

Course title	Commercial Cooking				
Course code	CCUL-207				
Course type	Required				
Level	Diploma				
Year / Sememster of study	2 ND year/ 2 ND semester				
Lecturer's name	TBA				
ECTS	5	Lectures/Week	2	Laboratories/Week	5
Course Aim	The aim of this course is to equip students with the skills and knowledge necessary to establish and manage a central food production system. Students will focus on mastering the techniques required for mass food production, preparing them for employment in diverse settings such as airline catering, school cafeterias, and institutional kitchens. Special emphasis will be placed on efficient distribution, optimal heating and refrigeration methods, food sanitation practices, and safe reheating procedures to ensure quality and compliance with industry standards.				
Learning outcomes	By the end of the course, students are expected to: Building Inventory with a 30-Day Shelf Life: Develop skills in inventory management to ensure sufficient stock levels for a 30-day period while maintaining food quality and safety. Learn techniques for proper storage, rotation, and labeling to minimize waste and maximize shelf life. Consistency of Quality, Flavor Profile, and Nutrient Integrity: Master methods for achieving consistent quality and flavor profiles in mass food production, ensuring that each batch meets predetermined standards. Understand the importance of preserving nutrient integrity through cooking techniques, ingredient selection, and portion control. Quick Service Operations: Acquire knowledge of quick service restaurant operations, including workflow management, menu development, and customer service in fast-food establishments such as burger joints, pizza parlors, and sandwich shops. Learn to efficiently handle high-volume orders while maintaining food quality and speed of service. Use of Numeric Formulas and Functional Ingredients: Explore the use of numeric formulas and functional ingredients to optimize recipe formulations and enhance product performance. Learn to calculate ingredient ratios, adjust recipes for desired outcomes, and incorporate specialized ingredients like modified wheat flours and hydrocolloids to achieve proper viscosity, texture, and stability in food products. Safer Food Handling Practices:				

	Develop a comprehensive understanding of food safety principles and best practices to prevent foodborne illness and ensure consumer safety. Learn proper sanitation procedures, temperature control measures, and hygiene protocols for handling, storing, and serving food in commercial kitchens. Gain certification in food safety standards to comply with regulatory requirements and industry guidelines.		
Prerequisites	NONE	Corequisites	NONE
Course Content	1. Food Production & Scaling Food is prepared on site or at a central location under highest quality control standards and cooked in volume. 2. Cook & Vacuum Sealing Bag Upon reaching the exact degree of doneness, that is above pasteurization temperature, food is filled directly into a 3mm food grade bag to ensure strict sanitation and insure extended refrigerated shelf life of up to 30 days. 3. Bag Heat Sealing The bag is then securely closed with a heat seal system or clip closure. 4. Food Chilling and Freezing The sealed bag is immediately placed in iced water or tumble chiller to halt the cooking process and reduce the food's core temperature to 36-38°F degrees. Food can be stored refrigerated or frozen. 5. Reheating At the serving location, product can be reheated in several ways. The bag can be placed in a steamer, or simply immersed in hot water. An additional option for the re-therming process is opening the bag and pouring the contents into a kettle or serving pan to reheat the product. 6. Finished Product Aroma, taste, texture...the final presentation delivers quality, 'fresh-cooked'.		
Lecturing Methodology	The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications.		
Bibliography	Required: Title: Sous Vide and Cook-Chill Processing for the Food Industry Author(s): S. Ghazala Publisher: An Aspen Publication Edition: Latest ISBN-13: 978-0751404333		
Assessment Policy		50 % Final Exam 30 % Mid –Term / Tests / Quizzes 15 % Laboratory Participation 5 % Class Attendance & Participation	
ECTS Allocation	Estimated student's work time distribution in hours: Contact hours Student's private time		

	Lecture	89	Private study	40
	Mid-Term Test	1	Homework / Assignments / Projects	
	Final Exam	2	Test preparation	8
			Final Exam Preparation	11
	Total:	91	Total:	59
Language	ENGLISH			