

Teaching guide

IDENTIFICATION DETAILS

Degree:	Gastronomy		
Field of Knowledge:	Science		
Faculty/School:	Legal and Business Science		
Course:	INTERMEDIATE CUISINE LCB III		
Type:	Optional	ECTS credits:	6
Year:	3	Code:	1478
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
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SUBJECT DESCRIPTION

This subject is the third one that conforms Intermediate Cuisine. This course is the last one of the three, at this point the level of cuisine achieves very high standards and therefore is compulsory to reach and embrace in a solid and consistent way the highest culinary standards. This part of the three benefits from the previous two where the skills were still polishing, Techniques, standards of hygiene, clever organisation are mastered at this point. They give space for an accurate precision in plating the dishes, perfection in cooking points and multitasking the different chores for the intricate recipes that conform Intermediate Cuisine LCBIII.

This last part of the three LCB courses will lead the student into different areas of specialization such as the vegetarian cuisine and the sous-vide cuisine techniques

GOAL

Once the skills have been learned in the previous two courses of this Intermediate Cuisine course, the objective is to show that the skills have been consolidated. Precision, accuracy in flavor and presentation should be in place. At the same time the objective in Basic Techniques Applications of working to the best standards of hygiene and safety should be now part of the substantial nature within the work produced. All in all the objective would be to get the standards that will allow the student to work to the highest level, the one the Haute Cuisine requires. At this point the student will have to develop an awareness of the importance of the decision making skill that will be needed, 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 be confident in the use of the new techniques learned and concepts in the industry therefore will be able to adapt with efficiency to the fast pace and always changing work environment

PRIOR KNOWLEDGE

It is mandatory to have completed Intermediate Cuisine LCBI and Intermediate Cuisine LCBI

COURSE SYLLABUS

Session 1

Marinate the salmon in salt for the Gravlax
Papillote of smoked wild salmon, fennel, dried tomato, cucumber cream
Put the Iberian cheeks to cook

Session 2

Low temperature confit of salmon, ravioli, warm beet vinaigrette
Marinate the salmon for the Gravlax
Iberian cheeks polenta ratatouille

Session 3

Marinate the meat for the pâte en croute
Presentation of the salmon Gravlax
Potato gnocchi, wild mushroom fricassée, parmesan tuile
Light mousse of mascarpone, coffee ice-cream

Session 4

Assembly of the pâte en croute and cooking
Fillets of sole "Viennoise"
Cherry cauliflower, Cointreau raspberry caramel, fresh fruit

Session 5

Presentation of the pâte en croûte
Risotto with mussels and saffron razor-clams
Puff pastry
Lemon and meringue tart

Session 6

Velouté of watercress and lettuce, whipped cream and Cabrales blue cheese
Flavored broth, coloured vegetables, mushrooms and seaweed
Goat curd, apple and hazelnut

Session 7

Ballotine of black chicken, supreme sauce, glazed turnips
Millefeuille with vanilla, caramel a fleur de sel

Session 8

Fresh pasta with eggs- preparation of fettucini
Fress pasta without eggs- preparation of garganelli
Making of the tomato sauce
pesto with basil

Session 9

Spätzle
Gluten free pasta-Linguine with smoked salmon
Langoustine ravioli, citronella flavored consomé

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
THEORY CLASS 2h CULINARY DEMONSTRATION 27h PRACTICAL CLASSES: 27h EXAM 4h	Theoretical and practical learning 86h Individual tutorial sessions 4h

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 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 recognise the importance of the social and environment elements of one's professional and business activity and of the need for a professional code of ethics.

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 as shown during the practice sessions

Elaborates therefore gives response to the needs of the surrounding environment keeping up to date and acting accordingly to the fast pace that the gastronomy industry requires as shown during practice sessions, ex: sous vide techniques

Builds up the competences in all the areas within the internationally gastronomy world, based in the wider knowledge achieved in the culinary english vocabulary as enforced during demonstration sessions

Applies and understands the economic value of food waste and time spent in culinary preparations as shown during practice sessions

Applies the techniques learned and extrapolates recipes of traditional cuisine to the new trends in nutrition. As tested during practice sessions, that is the case of fresh pasta making, adapted for producing gluten free pasta

Applies the standards in safety and hygiene in culinary arts at a professional level as shown during practice sessions

Produces the art of plating and presenting the dish at the required level approved during practice sessions

Executes the flavors to the required standards. Reaching an outstanding level of presentation and flavours for the vegetarian recipes of tis practice block of sessions

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 action

Elaborates menus that give response to the dietary needs and are cooked to the required standards of flavor as shown during practice in the kitchen

Research through individual and independent work to produce menus that adapt to any dietary requirement ex vegetarian modul

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

"Química de los alimentos", Salvador Badui Dergal

"Bouillon", Chef William Ledeuil - Edition la Martiniere

"Atelier Crenn", Chef Dominique Crenn y Karen Leibowitz - Edition la Martiniere