



Module Description 2019/2020

Module Title:	Core Cooking Methods		
Module Code:	CAPM 115		
Programme of Study/ Year of Study:	Culinary Arts / 1 st Year		
Group:	CA I	Semester:	Spring
Number of Hours Taught:	2 theory and 10 lab per week	ECTS :	7

Instructor: Paraskevi Orfanou
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Co-requisite(s) : Product Identification, Purchasing & Storage
Meat and Seafood Fabrication & Garde Manger
Culinary Fundamentals

Module Rationale

This module intends to introduce the students to the core cooking methods and their application within a food production setting.

Aims

This course provides a broad understanding of the fundamental theory related to the core cooking methods and procedures by exposing students to an intensive practical training and refinement of culinary arts skills. Students will be able to identify and analyse the different ways heat is transferred to food by altering the molecular structure of a variety of food commodities.

Intended Learning Outcomes

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

- Define and discuss the appropriate culinary terminology.
- Identify and analyse the different ways heat is transferred to food.
- Explain the effects of the core cooking methods in relation to nutritional, menu and economic factors.
- Develop competency in applying each cooking method.
- Produce small scale menus by successfully implementing all cooking methods.
- Demonstrate proper production, waste control and time management skills.
- Practice correct time management.



Delivery Methods:

- Lectures
- Group Discussions
- Workshop Demonstrations
- Individual and Group Instruction and Practice

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%

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

Practical Part: 60%

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|--|------|----------------|
| • Continued Workshop Assessment
(Individual & Group Work) | 60 % | } 100 % |
| • 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.	27/01– 31/01	Introduction to Heat Transfer Methods Moist Heat Cooking Methods <ul style="list-style-type: none">• (Boiling, Steaming) Steamed Fish with Garlic and Spring Onions• Boiled Chicken, with Rice and Sauce Suprême• Boiled/Steamed Cauliflower• Boiled/Steamed Spinach	Chapter: : 7 (Foskett, Paskins , Thorpe, & Campbell, 2013) Chapter: 7, 9, 12 (Foskett, Rippington, Paskins, & Thorpe, 2015)
2.	03/02-07/02	Poaching Theory: «Poaching , en Papillote» <ol style="list-style-type: none">1. Poaching fish with white wine sauce2. Poached Chicken Suprême with Madeira and Mushroom Café Cream Sauce3. Fish en papillote with crushed new potatoes	chapter: 9, 11, 12



Week	Dates	Topics to be Covered	Reference Chapter / Material
		4. Fondant potatoes	
3.	10/02-14/02	<p>Dry Heat Cooking Methods</p> <ul style="list-style-type: none"> • Theory: Sautéing, Pan-Frying, Stir-Frying <p>Stir Fried Pork and Vegetables</p> <p>Sauté of Chicken chasseur</p> <p>Sautéed Potatoes; Fried Rice</p> <p>Buttered carrots</p>	<p>chapter: 11 (Foskett, Paskins, Thorpe, & Campbell, 2013)</p> <p>chapter: 10, 11, chapter: 12 (Foskett, Rippington, Paskins, & Thorpe, 2015)</p>
4.	17/02-21/02	<p>Dry Heat Cooking Methods</p> <ul style="list-style-type: none"> • Theory: Shallow Fry, Deep Fry <ol style="list-style-type: none"> 1. Meat balls 2. Shallow Fried Fish Meunière 3. Goujons of Fish in Batter 4. Chicken Kiev 5. Chips 6. Shallow fried courgettes 	<p>Ch: 11 (Foskett, Paskins, Thorpe, & Campbell, 2013)</p> <p>Ch: 9</p> <p>ch: 11</p> <p>Ch: 12 (Foskett, Rippington, Paskins, & Thorpe, 2015)</p>
5.	24/02-28/02	<p>Dry Heat Cooking Methods</p> <ul style="list-style-type: none"> • Theory: Grilling, Broiling <ol style="list-style-type: none"> 1. Grilled Lamb Cutlets and Parsley Butter 2. Grilled Beef – Cooking Temperatures 3. Grilled Chicken 4. Grilled Filet of Fish 5. Grilled Vegetables, Potatoes Duchess 	<p>Ch: 9</p> <p>Ch: 10</p> <p>Ch: 11</p> <p>Ch: 12 (Foskett, Rippington, Paskins, & Thorpe, 2015)</p>
6.	03/03-06/03	<p>Dry Heat Cooking Methods</p> <p>Theory: Roasting</p> <ol style="list-style-type: none"> 1. Roast Chicken and Gravy 2. Roast Beef 3. Roast Gravy 4. Yorkshire Pudding 5. Roast Potatoes 6. Roasted Vegetables 	<p>Ch:10</p> <p>Ch:11</p> <p>Ch:12</p> <p>(Foskett, Rippington, Paskins, & Thorpe, 2015)</p>

