

# Global Learning Semesters

## Course Syllabus

Course: CATR-101E Theory of Cookery I

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-101E	Theory of Cookery I	2
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	None
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Lower Division	English

### Course Description

This course reviews the historical development of Culinary Arts. In addition, it provides a thorough grounding of the organization of a kitchen facility; the theoretical aspects of cookery; use and maintenance of kitchen equipment and utensils; and fundamental supervisory issues.

### Prerequisites

None

### Topic Areas

1. Kitchen organization.
2. Types of catering establishments.
3. Team working.
4. Safety and hygiene.
5. Personal development.
6. Classification of equipment and their purpose.
7. Cleaning and maintenance of equipment and utensils.
8. Cooking methods.
9. Food quality, storage, and cooking technology of: Stocks, soups, sauces, vegetables, egg dishes, rice/pasta dishes.

### Readings and Resources

#### Required Textbook

- Ceserani, Kinton, Foskett, Practical Cookery, 9<sup>th</sup> Edition, Hodder & Stoughton, ISBN 0-340-74-941-5).
- Lecturer's notes.

#### Recommended Reading

- The New Professional Chef, The Culinary Institute of America (ISBN 0-471-28679-6).
- Daniel R. Stevenson, Basic Cookery: The Process Approach, International Edition, Stanley Thomas Ltd (ISBN: 0-7487-0421-3).