

Course Title	Introduction to Cooking Methods				
Course Code	CCUL -102				
Course Type	Required				
Level	Diploma				
Year/ Semester of Study	1 st Year /1 st Semester				
Lecturer's Name	TBA				
ECTS	5	Lectures/Week	2	Laboratories/ Week	5
Course Aim	This module is the basis for learning more advanced food preparation techniques. Students will have the opportunity to learn the major cooking techniques and apply them in kitchen assignments such as stewing, simmering roasting grilling etc.				
Learning Outcomes	By the end of the course, students are expected to: • be able to identify all the cooking methods, such as ... • become familiar with the tools, equipment and layout of the kitchen laboratory and efficient ways to organize work to be done. • understand how various ingredients react under different cooking methods • develop their skills using recipes, knives, measurements and seasonings. • accumulate knowledge and skills necessary to prepare a simple menu of recipes using a variety of cooking methods • be able to use all the equipment in a professional and modern Kitchen. • Classify the methods of heat transfer • Identify the effects of heat on food components (proteins, carbohydrates, fiber etc...) • Define the various moist and dry heat cooking methods used in food preparation. • Synchronize food production time within and between recipes. • Use the various methods of measurement common to food preparation. • Explain the importance of mise en place and identify the factors involved it.				
Prerequisites	NONE		Corequisites	NONE	
Course Content	1. Baking Methods 2. Frying Methods 3. Roasting Methods 4. Grilling Methods 5. Steaming Methods 6. Poaching Methods				

	7. Simmering Methods 8. Broiling Methods 9. Blanching Methods 10. Braising Methods 11. Stewing Methods			
Lecturing Methodology	The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications.			
Bibliography	Title: Practical cookery Author(s): Victor Ceserani, Ronald Kinton and David Foskett Publisher: Hodder and Stoughton Edition: Latest ISBN: 0-340-62068-4			
Assessment Policy		50 %	Final Exam/ Project	
		40 %	Mid –Term / Project	
		5 %	Laboratory Participation	
		5 %	Class Attendance & Participation	
ECTS Allocation	Estimated student’s work time distribution in hours:			
	Contact hours		Student’s private time	
	Lecture / Labs	88	Private study	29
	Mid-Term Test	1	Homework	15
	Final Exam	2	Test preparation	5
			Final Exam Preparation	10
	Total:	91	Total:	59
	Language	ENGLISH		