

<b>Code - Course</b>	<b>181208 – Culinary techniques and preparations</b>		
<b>Type</b>	Compulsory subject	<b>Year</b>	1 <sup>st</sup>
<b>Thematic Area</b>	Culinary and wine preparations	<b>Credits</b>	6 ECTS
<b>Professor in charge of the course</b>		Montserrat Saperas	
<b>In-class</b>	60 hours	<b>Teacher-led</b>	40 hours
		<b>Individual</b>	50 hours

## BRIEF COURSE DESCRIPTION

The aim of the subject Culinary Techniques and Preparations is to complement the first contact with the world of cooking. The contents of this course are laid out combining theory and practice. Students will learn the basic cooking techniques of culinary ingredients and their presentation.

Contents are divided into 3 backbone blocks. In the first block, students will be trained in theoretical and practical knowledge to carry out the different cooking techniques and the processes to follow to make the basic culinary preparations. To do so, traditional methods will be combined with the latter innovations in processes and machinery. In the second block, students will learn how to plate and garnish the dishes to serve them and how to pair food with wine. Finally, in the third block, students will learn about the nutritional determinants and the assistance to groups with special dietary needs.

The subject plays a key role to complete the initial knowledge regarding culinary techniques.

## TITLE RELATED LEARNING OUTCOMES

TC02- Acknowledge the main tools for the managing of organizations in food and beverage management and food industry.

TC07- Define theoretical, technical and instrumental basics related to gastronomy, catering and food industry, applied to culinary processes in the sector.

TH09- Apply technology with method, technique and skill to related culinary processes, considering materials, tools and instruments.

TS01- Achieve autonomous learning, based in analysis, synthesis, global visions and applied knowledge capabilities, enabling decision-making and adaptation to new scenarios.

## SUBJECT RELATED LEARNING OUTCOMES

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M13H2- Apply the appropriate culinary techniques for the making of culinary elaborations considering gastronomy offer goals, adaptation criteria and sustainability in its social, economic and environmental impact.

M13C5- Design the culinary process following creation, executing and final results phases.

M13H6- Execute good practices related to food manipulation, control and distribution.

## ACADEMIC CONTENTS

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### 1. Techniques for cold, hot and mixed preparations. Description, analysis, classification and implementation.

- 1.1. Introduction to cooking techniques. Food transformations.
- 1.2. Cooking techniques: description, typology, classification and application.  
Execution processes: phases and key points in the realization of each technique.
- 1.3. Preservation techniques.
- 1.4. Regeneration: definition, types, applications. Hygienic sanitary precautions.
- 1.5. Cooking applications using pressure.

### 2. Basic culinary preparations

- 2.1. Breaded and deep-fried elaborations.
- 2.2. Binding agents: ingredients, processes and applications.
- 2.3. Processes for making sauces: definition, classification and applications.

### 3. Techniques used in pre-processing and preparation of different families of products: pasta, cereals, rice, legumes and eggs.

- 3.1. Recognition, production, handling and cooking of pasta.
- 3.2. Recognition, production, handling and cooking of cereals.
- 3.3. Recognition, production, handling and cooking of rice.
- 3.4. Recognition, production, handling and cooking of legumes.
- 3.5. Recognition, production, handling and cooking of eggs.

### 4. Products, pairing and preparations

- 4.1. Gastronomic offer: concept and structure. Basic rules in decoration and presentation of dishes in the kitchen.
- 4.2. Processes for making garnishes and decorations: definition, classification and applications. Relationship with the culinary elaborations that they accompany.

**5. Nutritional determinants and awareness of groups with special dietary needs during cooking and serving of food.**

5.1. Main nutritional variations in food cooking.

5.2. Protocols for the attention of groups with special dietary needs.

**6. Basic documentation: Technical sheet, Production sheet and Food cost calculation methods**

## LEARNING METHODOLOGY

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The subject Culinary Techniques and Preparations is a theoretical and practical course that provides the acquisition of skills related to this subject, giving students a general and basic overview of the sector.

The learning methodology will be based on a part of theoretical sessions where the students will do exercises to achieve the objectives. On the other hand, during practical sessions, where the bases of application of culinary techniques applied to different products and preparations will be given that the student must complement with hours of autonomous work.

The foundations of culinary techniques applied to different products will be taught to the students. The students are required to invest time in self-learning as well (60% of the course time).

The students will dedicate 40% of the course time to face-to-face classes, both theoretical and practical, where they will receive contextual and conceptual explanations about the topics previously specified. The explanations will be combined with activities that the students must solve individually or in groups, depending on what is determined at each moment.

Attendance at **practical sessions is mandatory** for the correct follow-up of the subject.

