

Course title	Mediterranean Cuisine				
Course code	CCUL 215				
Course type	Required				
Level	Diploma				
Year / Semester of study	2 ND year/ 2 ND semester				
Lecturer's name	TBA				
ECTS	6	Lectures/Week	2	Laboratories/Week	6
Course Aim	<p>This course aims to provide students with a comprehensive understanding of Mediterranean cuisine by exploring its rich history, cultural significance, and diverse culinary traditions across various countries, with a particular focus on the unique flavors and ingredients of Cyprus Cuisine. Students will delve into the cultural heritage of the Mediterranean region, examining the influences of geography, climate, and historical events on food practices and traditions. Through immersive learning experiences, students will gain insights into the unique ingredients, cooking techniques, and flavor profiles that define Mediterranean cuisine, fostering appreciation for the region's gastronomic diversity and culinary legacy.</p>				
Learning outcomes	<p>By the end of the course, students are expected to:</p> <ol style="list-style-type: none"> 1. Culinary Influences and Cultural Histories: <ul style="list-style-type: none"> • Delve into the intricate historical and cultural influences that have shaped the cuisines of Mediterranean countries, with a particular emphasis on Cyprus. Analyze the societal factors influencing eating patterns and culinary traditions within these regions. 2. Identification of Mediterranean Foods and Cuisines: <ul style="list-style-type: none"> • Differentiate among the diverse array of foods found throughout the Mediterranean, discerning the unique characteristics and flavor profiles that distinguish each cuisine. Explore the rich tapestry of global culinary diversity. 3. Mastery of Cooking Techniques: <ul style="list-style-type: none"> • Master a variety of cooking methods prevalent in Mediterranean and Cyprus cuisine, including grilling, braising, and roasting. Acquire practical skills in executing these techniques to enhance flavor and texture in culinary creations. 4. Meal Planning and Preparation: <ul style="list-style-type: none"> • Strategically plan and prepare Mediterranean and Cyprus-inspired meals, integrating diverse cooking methods to craft balanced and flavorful dishes representative of the region's culinary heritage. Emphasis will be placed on creativity and culinary innovation. 5. Cyprus Cuisine Terminology and Menu Construction: 				

	<ul style="list-style-type: none"> Gain proficiency in Cyprus cuisine terminology and menu construction, with a focus on authentic Cyprus dishes. Develop expertise in the preparation of appetizers, main courses, and desserts, showcasing the richness and diversity of Cyprus culinary traditions. 		
Prerequisites	NONE	Corequisites	NONE
Course Content	<ol style="list-style-type: none"> Cuisine and Foods of the Mediterranean: Egypt <ul style="list-style-type: none"> Explore the culinary heritage of Egypt within the broader context of Mediterranean cuisine, studying its signature dishes, ingredients, and cultural influences. Cuisine and Foods of the Mediterranean: Syria <ul style="list-style-type: none"> Delve into the flavors of Syrian cuisine, examining its unique spices, cooking techniques, and traditional dishes reflective of Mediterranean gastronomy. Cuisine and Foods of the Mediterranean: Turkey <ul style="list-style-type: none"> Investigate the diverse culinary landscape of Turkey, from aromatic kebabs to savory mezzes, and uncover the cultural significance of its cuisine in the Mediterranean region. Cuisine and Foods of the Mediterranean: Lebanon <ul style="list-style-type: none"> Discover the culinary delights of Lebanon, known for its vibrant mezze platters, aromatic spices, and indulgent desserts, offering a taste of Mediterranean hospitality. Cuisine and Foods of the Mediterranean: Italy and Greece <ul style="list-style-type: none"> Embark on a culinary journey through Italy and Greece, exploring iconic dishes such as pasta, pizza, moussaka, and spanakopita, emblematic of Mediterranean culinary excellence. Cuisine and Foods of the Mediterranean: South France and Portugal <ul style="list-style-type: none"> Indulge in the flavors of Southern France and Portugal, savoring fresh seafood, hearty stews, and sun-kissed produce that define Mediterranean dining along the coast. Preparing Buffet Displays: Mediterranean and Cyprus Cuisine <ul style="list-style-type: none"> Master the art of creating visually stunning buffet displays featuring a diverse array of Mediterranean and Cyprus culinary specialties, including savory dishes and delectable pastries. Utilizing Spices and Herbs in Cooking: Mediterranean Countries <ul style="list-style-type: none"> Explore the distinct spices and herbs integral to Mediterranean cuisine, learning how to skillfully incorporate them into cooking to enhance flavors and create authentic dishes. Cyprus Famous Recipes and Preparation: Appetizers, Main Courses, and Desserts <ul style="list-style-type: none"> Learn the secrets of Cyprus cuisine through its famous recipes, spanning appetizers, main courses, and desserts, and gain insight into the island's culinary traditions and flavors. Cyprus Tavern Meze Preparation 		

	<ul style="list-style-type: none"> • Experience the art of preparing Cyprus tavern meze, an assortment of small plates showcasing the diverse flavors of Cyprus cuisine, perfect for communal dining experiences. <p>11. Buffet of Cyprus Cuisine</p> <ul style="list-style-type: none"> • Curate a lavish buffet featuring the best of Cyprus cuisine, highlighting traditional dishes and regional specialties to provide a culinary journey through the island's gastronomic heritage. <p>12. Baking and Pastries of Mediterranean Countries</p> <ul style="list-style-type: none"> • Explore the art of Mediterranean baking and pastry-making, from flaky pastries to indulgent desserts, and learn the techniques and traditions that define sweet treats in the region. 																												
Lecturing Methodology	The course is delivered through lectures, discussion, assignments, presentations, case studies and laboratory applications.																												
Bibliography	<p>Required:</p> <p>Title: Advanced Practical Cookery Author(s): Victor Cesserani, Ronald Kinton, David Foskett Publisher: Hodder & Stoughton Edition: Second Year: 2002 ISBN: 0-340-701889</p> <p>Recommended:</p> <p>Title: The Professional Chef Author(s): CIA Edition: Latest Publisher: Willey ISBN: 061813512X</p>																												
Assessment Policy	<table border="1"> <tr> <td>50 %</td> <td>Final Exam</td> </tr> <tr> <td>40 %</td> <td>Mid –Term / Project Deliverables</td> </tr> <tr> <td>5 %</td> <td>Laboratory Participation</td> </tr> <tr> <td>5 %</td> <td>Class Attendance & Participation</td> </tr> </table>	50 %	Final Exam	40 %	Mid –Term / Project Deliverables	5 %	Laboratory Participation	5 %	Class Attendance & Participation																				
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