

Course Title	Legumes, Grains and Vegetables				
Course Code	CCUL-111				
Course Type	Required				
Level	Diploma				
Year / Semester of Study	1 st Year/2 nd Semester				
Lecturer's Name	TBA				
ECTS	5	Lectures/Week	1	Laboratories/ Week	6
Course Aim	The aim of the Legumes, Grains, and Vegetables CCUL-111 course is to provide students with comprehensive knowledge and practical skills related to grains, legumes, and vegetables. Through theoretical and practical instruction, students will become familiar with various types of grains, legumes, and vegetables, including their nutritional value, flavor profiles, and culinary applications. Additionally, students will learn how to prepare, present, and garnish plates with grains, legumes, and vegetables, honing their culinary techniques and creativity in creating visually appealing and flavorful dishes. This course aims to empower students to confidently incorporate grains, legumes, and vegetables into their culinary repertoire, enhancing their ability to create balanced and nutritious meals .				
Learning Outcomes	By the conclusion of the course, students will be able to: • Define and articulate the unique cooking characteristics of various grains, including but not limited to rice, quinoa, barley, and oats, elucidating factors such as cooking time, texture, and flavor profile. • Define and elucidate the cooking characteristics of different types of legumes, such as lentils, beans, chickpeas, and peas, including considerations like cooking time, tenderness, and flavor absorption. • Identify and assess standards of quality in grains and legumes, discerning factors such as appearance, aroma, texture, and taste to determine freshness, purity, and overall excellence. • Recognize and analyze the cooking characteristics of grains and legumes through sensory evaluation, including visual inspection, aroma assessment, and tactile examination, enhancing their ability to gauge readiness and optimal cooking outcomes. • Identify and demonstrate a variety of cooking methods suitable for grains and legumes, including but not limited to boiling, steaming, simmering, soaking, and pressure cooking, applying appropriate techniques to achieve desired textures, flavors, and culinary results.				
Prerequisites	CCUL 104, CCUL 105 CCUL 101	Corequisites	NONE		
Course Content	1. Principles and Categories of Grains and Legumes: Explore the fundamental principles and classification systems of				

	grains and legumes, including their nutritional profiles, culinary uses, and cultural significance. 2. Cooking Methods of Grains: Delve into various cooking techniques for grains, such as boiling, steaming, and pan-steaming, focusing on optimal methods for achieving desired textures and flavors while preserving nutritional integrity. 3. Cooking Methods of Legumes: Examine cooking methods specific to legumes, including boiling, steaming, and pan-steaming, emphasizing techniques to enhance tenderness, flavor absorption, and digestibility. 4. Cooking Methods and Glazing of Vegetables: Learn diverse cooking methods for vegetables, including blanching, sautéing, roasting, and stir-frying, as well as techniques for glazing to enhance flavor and visual appeal. 5. Preparation of Vegetables: Master the art of preparing vegetables through broiling, grilling, sautéing, poaching, baking, deep-frying, and pureeing, exploring a range of techniques to maximize flavor, texture, and presentation. 6. Handling and Storage of Fresh Vegetables: Gain insight into proper handling and storage practices for fresh vegetables, including washing, trimming, and storing to maintain freshness and extend shelf life. 7. Preparation of Traditional and International Grain Dishes: Explore a variety of traditional and international grain-based dishes, incorporating grains such as rice, quinoa, and barley into culinary creations that reflect diverse cultural influences and flavor profiles. 8. Preparation of Traditional and International Legume Dishes: Discover traditional and international recipes featuring legumes such as lentils, beans, and chickpeas, showcasing the versatility and nutritional benefits of legume-based cuisine from around the world. 9. Preparation of Traditional and International Vegetable Dishes: Experiment with traditional and international vegetable dishes, incorporating a diverse array of vegetables and cooking techniques to create flavorful and visually appealing culinary masterpieces inspired by global cuisines.		
Lecturing Methodology	The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications.		
Bibliography	Required: Title: Advanced Practical Cookery Author(s): Victor Cesserani, Ronald Kinton, David Foskett Publisher: Hodder & Stoughton Edition: Latest ISBN: 0-340-701889		
Assessment Policy		50 %	Final Exam / Project

		40 %	Mid –Term Deliverables		
		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	89	Private study	43	
	Mid-Term Test	1			
	Final Exam	2	Test preparation	5	
			Final Exam Preparation	11	
	Total:	91	Total:	59	
Language	ENGLISH				