used By Le Cordon Bleu Hardcover –Houghton Mifflin Harcourt; 1 edition <p>Suggested:</p> <ul style="list-style-type: none"> • <i>“Basic Cookery: The Process Approach”</i>, D. R. Stevenson, International Edition, Stanley Thomas Ltd, • <i>“Classical Food Preparation and presentation”</i>, WKH Bode, Md Leto, Batsford Academic and Educational London • <i>“Food Preparation & Cookery”</i>, C. Finch & H. Cracknell • <i>“Cultural Foods”</i>, P. Goyan Kittler/K. P. Sucher • <i>“The complete Asian cook book”</i>, C. Solomon • <i>“Classic Indian Cookery”</i>, J. Sahni • <i>“Classic Russian Cooking”</i>, E. Molokbovets • <i>“Russian Regional Recipes”</i>, S. Ward, • <i>“Classical & Contemporary Italian Cookery for Professionals”</i>, Ellmor • <i>“A Taste of Japan”</i>, J. Ridgewell • <i>“The Modern Art of Chinese Cooking”</i>, B. Tropp • <i>“International Gastronomy”</i>, C. Finch & H. L. Cracknell, Thomson Learning.
Assessment	Assignments, labs assessment, mid-term and final exam.

Language	Greek
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