

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	The CCUL-102 module, Introduction to Cooking Methods, serves as the foundation for mastering advanced food preparation techniques. Students will delve into the fundamental cooking methods essential for culinary proficiency. Through hands-on kitchen assignments, such as stewing, simmering, roasting, grilling, and more, students will not only learn the techniques but also gain practical experience in applying them effectively. This course aims to equip students with the necessary skills and knowledge to excel in various culinary settings, setting the stage for further culinary exploration and skill development.				
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: Explore the art of baking, where ingredients are transformed through dry heat in an oven, resulting in a wide range of bread, pastry, and dessert creations. 2. Frying Methods: Learn the techniques of frying, including shallow frying, deep frying, and pan frying, which involve cooking food in hot oil or fat to achieve crispy and flavorful results. 3. Roasting Methods: Master the art of roasting, where food is cooked in an oven or over an open flame, resulting in caramelization and intensified flavors, commonly used for meats, vegetables, and grains. 4. Grilling Methods: Discover the techniques of grilling, where food is cooked over direct heat, imparting a smoky flavor and distinctive grill marks, popular for meats, seafood, vegetables, and fruits. 5. Steaming Methods: Explore the gentle cooking method of steaming, where food is cooked using steam, preserving its nutrients, texture, and flavor, commonly used for vegetables, seafood, and dumplings. 6. Poaching Methods: Learn the delicate technique of poaching, where food is gently cooked in liquid below its boiling point, resulting in tender and moist dishes, often used for eggs, fish, and fruit. 7. Simmering Methods: Understand the slow and steady cooking process of simmering, where food is cooked in liquid over low heat, allowing flavors to meld and intensify, commonly used for soups, stews, and sauces. 8. Broiling Methods: Explore the high-heat cooking method of broiling, where food is cooked under direct heat, resulting in caramelization and a crispy exterior, commonly used for meats, fish, and vegetables. 9. Blanching Methods: Learn the quick cooking technique of blanching, where food is briefly submerged in boiling water then immediately cooled, used to soften or partially cook ingredients before further preparation. 10. Braising Methods: Discover the slow-cooking technique of braising, where food is first browned then cooked in a small amount of liquid at low heat, resulting in tender and flavorful dishes, commonly used for tough cuts of meat. 11. Stewing Methods: Explore the long, slow cooking process of stewing, where food is cooked in liquid over low heat for an extended period, resulting in rich and hearty dishes with tender meat and vegetables.
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					