

Global Learning Semesters

Course Syllabus

Course: CATR-209E Garde-Manger

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-209E	Garde-Manger	2
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	Sophomore Standing
Department	Level of Course	Language of Instruction
Hospitality and Tourism	Lower Division	English

Course Description

Students will be able to list and prepare a wide variety of foods and demonstrate a high degree of artistic ability via demonstrations. In addition, they will develop their skills and will learn new techniques and methods of preparing cold dishes, improve on various decorating techniques, cutting techniques, for fish, meat and poultry processing. The traditional selection of appetizers suitable for Buffet operations will be explored.

Prerequisites

Sophomore Standing

Topic Areas

1. Show pieces.
2. Art of vegetable garnish.
3. Advanced preparation and presentation.
4. Meat, Poultry and Game Preparation.
5. Methods and techniques for preparing cold dishes: Vegetables, Meat, Poultry, Fish and Shellfish.
6. Production and presentation of hot and cold Meat, Poultry and Fish, and Vegetable dishes.
7. Food costing and controlling.
8. Waste Prevention.
9. Hygienic storage.

Readings and Resources

Required Textbook

- Culinary Institute of America, Garde Manger: The Art and Craft of the Cold Kitchen.
- Lecturer's Notes.

Recommended Reading

- D. R. Stevenson, Basic Cookery; The Process Approach, International Edition, Stanley Thomas Ltd., (ISBN 0-7487-0421-3).
- Denis Ruffle, The Professional Caterer Series, (ISBN 2-86871-017-4).
- Myleto & Khode, The Larder Chef Food Preparation and Presentation 3rd Ed. (ISBN 0-706-0943-5).

- C. Schmedes, The Book of Garnishing (ISBN 1-85501-625).
- J. Fuller and E. Renold, The Chef's Compendium of Professional Recipes (ISBN 0-7506-0490-5).