

# HIGHER HOTEL INSTITUTE CYPRUS

## Module Description 2019/20



<b>Module Title:</b>	Culinary Fundamentals		
<b>Module Code:</b>	CAPM 111		
<b>Programme of Study/ Year of Study:</b>	Culinary Arts / Year 1		
<b>Group:</b>	CA I	<b>Semester:</b>	Fall
<b>Number of Hours Taught:</b>	2 theory and 10 lab per week	<b>ECTS :</b>	8

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### Co-requisites :

Product Identification, Purchasing & Storage  
Meat and Seafood Fabrication & Garde Manger

### Module Rationale:

This module intends to introduce the students to the professional kitchen and to fundamental culinary theory, skills and techniques.

### Aims:

This course provides a basic understanding of culinary theory, skills and techniques. Students are introduced to the professional kitchen and are familiarised with professional etiquette, kitchen hygiene safety, knife skills and basic food preparation.

### Intended Learning Outcomes:

On successful completion of the module, students will be able to:

- Acknowledge the necessity of proper chef's attire (uniform) and professional etiquette.
- Employ the basic principles of food hygiene rules and regulations.
- Recognise the different types of equipment and utensils (including knives) and demonstrate the competency to use them properly.
- Use the appropriate culinary terminology.
- Apply the appropriate cooking techniques and procedures.
- Work individually and as members of a diverse team by developing interpersonal skills within the

kitchen environment.

- Demonstrate proper production and waste control management.
- Practice correct time management.

### Delivery Methods:

- Lectures
- Group Discussions
- Workshop Demonstrations
- Workshop Assignments

### Assessment:

The students will be assessed in both theoretical and practical aspects of the module. It should be noted that in order for the students to succeed in the module, they should achieve **at least** a score of **50% in the theoretical part** and **50% in the practical part** of the subject.

#### Theoretical Part: 40%

- |                             |      |   |              |
|-----------------------------|------|---|--------------|
| • Coursework / Assignment   | 30 % | } | <b>100 %</b> |
| • Quizzes / Tests           | 30 % |   |              |
| • Final Written Examination | 40 % |   |              |

#### Practical Part: 60%

- |  |      |   |              |
|--|------|---|--------------|
| • Continued Workshop Assessment<br>(Individual & Group Work) | 60 % | } | <b>100 %</b> |
| • Final Practical Assessment                                 | 40 % |   |              |

### Module Requirements

Refer to the Students' Manual Appendix I Culinary Arts Workshop Requirements.



## Module Plan and Content

Week	Dates	Topics to be Covered	Reference Chapter / Material
1.	Friday 04/10/2019	Syllabus and Assignment Analysis Introduction to the Culinary Profession Kitchen and Food Safety Principles Equipment Identification	Ch: 3 p: 19 - 39 Ch: 4 p: 41 - 45 Ch: 12 p: 343 – 347 - 378
		<ul style="list-style-type: none"> <li>• <b>Basic Vegetable Cuts</b> <ul style="list-style-type: none"> <li>○ Julienne</li> <li>○ Brunoise</li> <li>○ Macédoine</li> <li>○ Jardinière</li> <li>○ Slice/Rondelle</li> <li>○ Chop/Mince</li> <li>○ Shred/Chiffonade</li> <li>○ Segments</li> <li>○ Turned</li> <li>○ Paysanne</li> </ul> </li> </ul>	Ch: 3 p: 19 - 39 Ch: 4 p: 41 - 45 Ch: 12 p: 343 – 347 - 378
2.	Monday 07/10/2019	<b>Stocks</b> <ul style="list-style-type: none"> <li>○ Mirepoix</li> <li>○ Bouquet Garni</li> <li>○ White Stock</li> <li>○ White Vegetable Stock</li> <li>○ White Chicken Stock</li> <li>○ White Fish Stock</li> <li>○ Brown Stock</li> <li>○ Brown Vegetable Stock</li> <li>○ Jus</li> <li>○ Reduced Stock</li> </ul>	Ch: 5 p: 48 - 49 Ch: 5 p: 56 – 59
	Friday 11/10/2019	<b>Basic and Modern Soups</b> <ul style="list-style-type: none"> <li>○ Cream of Vegetable Soup</li> <li>○ Cream of Tomato Soup</li> <li>○ Potato Soup</li> <li>○ Fish Velouté</li> <li>○ Brown onion soup</li> <li>○ Clear Soup</li> <li>○ Minestrone</li> <li>○ Prawn Bisque</li> </ul>	Ch: 5 p: 49 -83
3.	Monday 14/10/2019	<b>Practice</b> <ul style="list-style-type: none"> <li>○ Cream of Vegetable Soup</li> <li>○ Cream of Tomato Soup</li> <li>○ Potato Soup</li> <li>○ Fish Velouté</li> <li>○ Brown onion soup</li> </ul>	Teacher's Notes



