

HIGHER HOTEL INSTITUTE CYPRUS

Module Description 2019/20



Module Title:	Introduction to Gastronomy		
Module Code:	CAPM 114		
Programme of Study/ Year of Study:	Culinary Arts / Year 1		
Group:	CA I	Semester:	Fall
Number of Hours Taught:	2 periods per week	ECTS :	3

Instructor:	Nicolas Katsaris		
Office Hours :	Tuesday 11:30 – 12:30		
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Pre-requisite(s) : No previous background assumed

Module Rationale

This module is designed to introduce students to the principles and practices of gastronomy and enable them to comprehend the wide context in which it develops and its continuous evolution.

Aims

This course familiarises the student with the fundamental principles, terminology and practices of gastronomy. The student explores the historical development of gastronomy and culinary arts and the underlying social, economical, environmental and anthropological challenges that have affected the culinary arts professions. It provides students with a basic understanding of contemporary challenges facing food professionals in the twenty-first century.

Intended Learning Outcomes

On successful completion of this module the student will be able to:

- Define and discuss the definitions, principles and practices of gastronomy in their various contexts.
- Know and use the terminology of gastronomy.
- Investigate the historic origins and gradual progression leading to modern culinary arts.
- Understand how sociology, anthropology and economy underpin the means and modes of selection, combination, cooking, presentation and service of food and beverage.
- Discuss the key historical figures and their contributions to the field of Culinary Arts.
- Understand the ongoing dynamics that confront and challenge gastronomy in the twenty-first century.



Delivery Methods:

Lectures, coursework, group work and presentations

Assessment:

Coursework: 40 %
 Quizzes: 10%
 Mid-term examination 20%
 Final Examination: 30%

Module Requirements

Refer to the students' manual for the module requirements.

Module Plan and Content

Week	Dates	Topics to be Covered	Reference Chapter / Material
1.	02/10-04/10	Introduction to Gastronomy: Definitions and its status in society	Chapter 1 Gillespie C., 2001. <i>European Gastronomy into the 21st Century</i> . Oxford, Butterworth-Heinemann
2.	07/10-11/10	Culinary terminology	La Rousse, <i>Gastromique</i> , Paul Hamlyn
3.	14/10-18/10	Social, anthropological and economic forces that affect gastronomy	Chapter 1 Gillespie C., 2001. <i>European Gastronomy into the 21st Century</i> . Oxford, Butterworth-Heinemann
4.	21/10-25/10	Skills for Gastronomic exploration	Chapter 1 Tourism and Gastronomy, 2005, Anne-Mette Hjalager and Greg Richards,



Week	Dates	Topics to be Covered	Reference Chapter / Material
			Routledge Oxford, Butterworth- Heinemann
5.	29/10-01/11	Culinary Evolution: A brief history of early European gastronomy	Chapter 2 Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth- Heinemann
6.	04/11-08/11	Medieval and Renaissance cuisine and the rise of France	Chapter 2 Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth- Heinemann
7.	11/11-15/11	The genesis of a grand cuisine: the 17 th and enlightened 18 th century The founding fathers of European Gastronomy - Carême (1784–1833) The genesis, multiplication and acculturation of the restaurant Demand to be self-consciously modern and avant garde	Chapter 2 Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth- Heinemann
8.	18/11-22/11	<ul style="list-style-type: none"> • The Golden Age: 19th Century • Escoffier's legacy (1846 – 1935) 	Chapter 2, 4 Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth- Heinemann
9.	25/11-29/11	<ul style="list-style-type: none"> • Cuisines Nouvelles: The 20th Century 	Chapter 2,4

Week	Dates	Topics to be Covered	Reference Chapter / Material
		Fernand Point – the father of modern gastronomy (1897 – 1955) Profiles of some of the key modern contributors The distinguishing characteristics of the key contributors	Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth-Heinemann
10.	02/12-06/12	<ul style="list-style-type: none"> Modern European gastronomy: <p style="margin-left: 40px;">The birth of a menu collection: the paradigm of contemporary culinary refinement Concept cuisines: impetus for market reinvigoration The advance of fusion cuisine</p>	Chapter 3 Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth-Heinemann
11.	09/12-13/12	<ul style="list-style-type: none"> A harmonious union – the marriage of food and wine The changing nature of dining 	Chapter 3 Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth-Heinemann
12.	16/12-20/12	<ul style="list-style-type: none"> Into the 21st century Influences on cuisine 	Chapter 3 Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth-Heinemann
13.	07/01-10/01	<ul style="list-style-type: none"> The status of the chef in society Design, vision and leadership Entrepreneurialism 	Chapter 5 Gillespie C., 2001. <i>European Gastronomy into the 21st Century.</i> Oxford, Butterworth-

Week	Dates	Topics to be Covered	Reference Chapter / Material
			Heinemann

Essential Reading

Gillespie C., 2001. *European Gastronomy into the 21st Century*. Oxford, Butterworth-Heinemann

Additional Reading

The Culinary Institute of America, 2012. *Introduction to Gastronomy*. New Jersey: Wiley

Gillespie C., 2001. *European Gastronomy into the 21st Century*. Oxford, Butterworth-Heinemann

Toussaint-Samat M., 2009. *A History of Food*. Paris, Wiley-Blackwell

La Rousse, *Gastromique*, Paul Hamlyn

Tourism and Gastronomy, 2005, Anne-Mette Hjalager and Greg Richards, Routledge

