

Global Learning Semesters

Course Syllabus

Course: CATR-102E Theory of Cookery II

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-102E	Theory Of Cookery II	2
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	CATR-101E, CATR-121E
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Lower Division	English

Course Description

The course aims to provide basic theoretical knowledge and techniques of food preparation, including terminology, and cooking technology, building on the competencies that were developed in CATR-101.

Prerequisites

CATR-101E, CATR-121E

Topic Areas

Fish and shellfish

- Classification, quality, cuts and storage
- Methods of cooking

Meat, poultry, game

- Types and quality of different items
- Pre-prepared or convenience items
- Carving and cutting
- Storing of uncooked items
- Cooking Methods

Appetizers (Hors d'oeuvres) and salads

- Introduction to Salads and Appetizers (Hors d' oeuvres)
- Types of vegetables, quality, storage
- Salad dressings – fresh and convenience
- Classification of salads
- Presentation
- Preparation methods

Fast food

- Impact
- Convenience items
- Snacks

Basic menu planning

Readings and Resources

Required Textbook

- Ceserani, Kinton, Foskett, Practical Cookery, 9th 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).