		<ul style="list-style-type: none"> <li>○ Clear Soup</li> <li>○ Minestrone</li> <li>○ Prawn Bisque</li> </ul>	
	<b>Friday 18/10/2019</b>	<p><b><u>Thickening Agents and Basic Sauces and Derivatives I</u></b></p> <ul style="list-style-type: none"> <li>○ Roux: White, Blonde, Brown</li> <li>○ Beurre Manié</li> <li>○ Egg-yolks</li> <li>○ Sabayon</li> <li>○ Cornflour</li> <li>○ Sauce flour</li> </ul> <p>.....</p> <ul style="list-style-type: none"> <li>○ Béchamel sauce</li> <li>○ Cheese Sauce (Mornay)</li> <li>○ Parsley Sauce</li> <li>○ Velouté Sauce</li> <li>○ Sauce Suprême</li> <li>○ Mushroom Sauce</li> </ul>	Ch: 5 p: 53 – 87
4.	<b>Monday 21/10/2019</b>	<ul style="list-style-type: none"> <li>○ <b><u>Basic Sauces and Derivatives II</u></b></li> <li>○ Sauce Espagnole</li> <li>○ Sauce Demi- Glace</li> <li>○ Sauce Robert</li> <li>○ Devil Sauce</li> </ul>	Ch: 5 p: 90 - 92
	<b>Friday 25/10/2019</b>	<ul style="list-style-type: none"> <li>○ <b><u>Basic Sauces and Derivatives II</u></b></li> <li>○ Brown Sauce (Lyonnaise)</li> <li>○ Tomato sauce</li> <li>○ Sauce tomato Concassé</li> <li>○ Sauce Hollandaise</li> </ul>	Ch: 5 p: 90 - 92
5.	<b>28/10 – 01/11</b>	<b>National Day Excursion</b>	
6.	<b>Monday 04/11/2019</b>	<p><b>Cooking Vegetables and Pulses</b></p> <ul style="list-style-type: none"> <li>○ Blanching Tomatoes</li> <li>○ Peeling Peppers</li> <li>○ Buttered Carrots</li> <li>○ French Beans</li> <li>○ Leaf Spinach</li> <li>○ Purée of Carrots</li> <li>○ French- fried Onions</li> <li>○ Cauliflower au Gratin</li> <li>○ French-style Peas (Petit Pois à la Française)</li> <li>○ Baked Vegetables</li> <li>○ Tempura</li> </ul>	Ch: 7 p: 119, 120 Ch: 12 p: 339, 409
	<b>Friday 08/11/2019</b>	<ul style="list-style-type: none"> <li>○ Boiled Beans</li> <li>○ Baked Beans</li> <li>○ Black eye Beans</li> <li>○ Chick peas with spinach</li> <li>○ Lentils</li> <li>○ Lentils with vinegar</li> </ul>	Teacher's Notes

7.	<b>Monday</b> <b>11/11/2019</b>	<u><b>Practice</b></u> <ul style="list-style-type: none"> <li>○ Blanching Tomatoes</li> <li>○ Peeling Peppers</li> <li>○ Buttered Carrots</li> <li>○ French Beans</li> <li>○ Leaf Spinach</li> <li>○ Purée of Carrots</li> <li>○ French- fried Onions</li> <li>○ Cauliflower au Gratin</li> <li>○ French-style Peas (Petit Pois à la Française)</li> <li>○ Baked Vegetables</li> <li>○ Tempura</li> </ul>	Teacher's Notes
	<b>Friday</b> <b>15/11/2019</b>	<u><b>Cooking Potatoes</b></u> <ul style="list-style-type: none"> <li>○ Plain Boiled Potatoes</li> <li>○ Baked Jacket Potatoes</li> <li>○ Mashed Potatoes</li> <li>○ Croquette Potatoes</li> <li>○ Duchess Potatoes</li> <li>○ Fried Potatoes (Paille, Allumettes, Fried, Pont Neuf)</li> <li>○ Sauté Potatoes with Onions (Lyonnaise)</li> <li>○ Swiss Potato Cakes (Rösti)</li> <li>○ Fontant Potatoes</li> <li>○ Château – Cocotte Potatoes</li> </ul>	Ch: 12 p: 339 - 409
8.	<b>Monday</b> <b>18/11/2019</b>	<u><b>Practice</b></u> <ul style="list-style-type: none"> <li>○ Plain Boiled Potatoes</li> <li>○ Baked Jacket Potatoes</li> <li>○ Mashed Potatoes</li> <li>○ Croquette Potatoes</li> <li>○ Duchess Potatoes</li> <li>○ Fried Potatoes (Paille, Allumettes, Fried, Pont Neuf)</li> <li>○ Sauté Potatoes with Onions (Lyonnaise)</li> <li>○ Swiss Potato Cakes (Rösti)</li> <li>○ Fontant Potatoes</li> <li>○ Château – Cocotte Potatoes</li> </ul>	Notes
	<b>Friday</b> <b>22/11/2019</b>	<u><b>Cooking Cereals</b></u> <ul style="list-style-type: none"> <li>○ Braised Rice (pilaf)</li> <li>○ Plain Boiled Rice</li> <li>○ Risotto with Parmesan</li> <li>○ Polenta</li> <li>○ Bulgur Pilaf</li> </ul>	Ch: 7 p: 117 - 130