Week	Dates	Topics to be Covered	Reference Chapter / Material
7.	09/03-13/03	<p>Dry Heat Cooking Methods</p> <p>• Theory: Roasting, Poeling, Baking, Tandoori</p> <ol style="list-style-type: none"> 1. Oven Baked Jacket Potatoes 2. Quiche Lorraine 3. Tandoori Chicken 4. Baked Fish with Herb Crust 	<p>Ch:9 Ch:11 Ch:12 Ch:14 (Foskett, Rippington, Paskins, & Thorpe, 2015)</p>
8.	16/03-20/03	<p>Combination Cooking Methods</p> <p>• Theory: Stew / Casserole</p> <ol style="list-style-type: none"> 1. Brown Lamb Stew (Navarin) 2. Irish Stew 3. Goulash 4. Coq au Vin 5. Vegetable Curry 6. Rice Pilaf 	<p>Ch:7 Ch:10 Ch:11 Ch:12 (Foskett, Rippington, Paskins, & Thorpe, 2015)</p>
9.	23/03-27/03	<p>Combination Cooking Methods</p> <p>• Theory: Braising</p> <ul style="list-style-type: none"> • Braised Rice • Braised Beef • Braised Fennel with Black Olives and Cardamom • Pommes Boulangères 	<p>Ch:7 Ch:10 Ch:12 (Foskett, Rippington, Paskins, & Thorpe, 2015)</p>
10.	30/03-03/04	<p>Moist Heat Cooking Methods</p> <p>• Theory: Sous-Vide</p> <ul style="list-style-type: none"> • Sous Vide Pork Chop • Sous Vide Leg of Chicken • Sous Vide Vegetables (carrots, cauliflower, broccoli) • Sous Vide Potatoes 	Instructor Handouts
11.	06/04-10/04	<p>Small Scale Menu Preparation I (TeamA &B)</p> <ul style="list-style-type: none"> • Délice of Fish Pochés à la Florentine • Pork Grilled Chops 	Instructor's Handouts

Week	Dates	Topics to be Covered	Reference Chapter / Material
		<ul style="list-style-type: none"> • Herb butter • Potatoes sauté • Stir Fried Vegetables 	
12.	13/04-14/04 & 22/04-24/04	Small Scale Menu Preparation (Team A & B) <ul style="list-style-type: none"> • Chicken Pané (Hors d' Oeuvre size) • Coleslaw • Brown Lamb Stew • Potatoes boiled • Barrel shaped carrots 	Instructor's Handouts
	15/04-21/04	EASTER HOLIDAYS	
13.	27/04-30/04	Final Practice (Team A & B) <ul style="list-style-type: none"> • Chicken Chasseur • Puree Potatoes • Boiled Carrots • Courgette 	Instructor's Handouts
14.	04/05-08/05	Final Practical Assessment Student Presentations	

The schedule above is only preliminary. Some dates may have to change based on our need for time. It is your responsibility to keep up with information given in class.

Essential Reading

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

Additional Reading

- Hunter, G., & Tinton, T. (2007). *Professional Chef Level 2 Diploma* (2 ed.). Hampshire: Cengage Learning EMEA.
- Hunter, G., & Tinton, T. (2011). *Professional Chef Level 1 Diploma* (2 ed.). Hampshire: Cengage Learning EMEA.
- Hunter, G., & Tinton, T. (2013). *advanced Professional Chef Level 3 Diploma* (2 ed.). Hampshire: Cengage Learning EMEA.
- Foskett, D., Paskins, P., Thorpe, S., & Campbell, J. (2013). *Practical Cookery For Level 1 Diploma* (2nd ed.). London: Hodder Education.
- Campbell, J., Farrelly, G., Foskett, D., Paskins, P. and Rippington, N., 2012. *Practical Cookery*, 12th ed. London: Hodder Education.



- Αμερικανικό Ινστιτούτο Μαγειρικής (CIA), 2010. *Το Βιβλίο του Σεφ*. 8^η Εκ. Θεσσαλονίκη: Μιλιάρης-Παιδεία, Α.Ε.
- The Culinary Institute of America, 2012. *Garde Manger: The Art and Craft of the Cold Kitchen*, 4th ed. New Jersey: John Wiley & Sons, Inc.
- The Culinary Institute of America, 2011. *The Professional Chef*, 9th Ed. New Jersey: John Wiley & Sons, Inc.