

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Gastronomy
---------	------------

Field of Knowledge:	Science
---------------------	---------

Faculty/School:	Legal and Business Science
-----------------	----------------------------

Course:	INTERMEDIATE CUISINE LCB II
---------	-----------------------------

Type:	Optional	ECTS credits:	6
-------	----------	---------------	---

Year:	3	Code:	1477
-------	---	-------	------

Teaching period:	Sixth semester
------------------	----------------

Area:	Culinary Arts
-------	---------------

Module:	Discipline
---------	------------

Teaching type:	Classroom-based
----------------	-----------------

Language:	English
-----------	---------

Total number of student study hours:	150
--------------------------------------	-----

Teaching staff	E-mail
Aránzazu De Miguel Uriarte	arantxa.demiguel@ufv.es

## SUBJECT DESCRIPTION

This part of the course is divided into three different blocks that build upon this third year, Intermediate Cuisine. Intermediate Cuisine is dedicated to the harnessing and mastering of the Haute Cuisine. This part is the middle one of the three. This block will lead the students to reach a professional level, mastering and consolidating culinary skills. This subject will teach students how to handle (with confidence) first class ingredients, how to cook them using specific techniques and subsequently present the plate with the high standards that are required at this level.

## GOAL

Once the student has completed the learning of the basic techniques of the previous courses, the student will have and acquired the more advance skills, as well as the speed and the know how to prioritise and organise themselves that is essential when reaching this level of cuisine that is very demanding.

At this point the student will have to develop an awareness of the importance of the decision, regarding the information offered . Any area of the business or industry that is going to be entered and conquered will have also an impact on the welfare and the benefit of the wider community. The goal would be to make the most in both areas: economical and ethical. There will be an added value to these areas that will therefore have a positive result and produce sustainable growth for the business and the wider community.

The student will have developed the skills to prepare muse-buche buffet cocktail, and muse-buche buffet restaurant . This is a very important part of the objective of this LCBII course because it will allow the student to cater for social events in a confident and professional way; within the highest culinary standards.

## PRIOR KNOWLEDGE

It is mandatory to have completed the three previous courses of culinary Techniques I, II, III

## COURSE SYLLABUS

### Session 1

Duck gizzards confits, hearts lentils and lamb lettuce salad  
Lobster a l'armoricaine, stuffed cabbage  
Crepes Suzette

### Session 2

Foie-gras mit cuit in its fat  
Deboned leg of lamb, roasted with beans stew  
Oeufs à la neige

### Session 3

Saddle of rabbit with black olives, stuffed onions  
Fruit zabaglione, biscotti

### Session 4

Magret of dried duck, melon carpaccio with citrus vinaigrette  
Stuffed fillet of turbot, white wine sauce  
Profiteroles with ice-cream, chocolate sauce

### Session 5

Fried eggs mollet with peas  
Guinea fowl with foie-gras, fruit and vegetable cassoulette

### Session 6

Mousse-bouche for cocktail

### Session 7

Mousse-bouche for cocktail

### Session 8

Mousse-bouche for restaurant

Session 9

Mousse bouche for restaurant

## EDUCATION ACTIVITIES

**DEMONSTRATION AND PRACTICE(CORDON BLEU METHODOLOGY).** This teaching method for the mastering of the culinary arts is based in four stages: demonstration by an instructor chef, taste by the students from the dish presented by the chef, individual cooking of the recipe following the same steps that they have seen at the demonstration under the chef supervision and the final taste and the evaluation by the chef instructor

**TUTORIAL ACTION SYSTEM:** It includes interviews, team discussions, self assessment and assessments followed by a tutorial session. This tutorial sessions are always lead by the chef instructor and the academic director.

**RESEARCH:** research from different sources and bibliography, analytical investigation and a summary stating the conclusions drawn from the data

**INDEPENDENT WORK:**The student will lead the way either independently or not (maybe along teachers, classmates, tutors or mentors). The students will decide the goals to achieve, the tools needed to achieve them and will evaluate the results. The teacher will be guiding and helping in this independent way of acquiring knowledge. This last will be a very important one for the student to develop the skills needed for future research in the academic or professional life.

## DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours
DEMONSTRATION CLASS 2h CULINARY DEMO 27h CULINARY PRACTICE 27h EXAM 4h	Individual tutorial sessions 4h Theoretical and practical learning 86h

## SKILLS

### Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

## General Skills

To adopt a personal and institutional ethical commitment in the workplace.

