

33.

<b>Course title</b>	<b>Cypriot Cuisine</b>				
<b>Course code</b>	CBPA255				
<b>Course type</b>	Theoretical and Practical				
<b>Level</b>	Bachelor's				
<b>Year / Semester</b>	2 <sup>nd</sup> Year / 4 <sup>th</sup> Semester				
<b>Teacher's name</b>	George Voskou				
<b>ECTS</b>	5	<b>Lectures / week</b>	1	<b>Laboratories / week</b>	4
<b>Course purpose and objectives</b>	The aim of the course is to introduce students to the theory and practice of producing local gastronomy products and to educate them on all the important types of regional products.				
<b>Learning outcomes</b>	<p>Upon the completion of the course, students are expected to:</p> <p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• <b>Explain</b> the gastronomic history of the nation and the wider region</li> <li>• <b>Recognise</b> the ingredients for the execution of the recipes</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• <b>Produce</b> basic dishes, basic meze dishes and basic festive dishes</li> </ul> <p><b>Competences</b></p> <ul style="list-style-type: none"> <li>• <b>Integrate</b> raw materials for the preparation of traditional Cypriot dishes.</li> <li>• <b>Develop</b> recipes of the Cypriot cuisine.</li> </ul>				
<b>Prerequisites</b>		<b>Required</b>			
<b>Course content</b>	<p style="text-align: center;"><b>Practical Part</b></p> <p><b>Week 1-2</b></p> <ul style="list-style-type: none"> <li>• Traditional Cypriot cuisine – general characteristics</li> <li>• Traditional cold cuts – ways of preparation (smoked bacon, port cold cut au vin, traditional sausages)</li> </ul> <p><b>Week 3</b></p> <ul style="list-style-type: none"> <li>• Rocket salad with louvana</li> <li>• Village salad</li> <li>• Salad with fried</li> <li>• Σαλάτα με τηγανητό cauliflower</li> <li>• Houmous</li> </ul>				

- Cuttlefish with spinach
- Port with beetroot
- Potatoes / taro roots
- Kattimeri - sweet Cypriot pastry

**Week 4**

- Tzatziki
- Eggplant salad
- Salad with Tomato and glistirida (Portulaca oleracea)
- Lemon Chicken
- Pork with kolokasi and tomato sause
- Fish in the oven
- Beetroot with wine and coriander
- Siamali / Şambaba
- Cypriot bun

**Week 5**

- Taramas
- Hot appetizers
- Siefertalies
- Chicken Souvlaki
- Purgouri pilaf
- Octopus au vin
- Burekia with anari
- Traditional bread

**Week 6**

- Tahini
- Parsley salad
- Salad with mushrooms
- Village spaghetti with tomato sauce and pesto
- Okra with tomato sause
- Stuffed vegetables, with or without meet, with lemon sauce
- Halvas with semolina
- olive pies

**Week 7**

- Trahana soup with coriander oil and garnished with 'Arcatena' nuts of Omodos
- Chicken and liver terrine, served with rocket salad and apricot glaze
- Pork fillet stuffed with halloumi and herbs, served with homemade seftalia, accompanied by courgette cream, seasonal vegetables and Koumantaria sauce

**Week 8-9**

	<ul style="list-style-type: none"> <li>• Sweet smoked pumpkin accompanied by smoked pork shoulder and croutons flavoured with fresh thyme.</li> <li>• Hot grilled halloumi served with fresh homemade tomato jam, olive oil flavoured with fresh basil and wild rocket leaves</li> <li>• Slow-roasted wheat in truffle oil with various mountain mushrooms stewed in white wine and flavoured with fresh wild thyme, served with crispy anari cheese and wild rocket leaves</li> <li>• Lemon sorbet made from fresh lemons and fresh mint</li> <li>• Sous Vide Braised quail, sautéed and smothered in a light red wine sauce with fresh thyme, served with arugula and pickled fruit.</li> </ul> <p><b>Week 10</b></p> <ul style="list-style-type: none"> <li>• Salad with beans and olive oil</li> <li>• Roasted chicken</li> <li>• Village macaroni</li> <li>• Ttavas</li> <li>• Eggplant with onion and tomato</li> </ul> <p><b>Week 11-12</b></p> <ul style="list-style-type: none"> <li>• Traditional egg-lemon soup with chicken and bagel and cinnamon croutons</li> <li>• Braised stuffed vegetables with minced pork and rice flavoured with fresh mint and lemon and tomato sauce</li> <li>• Traditional wood-oven lamb with potatoes served withourgouri and salad</li> <li>• Traditional Pischies (fried pastry) with cinnamon and honey</li> <li>• Flaunas with local flauna cheese, raisins and mint</li> </ul>
<p><b>Teaching methodology</b></p>	<p>This is a workshop-based course and includes lectures, demonstrations and hands-on creations by everyone in the kitchen. It is a hands-on experience where recipe execution, tasting, and sensory evaluation is supervised by the instructor. The practical part of the course, either being during the final practical examination or the intermediary practical examination, is evaluated using a feedback report completed by the instructor. The feedback report includes the criteria and the marking guide for assessing the students' practical application of their skills and competences. The feedback report is found in the Course Booklet, posted on Moodle</p>

<p><b>Bibliography</b></p>	<p><b>Greek Bibliography:</b></p> <ul style="list-style-type: none"> <li>• Χατζησυμεού, Π., και Ιωάννου, Σ. (2004). Κυπριακή Κουζίνα: Ευρωπαϊκή Κοινότητα Γαστρονόμων. [<i>Cypriot cuisine: European Community of Gastronomers</i>]. Κύπρος: KES College.</li> <li>• Χατζησυμεού, Π., και Ιωάννου, Σ. (2003). Κυπριακή Κουζίνα. [<i>Cyprus cuisine</i>]. Κύπρος: KES College.</li> <li>• Χριστοδούλου, Α. (2013). Παραδοσιακές κυπριακές συνταγές. [<i>Traditional Cyprus recipes</i>]. Λευκωσία. Επιφανίου Ηλίας. ISBN 978-9963-674-29-9.</li> <li>• Χατζηττοφή, Π. (2019). Φαγητό του δρόμου-Street food. [<i>Street food</i>]. Μουσείο Κυπριακών Τροφίμων και Διατροφής. ISBN: 978-9925-7577-0-1.</li> <li>• Φιλιππάκη, Μ. (2006). Μεσογειακή κουζίνα : ελληνικές παραδοσιακές συνταγές. Ηλία Επιφανίου. ISBN: 9963-9095-2-3</li> <li>• KES College notes.</li> </ul> <p><b>English Bibliography</b></p> <ul style="list-style-type: none"> <li>• Christodoulou. A (2011). <i>Traditional recipes of Cyprus</i>. Elia Epiphaniou Publications. ISBN-13 : 978-9963674350.</li> <li>• Hayden G. (2019). <i>Taverna – Recipes from a Cypriot Kitchen</i>. Penguin Random House UK. ISBN9780224101646.</li> <li>• Melton, S. (2021). <i>Authentic Greek Cypriot Recipes from Cyprus: Traditional Cyprus Food: Vegetarian Greek Recipes</i>. Independently published. ISBN-13:979-8459720136.</li> <li>• KES College handouts</li> </ul>
<p><b>Assessment</b></p>	<ul style="list-style-type: none"> <li>• Attendance and classroom participation: 10%</li> <li>• Midterm practical examination: 20%</li> <li>• Final written examination: 30%</li> <li>• Final practical examination: 40%</li> </ul>
<p><b>Language</b></p>	<p>Greek or English</p>