



Code-Course	051208 - Culinary Techniques and Preparations		
Thematic Area	Enogastronomic and culinary preparations	Year	First
Course Type	Mandatory	Credits	6 cr. ECTS
In-class Hours	60 hours	Hours of Individual Work	90 hours

### BRIEF COURSE DESCRIPTION

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The aim of this course is to complement the *Systems and Processes of Cooking Production* course. The contents of this course are laid out combining theory and practice. Students will learn the basic cooking techniques for the different ingredients and their presentation.

Contents are divided in 3 blocks. In the first block students will acquire the necessary theoretical and practical knowledge in order to carry out the different cooking techniques and the process to follow in order to make basic culinary preparations. In order 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. In the third block students will learn about the nutritional determinants and the assistance to groups with special needs.

### BASIC SKILLS

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BS2 – Students must be able to apply their knowledge to their work in a professional way and possess the skills used to develop and defend arguments and solve problems within their study field.

### GENERAL SKILLS

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GS6 – Meet the **customers'** needs and expectations.

### SPECIFIC SKILLS

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SS3 – Organize, develop and evaluate culinary production processes and the food plating.

SS7 – Identify and classify the different families of prepared and unprepared food products for their culinary application.



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# COURSE CONTENT

## Academic year 2020/2021

SS8 – Use the culinary production processes and the basic preparation, transformation and preservation processes of foods of animal and plant origin.

SS9 – Use the potential of information and communication technologies for efficient management of the work environment.

SS11 – Interpret and apply the food safety regulations in the culinary field.

SS13 – Interpret and apply the composition, the nutrition value and the functional properties of the various group foods to the culinary techniques, as well as the attention to groups with special needs.

### LEARNING OBJECTIVES

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Know and apply the different culinary techniques appropriate for the realization of culinary elaborations according to the objectives of the gastronomic offer.

Develop the analysis capacity that allows designing the culinary process following the creation, execution and final result phases.

Know the impact of culinary techniques and processes on the nutritional composition of foods.

Execute good practices related to handling, control and distribution of food.

### THEMATIC CONTENTS

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

Basic culinary preparations

Techniques used in pre-preparation and preparation of different groups of products > eggs, pasta, pulses and cereals

Products, pairing and preparations

Nutritional determinants and the awareness of groups with special needs when cooking and serving food

### LEARNING METHODOLOGY

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This theoretical and practical course help students acquire the skills related to this subject by means of a general overview of the sector.



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# COURSE CONTENT

## Academic year 2020/2021

During lectures students will do exercises in order to achieve the objectives aforementioned, while in practical classes students will be provided with the foundations of culinary techniques applied to different products and productions. Students are required to invest time in self-learning.

Students will dedicate 40% of the course time to face-to-face classes. Students will be taught the contextual and conceptual explanations about each of the points here specified. They will also carry out practical exercises individually or in teams.

### ASSESSMENT SYSTEM

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The assessment system assesses the student's achievement of learning outcomes regarding the subject's own competences.

Students may choose between continuous assessments throughout the year or a final examination at the end of the course.

**Continuous assessment:** the teaching-learning process is assessed by a continuous monitoring of the work done by the students throughout the course. Students must attend to a minimum of 80% of the classes in order to be assessed by continuous assessment.

**Final examination:** it assesses the students' learning outcomes by means of a final exam at the end of the course. Students who cannot come to class regularly due to justified reasons will be assessed at the end of the course.

Assessment systems	Continuous	Final
Final written exam	40%	40%
Assessment of practical tasks	10 %	10%
Final practical exam	15 %	50 %
recipes assessment	5%	---
Execution of hands on lessons	30 %	---

### REVIEW AND REASSESSMENT OF THE COURSE

The student has the right to review all the evidences that have been designed for the assessment of learning.



If a student fails to achieve the learning objectives of the course, in order to opt for the reassessment of the course and submit a new reassessment task, it will be mandatory to fulfil one of these conditions:

- A. Students must have been awarded a mean grade of 5.0 or higher in relation to the activities carried out throughout the semester without taking into account the final exam/s (both continuous assessment and single assessment) and having attended the final exam.
- B. Students must have been awarded a final minimum grade of 4.0 in the overall course.

After the reassessment, the maximum grade is 5.0 in the overall course.

### BIBLIOGRAPHY

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- McGee, Harold (2007). *La cocina y los alimentos. Enciclopedia de la ciencia y la cultura de la comida*. Barcelona, Mondadori.
- 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*. Volúmenes 2,3, 4 y 5. Colonia, Editorial Taschen.
- Fradera, Juan (1997). *Guía práctica de las técnicas culinarias*. Barcelona, Cooking Books.
- Nuria Pérez y Juan José Civera (2011). *Procesos de Preelaboración y Conservación en Cocina*. Madrid, Editorial Síntesis.