To develop professional skills such as humility in the workplace, consistency in practice, tidiness and discipline, objective self-criticism and the spirit of achievement.

To develop the professional skills involved in risk forecasting, decision making and problem solving.

To be able to apply the theory and knowledge acquired to real situations and practical actions.

## Specific skills

To handle resources for the search of specialist information that allow for preventive measures, dietetic guidelines and nutritional recommendations to be applied.

To know and apply food service, hygiene and quality standards in the professional culinary arts, catering and hotel environment.

To acquire the established knowledge of the basic arts and techniques used in the area of the subject matter and in the handling of the corresponding professional utensils, instruments and equipment.

To know the products of animal and vegetable origin used in professional cuisine, with special emphasis on their preparation, handling and preservation, from reception to final processing

To develop culinary creativity based on the observation and study of regional singularities and traditions, through the study of local history and geography, climatology, ethnography and local produce.

To develop and educate on sensitivity in relation to aspects regarding the appearance and presentation of dishes and end products for customers.

To understand and value the impact of gastronomy and culinary arts on society: family, local and regional communities, economic development, social development and the media.

To know and apply advanced food production and preservation processes to the culinary arts.

To know and apply detailed food assimilation and healthy nutrition processes to the culinary arts.

To master the international terminology of gastronomy in all of its areas: culinary techniques, recipes, products, chemical elements, biological and biochemical phenomena and processes, technologies, regulations, designations of origin, processes and dissemination to the media.

To appreciate the link between the modern-day world and historic events and recognise the need to locate the historic framework of any event in order to understand it.

## LEARNING RESULTS

Applies the skills in cooking techniques to handle the ingredients to the finest cooking standards during the

practice in the kitchen

Elaborates therefore response to the needs of the surrounding environment keeping up to date and acting accordingly to the fast pace the gastronomy industry requires as shown in the practice

Buids up the competences in all the areas within the internationally gastronomy world, based in the wider knowledge achieved in the culinary english vocabulary during demonstration lessons

Applies and understands the economic value of food waste and time spent in culinary preparations as proved in the practice of the recipes

Applies the techniques learned in the course to the recipes of traditional cuisine, mainly in the production of mousse-bouche either cocktail or restaurant block of practices

Applies the standards in safety and hygiene in culinary arts at a profesional level with the prime ingredients used as mandatory in the practice

Produces the art of plating and presenting the dish at the required level as shown during practice

Executes the flavors to the required standards as tested during practice

Relates and understands the history and the sociocultural implications that generate the changes in gastronomy. Relates the tradition as a driving factor for the future changes in the gastronomy environment as shown during the personal research of the recipes and the tutorial debate action

Elaborates menus to the dietary standards required as shown during the practice in the kitchen

Elaborates menus that relate well being and flavor taking both concepts to the highest standards as show during practice in the kitchen

## LEARNING APPRAISAL SYSTEM

Students of first enrollment

Written exam , test or short answers 15%

Daily assessment 40%

Assistance and class participation 5%

Practice assesment:practice in the lab, culinary preparation, customer service, mise en place and event organisation. 40%

To succeed and pass the subject the student will need to get more than a 5 for both; theory and practice

For the student has lost the right to get the on-going evaluation because of the number of absences(this number of absences should never be more than 20%) only the theory and practice grade will be taken into account for the final grade. In order to pass the subject the student will need to get more than five, for both theory and practice

Academic exemption or dispensation

The students that for a justified reason (health problems or any other important matter) and always with the agreement and the approval of the accademic director cannot attend the programmed scheduled lessons will be marked just with the written theory exam and the practical one.

In this case the written exam will count 25% and the practice assesment exam a 75%

Students of second or subsequents enrollments

The students of second or subsequent enrollments will have the two options mentined before, it is mandatory tocomunicate the professor at the begininfg of the semester

The student will not be able to pass the subject with just one assesment

Extraordinary examinations

In this case the assesment criteria applied will be the same as the two previous ones

## **BIBLIOGRAPHY AND OTHER RESOURCES**

### **Basic**

"Fundamentos del Arte culinario", Los Chefs de Le Cordon Bleu, Editorial Delmar, ©Le Cordon Bleu Internacional

"Guía completa de las Técnicas culinarias", Jeni Wright y Eric Treuillé, Editorial Blume, ©Le Cordon Bleu Internacional

### **Additional**

"Les essentiels", Jean-Pierre Gabriel

"Cocina de referencia", Michael Mientent-Morent

"L'envers des matieres", Jean-Marc Scribante