

Course Title	The Art of Gastronomy				
Course Code	HTM325				
Course Type	Compulsory				
Level	Bachelor (1 <sup>st</sup> Cycle)				
Year / Semester	3 <sup>rd</sup> Year/2 <sup>nd</sup> Semester				
Instructor's Name	TBA				
ECTS	6	Lectures / week	3 Hours/ 8 weeks	Laboratories / week	3 hours/ 6 weeks
Course Purpose and Objectives	<p>To introduce students to the world of gastronomy. Students will understand gastronomy; the science that studies the culture, development and coexistence of people with their cuisine and its ingredients. In addition, this course aims to teach students the basic knowledge and skills required in the kitchen and restaurant service through theory and practice. The first part of the course introduces the students to the food and beverage service. The course comprises of demonstrations of the practical aspects of food handling with practice of the fundamental skills required in the hospitality's food service outlets. The second part of the course incorporates the practical aspects of food production. It gives the opportunity to students to learn and practice the cooking principles and cookery methods and the departmentalization of the modern kitchens and to be familiar with the good manners of the savoir vivre.</p>				
Learning Outcomes	<p>Upon successful completion of this course students should be able to:</p> <ul style="list-style-type: none"> <li>• Describe what gastronomy is.</li> <li>• Explain the major means by which gastronomic knowledge is disseminated.</li> <li>• Assess the evolution and development of gastronomy from ancient times in Europe and the world.</li> <li>• Identify the contributors to the development of modern cuisine and gastronomy.</li> <li>• Define the various types of food and beverage operations and the various types of menus used today in hospitality industry by means of class discussion and assignments.</li> <li>• Practice different service methods, processes and rules and how are used today in food and beverage establishments.</li> <li>• Identify the correct use of cooking equipment and cooking methods by working in teams demonstrating necessary skills such as mise en place in the preparation of various menu items.</li> <li>• Identify the classification and procedures of stocks and soups, fish and shellfish, by incorporating practical training in food production area.</li> </ul>				

	<ul style="list-style-type: none"> <li>Analyze the general rules for cooking vegetables, rice, pasta, and salad preparation by incorporating practical training in food production area.</li> <li>Explain the importance of accuracy in the bakeshop and the various types of breads and simple cakes and their use for making breads sandwiches and hors d' oeuvres.</li> </ul>		
Prerequisites	HTM105, HTM300	Co-requisites	None
Course Content	<ul style="list-style-type: none"> <li>The determinants and the development of world and European gastronomy.</li> <li>The contributors of the development of the classical and modern cuisine from the times of Escoffier to molecular cuisine.</li> <li>Cooking methods (boiling, poaching, deep and shallow frying, grilling, baking, roasting, stewing) and portion control techniques.</li> <li>Procedures for selecting, cooking, handling and categorising meat, poultry, fish, dry goods, fruits and vegetables, bakery, and pastry products.</li> <li>Restaurant opening - room layout, setup, and decoration.</li> <li>Structure and organization of a restaurant and banqueting facilities.</li> <li>Service methods and procedures for food and beverages.</li> <li>Job responsibilities and personal requirements for restaurant staff.</li> <li>Room service procedures.</li> <li>Events, functions, banqueting service, and outside catering.</li> </ul>		
Teaching Methodology	Face-to-Face		
Bibliography	<p>Cailein, G.: European gastronomy into the 21<sup>st</sup> century, Latest Edition, Oxford.</p> <p>Gibson, M.: Food Science and the Culinary Arts, Latest Edition, Kindle Edition.</p> <p>Gisslen, W.: PROFESSIONAL COOKING, Latest Edition, New York: Wiley.</p> <p>The Culinary Institute of America, THE PROFESSIONAL CHEF, Latest Edition, New York: Wiley.</p> <p>Lillicrap, D., Cousins, J., and Smith, R.: FOOD AND BEVERAGE SERVICE, Latest Edition, London: Hodder and Stoughton.</p> <p>Martin, A., and Erlacher et al.: Restaurant Service, Skills-Training Book, Latest Edition, I.K. International Publishing House.</p> <p>Ninemeier, J.D.: Managing Food and Beverage Operations, Latest Edition, AHLEI.</p> <p>Cichy, R.F.: Managing Service in Food and Beverage Operations, Latest Edition, AHLEI.</p> <p>Georgiou, K.: The New Cyprus Gastronomy, Latest Edition.</p> <p>Georgiou, K.: Nuova Gastronomia the Marvellous Voyage to Taste Latest Edition.</p>		

Assessment	<table border="1"> <tr> <td data-bbox="475 253 963 286">Examinations</td> <td data-bbox="963 253 1233 286">60%</td> </tr> <tr> <td data-bbox="475 293 963 327">Lab Performance/Assessment</td> <td data-bbox="963 293 1233 327">20%</td> </tr> <tr> <td data-bbox="475 333 963 367">Assignments</td> <td data-bbox="963 333 1233 367">10%</td> </tr> <tr> <td data-bbox="475 374 963 407">Class Participation/ Attendance</td> <td data-bbox="963 374 1233 407">10%</td> </tr> <tr> <td data-bbox="475 414 963 448">Total</td> <td data-bbox="963 414 1233 448">100%</td> </tr> </table>	Examinations	60%	Lab Performance/Assessment	20%	Assignments	10%	Class Participation/ Attendance	10%	Total	100%
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Language	English										