9.	Monday 25/11/2019	<u>Practice</u> <ul style="list-style-type: none"> <li>○ Braised Rice (pilaf)</li> <li>○ Plain Boiled Rice</li> <li>○ Risotto with Parmesan</li> <li>○ Polenta</li> <li>○ Bulgur Pilaff</li> </ul>	Notes
	Friday 29/11/2019	<u>Cooking Pasta and Dumplings</u> <ul style="list-style-type: none"> <li>○ Fresh Egg Pasta</li> <li>○ Tالياتelle Carbonara</li> <li>○ Spaghetti with Tomato Sauce (alla pomodoro)</li> <li>○ Macaroni al Forno (Pastichio)</li> <li>○ Cyprus Ravioli</li> <li>○ Potato Gnocchi</li> </ul>	Ch: 8 p: 135 - 154 Notes
10.	Monday 02/12/2019	<u>Practice</u> <ul style="list-style-type: none"> <li>○ Fresh Egg Pasta</li> <li>○ Tالياتelle Carbonara</li> <li>○ Spaghetti with Tomato Sauce (alla pomodoro)</li> <li>○ Macaroni al Forno (Pastichio)</li> <li>○ Cyprus Ravioli</li> <li>○ Potato Gnocchi</li> </ul>	Notes
	Friday 06/12/2019	<u>Cooking Eggs</u> <ul style="list-style-type: none"> <li>○ Boiled Eggs</li> <li>○ Poached Eggs</li> <li>○ Fried Eggs</li> <li>○ Scrambled Eggs</li> <li>○ Eggs en Cocotte</li> <li>○ Eggs sur le Plat</li> </ul> <u>Practice</u> <ul style="list-style-type: none"> <li>○ Boiled Eggs</li> <li>○ Poached Eggs</li> <li>○ Fried Eggs</li> <li>○ Scrambled Eggs</li> <li>○ Eggs en Cocotte</li> <li>○ Eggs sur le Plat</li> </ul>	Ch: 6 p: 105 - 116 Notes
11	Monday 09/12/2019	<b>Breakfast</b> <ul style="list-style-type: none"> <li>○ Omelette</li> <li>○ Spanish Omelette</li> <li>○ Stuffed Omelette</li> <li>○ Frittata</li> <li>○ Porridge</li> </ul>	Ch: 6 p: 105 - 116 Notes
	Friday 13/12/2019	<u>Practice</u> <ul style="list-style-type: none"> <li>○ Omelettes</li> <li>○ Spanish Omelette</li> <li>○ Stuffed Omelette</li> <li>○ Frittata</li> <li>○ Porridge</li> </ul>	Ch: 6 p: 105 - 116 Notes

12.	<b>Monday</b> <b>16/12/2019</b>	Final Practice (Group A)	
	<b>Friday</b> <b>20/12/2019</b>	Final Practice (Group B)	
	<b>Monday</b> <b>22/12/2019</b> - <b>06/12/2020</b>	<b>Christmas Holidays</b>	
13.	<b>Friday</b> <b>10/01/2020</b>	<b>Revision - Presentations</b>	Notes

### Essential Reading

- Foskett, D., Rippington, N., Paskins, P., & Thorpe, S. (2015). *Practical Cookery For Level 2 NVQS and Apprenticeships* (13 εκδ.). London: Hodder Education.

### Additional Reading

- Foskett, D., Paskins, P., Thorpe, S., & Campbell, J. (2015). *Practical Cookery* (13 ed.). London: Hodder & Stoughton.
- Foskett, D., Paskins, P., Thorpe, S., & Campbell, J. (2013). *Practical Cookery For Level 1 Diploma* (2nd ed.). London: Hodder Education.
- Foskett, D., Rippington, N., Paskins, P., & Thorpe, S. (2014). *Practical Cookery For Level 3 NVQ and VRQ Diploma* (6th ed.). London: Hodder Education.
- The Culinary Institute of America. (2010). *Το Βιβλίο του Chef the Culinary Book*. Θεσσαλονίκη: Εκδόσεις Παιδεία / Μαλιάρης Παιδεία Α.Ε.