

Global Learning Semesters

Course Syllabus

Course: CATR-214E International Cuisine I

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
CATR-214E	International Cuisine I	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 introduced to the techniques, ingredients and spices unique to a variety of international cuisines. Various ethnic influences and cookery such as religious, geographical, tourism, etc will be studied. Preparing, cooking and presenting in accordance with traditions and/or consumer requirements. Timing, organization, and plate presentation are stressed. Russian, Asian (China, Japan, India) and Italian Cuisine are included. The student is provided with the opportunity to increase cognitive, critical thinking and practical application skills.

Prerequisites

Sophomore Standing

Topic Areas

Russian Cuisine

- Tradition, historical view and religious influences.
- Russian gastronomy.
- Foreign influences.
- Cooking products.
- Cooking methods.
- Different dishes.
- Meal composition and Cycle.
- Recipes.

Asian Cuisine

- Asian seasoning, ingredients and cooking techniques.
- Development of organizational and cooking skills.
- Various dishes from China, Japan and India.
- Recipes.

Mediterranean Cuisine

- Modern and traditional regional Mediterranean cuisines (Italy, Spain, Greece).
- Traditional and Contemporary products.
- Production of menu items, plate presentation and ways of current cooking techniques.
- Recipes.

International Buffet

- Introduction to Buffet.
- Catalogue of meals and sweets.
- Different kinds of Buffet and points for decoration.
- Presentation of International Buffet.

Readings and Resources

Required Textbook

- Ceserani Kinton Foskett, Practical Cookery, 9th Edition, Hodder & Stoughton, (ISBN 0-340-74-941-5).
- C. Finch & H. L. Cracknell, International Gastronomy (ISBN: 0582-29336-7).
- Lecturer's notes.

Recommended Reading

- The New Professional Chef. The Culinary Institute of America (ISBN 0-471-28679-6).
- D. R. Stevenson, Basic Cookery: The Process Approach, International Edition, Stanley \Thomas Ltd, (ISBN: 0-7487-0421-3).
- Classical Food Preparation and Presentation WKH Bode, Md Leto, Batsford Academic and Educational London (ISBN: 0-7134-4348-0).
- C. Finch & H. Cracknell, Food Preparation & Cookery (ISBN: 0-582-30937-9).
- Ceserani Kinton, Foskett, Advanced Practical Cookery, 2nd ed. (ISBN: 0-340-70188-9).
- P. Goyan Kittler/K. P. Sucher, Cultural Foods, (ISBN 0-534-57339-8).
- C. Solomon, The complete Asian Cookbook, (ISBN 0-948817-771).
- J. Sahni, Classic Indian Cookery (ISBN 0-898697-68-4).
- E. Molokbovets, Classic Russian Cooking.
- S. Ward, Russian Regional Recipes.
- Ellmor, Classical & Contemporary Italian Cookery For Professionals.
- J. Ridgewell, A Taste of Japan.
- B. Tropp, The Modern Art of Chinese Cooking.