

Global Learning Semesters

Course Syllabus

Course: CATR-111 Fish and Shellfish

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-111	Fish and Shellfish	1
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

Classification of fish, principles of purchase, preparation, cooking and service as appropriate for different catering establishments.

Prerequisites

None

Topic Areas

1. Introduction to Fish.
2. Performance criteria for preparing, cooking, serving and storing fish and fish dishes.
3. Types of fish.
4. Pre prepared or convenience.
5. Preparation methods, cuts of fish, storing.
6. Methods of cooking fish.
7. Cooking and presentation of fish.
8. Suitable sauces and garnishes.
9. Shellfish - type, cooking methods.
10. Shellfish dishes.
11. Main contamination. Hygiene methods of preparation, cooking and keeping.

Readings and Resources

Required Textbook

- Ceserani and Kinton, Practical Cookery, 7th edition, Hodder & Stoughton, ISBN: 0-340-52683-1.
- Daniel R. Stevenson, Basic Cookery The Process Approach, International Edition, Stanley Thomas (Publishers) Ltd, ISBN: 0-7487-0421-3.

Recommended Reading

- Kinton, Ceserani & Foskett, The Theory of Catering, 7th edition, Hodder & Stoughton, ISBN: 0-340-56303-6.

- The Science of Food - An Introduction to Food Science, Nutrition, Microbiology, 3rd Edition, P M Gaman & K B Sherrington, Pergamon Press, ISBN 0-08-036156-0