

# Global Learning Semesters

## Course Syllabus

Course: CATR-121E Practical Cookery I

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-121E	Practical Cookery I	4
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	CATR-101E
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Lower Division	English

### Course Description

Through demonstrations and practical lessons students will be introduced to food production principles, and procedures. The course covers food preparation, production, plate presentation and teamwork principles in a production setting. Specific reference will be made to basic items and commodities.

### Prerequisites

CATR-101E

### Topic Areas

Introduction, types, demonstration and preparation methods, ingredients, presentation, storage and handling of the following terms:

1. Stocks
2. Sauces
3. Soups
4. Vegetables and pulses
5. Potatoes
6. Fruits
7. Egg and breakfast dishes
8. Pasta and rice 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).