The learning methodologies planned for the subject combine several processes being the most remarkable the cognitive methods related to the comprehension of the principles of tourism and the global tourism system as well as the inclusion of a set of skills, mainly technical.

The activities and methodologies -both group and individual- designed for this subject are the following:

- Expository class
- Practical sessions
- Seminars
- Reverse classroom
- Challenge-based learning
- Learning Portfolio

## ASSESSMENT SYSTEM

The assessment system measures the student's achievement of learning outcomes regarding the subject's competencies and contents.

Students may choose continuous assessment or single assessment:

**Continuous Assessment:** the teaching-learning process is assessed by continuous monitoring of the work done by the students throughout the course and a final individual examination. Students must attend classes to be assessed by continuous assessment.

**Single Assessment:** those students who cannot come to class regularly, they can choose to be assessed by single assessment. The teaching-learning process is assessed by means of the assessment of all activities and in-person individual examination at the end of the course.

To qualify for this form of assessment, students must apply within the first 15 days of the start of the course through the assessment section of Virtual Campus.

The assessment activities planning will be public for the students from the start.

The deadlines for each of the requested assignments will not be extendable, which implies that the student must be aware of the follow-up of the subject. To be qualified in the practical part, it will be essential to present the practical report.

As this subject is theoretical and practical, the final grade will be divided into two parts. The final grade of the subject is obtained from the weighted average of the marks of the assignments, theoretical and practical exams and activities carried out during the course.

Assessment	Continuous	Single
<b>ASSESSMENT DURING THE COURSE</b>		
Theoretical assignment. individual	10 % (group)	20 % (individual)
Compilation of the recipes -individual	10 %	----
Assessment of the hands-on sessions	20 %	----
Partial theoretical exam - individual	20 %	20%
Total	60%	40%
<b>FINAL ASSESSMENT</b>		
Final theoretical exam- individual	20%	20 %
Final practical exam - individual	20 %	40 %
Total	40 %	60%

**\*The final practical exam of single assessment students will be different from the one carried out by the students performing the continuous assessment.**

**To pass the course, it is mandatory to have obtained a minimum final grade of "4" in both parts, theoretical and practicum.**

### Revision and Reassessment of the Course

The student has the right to revise all the evidence that has been designed for the assessment of learning.

If a student fails to achieve the learning objectives of the course, to opt for the subject reassessment, it will be necessary to have obtained a final grade of the subject between "4-4.9", and to have attended the individual final exam/s or final work/s of the course.

The reassessment process will only involve the modification of the final grade in the case that the new assessment activity is passed, and, in any case, the maximum grade will be "5". This grade will be averaged with the other grades of the assessment activities carried out by the student during the corresponding academic period, considering the percentages established in each subject, and setting the final grade for the course.

## REFERENCES

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Escoffier, A. (2004). *Guide Culinarie*. Francia, Evreux: Flammarion.

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Mayor Ribas, Gustavo; Mayor Ribas; David; Navarro Tomás, Víctor José (2011). *Procesos de elaboración culinaria*. Editorial Síntesis, 2011.

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Myhrvold, Nathan; Young, Chris; Bilet, Maxime (2011). *Modernist Cuisine (volum 2,3, 4 and 5)*. Seattle, The Cooking Lab editions

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This, Hervé (1996). *Los secretos de los pucheros*, Zaragoza, Editorial Acribia

This, Hervé (1999). *Los misterios de la cocina*, Zaragoza, Editorial Acribia

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### **Recursos bibliográficos de ampliación:**

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Andrés , Jose, Goulding Matt (2019). *Vegetables unleashed:a cookbook*. New York, Antony Bourdain/ECCO publishers.

Bressanini, Dario (2021). *La ciencia de las verduras: La química del tomate y la cebolla*. Barcelona, Editorial Gribaudo

Dacosta, Quique (2005). *Arroces contemporáneos* (2005). Barcelona, Monteagud Editores.

De la Calle, Rodrigo (2017). *Cocina verde*. Barcelona, Planeta Gastro

De la Calle, Rodrigo (2022). *Verdupedia: Cocina vegetal para preparar en casa*. Barcelona, Planeta Gastro.

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Le Caisne, Arthur (2018). *The secrets of the butcher*. New York. Black Dog and Leventhal.

Masui, Chihiro (2009). *Pescado. Un arte de Japón*. Barcelona, Monteagud Editores.

MacFadden, Joshua, Holmberg, Martha (2017). *Six seasons: a new way with vegetables*. New York, Artisan Books

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Webs:

[chefsimon.com](https://chefsimon.com)

[webtv.ac-versailles.fr/restauration/Cuisine](https://webtv.ac-versailles.fr/restauration/Cuisine)

[www.gastronomiaycia.com](https://www.gastronomiaycia.com)

<http://stellaculinary.com>

<http://www.canalcandido.tv/>