

Course title	Breakfast				
Course code	CCUL 204				
Course type	Required				
Level	Diploma				
Year / Semester of study	2 nd Year/ 1 st Semester				
Lecturer's name	TBA				
ECTS	4	Lectures/Week	1	Laboratories/ Week	5
Course Aim	This course aims to provide students with a comprehensive understanding of the culinary techniques and ingredients essential for creating breakfast, brunch, and lunch dishes, which collectively account for more than 30% of all restaurant meals. Through hands-on exploration, students will delve into the art of egg cookery, mastering various methods such as poaching, scrambling, and frying, as well as the delicate preparation of crêpes. Additionally, students will learn to craft an array of sandwiches, utilizing diverse fillings, breads, and spreads to create enticing flavor combinations. Emphasis will also be placed on mastering vinaigrettes and dressings to elevate salads and other dishes. Furthermore, students will explore legume and grain preparation techniques, including the creation of flavorful timbales and light, airy soufflés, adding depth and variety to their culinary repertoire. By the end of the course, students will be equipped with the skills and knowledge necessary to excel in the preparation and presentation of breakfast, brunch, and lunch offerings, catering to the diverse palates and preferences of restaurant patrons.				
Learning outcomes	By the end of the course, students are expected to: Importance of Breakfast and Brunch Evaluation: - Understand the significance of breakfast and brunch in culinary culture, exploring their roles in nutrition, social customs, and dining trends. Analyze their impact on health, productivity, and lifestyle choices. Menu Planning for Breakfast and Brunch: - Develop skills in conceptualizing and designing diverse menus tailored for breakfast and brunch settings. Consider factors such as seasonality, dietary preferences, and culinary trends to create balanced and appealing menu offerings. Breakfast Menu Preparation: - Explore a variety of breakfast menu options, from traditional favorites to innovative creations. Master techniques for cooking eggs, preparing breakfast meats, and crafting flavorful accompaniments. Brunch Menu Preparation:				

	Expand culinary repertoire to include brunch-specific menu items that combine elements of both breakfast and lunch. Experiment with classics like quiches, salads, sandwiches, and specialty beverages, showcasing creativity and versatility.		
Prerequisites	NONE	Corequisites	NONE
Course Content	Egg Specialties: - Explore a variety of egg preparations, including poaching, scrambling, and omelets, as well as custards, quiches, and frittatas, mastering techniques for texture and flavor. Griddle Specialties: - Learn griddle cooking techniques for classics like pancakes and French toast, along with savory hashes and griddle cakes, achieving golden-brown perfection and flavorful results. Cereals: - Diversify breakfast options with creative cereal preparations, utilizing grains like oats, quinoa, and millet, and experimenting with toppings and flavorings for hearty and nutritious bowls. Crêpes: - Master the art of crêpe-making, exploring both sweet and savory fillings for delicate and versatile breakfast options, from dessert crêpes to savory galettes. Breakfast Meats: - Explore cooking techniques and flavor profiles of breakfast meats such as bacon, sausage, and ham, incorporating them into a variety of breakfast and brunch dishes. Simple and Composed Salads: - Elevate breakfast and brunch with fresh and vibrant salads, ranging from simple greens to composed salads featuring diverse ingredients and complementary dressings. Dressings and Vinaigrettes:		

	• Craft flavorful dressings and vinaigrettes to enhance the freshness and taste of salads, experimenting with different oils, vinegars, herbs, and seasonings. 8. Assorted Sandwiches: • Discover the versatility of breakfast sandwiches, from classic combinations to gourmet creations, exploring diverse fillings, breads, and spreads for satisfying handheld meals. 9. Grains and Legumes: • Incorporate nutritious grains and legumes into breakfast and brunch dishes, from hearty bowls to protein-packed salads, experimenting with cooking methods and flavor combinations. 10. Soufflés, Gratins, and Timbales: • Learn the techniques for creating elegant and impressive dishes like soufflés, gratins, and timbales, perfect for special brunch occasions, mastering light and airy textures and flavorful combinations. 11. Croissant and Danish: • Indulge in the art of pastry-making with croissants and Danish pastries, mastering the lamination process and exploring sweet and savory fillings and toppings for irresistible treats.		
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: Second Year: 2002 ISBN: 0-340-701889 Recommended: Title: The Professional Chef Author(s): CIA Edition: Latest Publisher: Willey ISBN: 061813512X		
Assessment Policy		50 %	Final Exam/ Project

		40 %	Group Projects / Projects / Deliverables		
		5%	Class Participation		
		5 %	Class Attendance & Participation		
ECTS Allocation	Estimated student's work time distribution in hours:				
	Contact hours		Student's private time		
	Lecture / Labs	75	Private study	36	
	Mid-Term Test	1			
	Final Exam	2	Test preparation	5	
			Final Exam Preparation	11	
	Total:	78	Total:	52	
Language	ENGLISH				