

Global Learning Semesters

Course Syllabus

Course: CATR-314E International Cuisine II

Department: Hospitality and Tourism

Host Institution: Intercollege, Nicosia, Cyprus



| Course Summary | | |
|-------------------------|--------------------------|--------------------------|
| Course Code | Course Title | Recommended Credit Hours |
| CATR-314E | International Cuisine II | 2 |
| Semester Offered | Contact Hours | Prerequisites |
| Please contact us | 42-45 | Junior Standing |
| Department | Level of Course | Language of Instruction |
| Hospitality and Tourism | Upper Division | English |

Course Description

The relationship between food and culture is examined. The course explores the use of ingredients and spices unique to American, Latin American cuisine and to the Middle East. The preparation of traditional and contemporary specialties is also explored.

Research into different menu items from American Continent and Middle East and the course will give students the opportunity to add more exotic ingredients to dishes and experiment with cross-cultural cuisine. The focus of this course is on the cooking techniques of different countries. Time management, organization skills are emphasized

Prerequisites

Junior Standing

Topic Areas

American cuisine

- American regional cuisine
- Native American Cuisine
- Emigrant cultures and geographical implications
- Influences of Asia, Mexico and Scandinavia
- Ingredients and spices
- Cooking techniques (North and South)
- Recipes

Latin America

- Mexican and Caribbean regional cuisine.
- Food ingredients.
- Regional flavor principles.
- Cooking techniques
- Classic dishes/recipes

Middle East Cuisine

- Ingredients, seasoning and cooking techniques of Middle East
- Classic dishes

- Food ingredients
- Cooking techniques
- Regional flavor principles
- Recipes

European Cuisine

- Modern and traditional regional cuisines (France, Germany, England, Austria)
- Ingredients, seasoning and cooking techniques of Middle East
- Classic dishes
- Food ingredients
- Cooking techniques
- Regional flavor principles
- Recipes

Readings and Resources

Required Textbook

- Ceserani and Kinton and Foskett, 2nd Ed., Advanced Practical Cookery, (ISBN 0340701889).
- Lecturer's notes.

Recommended Reading

- J. H. Greeh, 1991, A Taste of Cuba. New York: Dutton.
- W. C. Kaufman. (Ed), 1964, Recipes from the Caribbean and Latin America New York: Dell.
- E. L. Ortiz. 1986, The Complete Book of Caribbean and Latin America New York: Dell.
- L. Wolf. 1970, Cooking of the Caribbean Islands. New York: Time-Life Books.
- J. N. Leonard. 1970, Latin American Cooking. New York: Time-life books.
- N. I. Rexach. 1985, The Hispanic American Cook Book. Secaucus. N.J. Stuard.
- C. Ferguson, Flavours of Mexico (ISBN 1-9005-18-60-0).
- R. Hicks, Mexican Cooking (ISBN 1-850-764-743).
- M. O'Neill, New York Cookbook (ISBN 089-480-698-X).
- H. Levenstein, Revolution at the table, the Transformation of the American Diet, (ISBN 0-19-504365-0).
- G. Karansos, American Regional Cooking for 8 to 50.
- Raden C., The New Book of Middle Eastern Food.
- P. Wolfert, The Cooking of the Eastern Mediterranean.
- E. David, The French Provincial Cooking