

# HIGHER HOTEL INSTITUTE CYPRUS

## Module Description 2019/20



<b>Module Title:</b>	Cypriot Cuisine and Influences	<b>Semester:</b>	Spring
<b>Module Code:</b>	CAPM 213	<b>ECTS :</b>	7
<b>Programme of Study/ Year of Study:</b>	Culinary Arts / Year 2		
<b>Group:</b>	CA II		
<b>Number of Hours Taught:</b>	2 theory and 10 lab per week		

<b>Instructor:</b>	Andreas Kavazis		
<b>Office Hours :</b>	Wednesday 09:00 – 12:00		
<b>Office Number :</b>		<b>Office Tel :</b>	
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### Pre-requisites:

CAPM 211 - Buffet Preparation & Contemporary Plating Techniques

CAPM 212 - Advanced Garde Manger

CAPM 221 - Advanced Baking & Pastry

CAPM 232 - Menu Planning

### Co-requisites:

CAPM 222 - Contemporary Desserts

### Module Rationale:

This module is designed to provide the students with knowledge on Cypriot cuisine by exploring the cultures that have influenced its food customs, traditions, eating habits and food practices.

### Aims:

This course to familiarise students with the theory and practical knowledge related to the influential exposure and progression of the Cypriot cuisine through the production and delivery of themed menus.

### Intended Learning Outcomes:

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

1. Work collaboratively and independently within a diverse team.
2. Demonstrate proficiency in researching, writing and presentation skills.
3. Acknowledge the culinary influences that have formed the Cypriot cuisine.
4. Show an understanding of related course terminology.
5. Design thematic menus based on menu planning guidelines.
6. Develop kitchen organisation and time management skills.
7. Identify the stages that lead towards the completion of a menu.
8. Recognise faults and apply the appropriate corrective procedures.
9. Apply correct storing and handling practices of finished food items.



## Delivery Methods:

1. Lectures
2. Group Discussions
3. Research Assignments
4. Workshop Demonstrations
5. 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%

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

### Practical Part: 60%

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|--|------|----------------|
| • Continued Workshop Assessment<br>(Individual and 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.	27/01– 31/01	Introduction to Cypriot Cuisine Traditional Regional Ingredients Authentic Regional Cypriot Cuisine I	Lecturer's Handouts
2.	03/02-07/02	Introduction to Cypriot Cuisine Traditional Regional Ingredients Authentic Regional Cypriot Cuisine II	Lecturer's Handouts
3.	10/02-14/02	Forgotten Tastes of Cypriot Cuisine	Lecturer's Handouts
4.	17/02-21/02	Greek Island Cuisine	Lecturer's Handouts
5.	24/02-28/02	Mainland Greek Cuisine	Lecturer's Handouts
6.	03/03-06/03	Byzantine Cuisine	Lecturer's Handouts
7.	09/03-13/03	Armenian Cuisine	Lecturer's Handouts
8.	16/03-20/03	Politiki, Smyrneiki and Turkish Cuisines	Lecturer's Handouts
9.	23/03-27/03	Cuisine of the United Kingdom	Lecturer's Handouts
10.	30/03-03/04	Middle Eastern Cuisine	Lecturer's Handouts
11.	06/04-10/04	Cypriot Fasting Dishes	Lecturer's Handouts



Week	Dates	Topics to be Covered	Reference Chapter / Material
12.	13/04-14/04 & 22/04-24/04	Final Practical Assessment Revision & Student Presentations	Lecturer's Handouts
	15/04-21/04	EASTER HOLIDAYS	
13.	27/04-30/04	Cypriot Innovation Cuisine	
14.	04/05-08/05	Final Practical Assessment Revision & Student Presentations	

\* Depends according to the Easter fasting week

### Essential Reading:

Lecturer's handouts based on the course content

### Additional Reading:

1. Dalby, A., 2010. *Tastes of Byzantium*. 1st ed. London: Bloomsbury Publishing Plc.
2. Ghayour, S., 2014. *Persiana*. 1st ed. London: An Hachette UK Company.
3. Isin, M., 2013. *Sherbet and Spice*. 1st ed. London: I.B. Tauris and Co Ltd.
4. Isin, P. M., 2018. *Bountiful Empire: A History of Ottoman Cuisine*. 1st ed. London: Reaktion Book Ltd.
5. Khan, Y., 2018. *Zaitoun*. 1st ed. London: Bloomsbury.
6. Haroutunian, A., 2011. *Middle Eastern Cookery*. Glasgow: Grub Street Cookery.
7. McWilliams, M., 2010. *Food around the World: A Cultural Perspective*.
8. 3rd ed. New York: Prentice Hall.
9. Dalby, A., 2010. *Tastes of Byzantium: The Cuisine of A Legendary Empire*. London: I.B. Tauris & Co Ltd.
10. Haroutunian, A., 2009. *North African Cookery*. Glasgow: Grub Street Cookery.
11. Civitello, L., 2008. *Cuisine & Culture: A History of Food and People*.
12. 2nd ed. Hoboken: John Wiley & Sons.
13. Milona, M., 2008. *Culinaria Greece: Greek Specialties*. Cambridge: Könemann.
14. Ioannou, Th., 2006. *Cypriot Culinary Researches*. 2nd ed. Nicosia: Kyriakides Lythographic Publisher.
15. Ioannou, Th., 2004. *Cypriot Culinary Researches*. 1st ed. Nicosia: Kyriakides Lythographic Publisher.
16. Ghazarian, B., 2004. *Simply Armenian: Naturally Healthy Ethnic Cooking Made Easy*. Boston: Mayreri Publishing.
17. Kremezi, A., 2000. *The Foods of the Greek Islands: Cooking and Culture at the Crossroads of the*



