

Course Title	Menu Design and A la Carte Kitchen Service				
Course Code	ICUL-240				
Course Type	Required				
Level	1 st Cycle				
Year / Semester	Second/Spring				
Teacher's Name	George Georgiou				
ECTS	3	Lectures / week	6	Laboratories / week	7
Course Purpose and Objectives	<p>The course aims to give students sufficient theoretical knowledge and practical application to apply theories to the practical issues of planning, preparation and kitchen serving. The students will produce a variety of meal options using several cooking methods. The basic cooking ability is enhanced, and new food preparation and presentation skills are taught. It also aims to introduce students to the design process of different menus and their application by using the knowledge of costing.</p>				
Learning Outcomes	<p>Upon the completion of the course students will be able to:</p> <ul style="list-style-type: none"> • Know the process of designing an à la carte and set menu. • Recognize the different types of menus. • Distinguish materials and raw materials depending on seasonality. • Handle raw materials in relation to the production and preservation. • Compose menus for dinner events. • Prepare cooking and pastry items and prepare meals kitchen service (preparation of dishes to be served to guests). • Prepare and cite different menus depending on the case. • Distinguish and understand the serving sequence. 				
Prerequisites	ICUL101, ICUL121, ICUL 113, ICUL102, ICUL 122, ICUL 115, ICUL 116, ICUL 193	Required	None		
Course Content	<p><u>The importance of composing the menu and displaying the menu list - necessary compositional requirements</u></p> <ul style="list-style-type: none"> - Sample menus - The menu list - Necessary conditions for the menu composition - Raw materials and seasonality - Costs <p><u>Types of Food</u></p>				

	<ul style="list-style-type: none"> - General menu design guidelines - Special menu design directions - Nutritional balance <p><u>Menu design Procedures under Provisions</u></p> <ul style="list-style-type: none"> - Breakfast or meals design - Naming of culinary arts products and what they mean - Cooking and presentation - Leftovers, waste - Menu and mixture of items <p><u>Menu design Based on Time</u></p> <ul style="list-style-type: none"> - Menu design for spring, summer, autumn and winter - Design of festive menus
Teaching Methodology	Lectures, examples, amphitheatric demonstrations in modern labs, studies and presentations, videos and transparencies, as well as, in class work.
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> • Σύνθεση εδεσματολογίου, Σελεσιώτης Π. Μιχάλης, Interbooks, (τελευταία έκδοση) • Αρχές σχεδίασης μενού, McVety, Paul J., Ware, Bradley J., Εκδόσεις «ΕΛΛΗΝ» (τελευταία έκδοση) • Lecturer's manual and notes <p>Suggested:</p> <ul style="list-style-type: none"> • McVety & Ware, Fundamentals of Menu Planning. John Wiley & Sons Inc, (τελευταία έκδοση) • J. Kivela, Menu Planning for the Hospitality Industry. Hospitality Press, (τελευταία έκδοση) • The New Professional Chef. The Culinary Institute of America (τελευταία έκδοση) • D.R.Stevenson, Basic Cookery: The Process Approach, International Edition, Stanley Thomas Ltd, • Ceserani and Kinton, Fosket The Theory of Catering, (τελευταία έκδοση), • Ceserani, Kinton, Foskett Practical Cookery, (τελευταία έκδοση) • Εστιατόριο, Αρβανίτης Κώστας, εκδόσεις Προπομπός, (τελευταία έκδοση)
Assessment	Assignments, quizzes and final exam.
Language	Greek