


ASIGNATURA DE COCINA EUROPEA BIS

1. Competences	To develop and manage a gastronomic concept through the diagnosis of culinary potential, menu engineering, representative Mexican and international cuisine, financial and strategic management tools, and applicable regulations to strengthen the gastronomic sector and contribute to the economic development of the area.
1. Term	Eighth
2. Theory hours	30
3. Practical hours	90
4. Total hours	120
5. Weekly hours	8
6. Objective	The student will elaborate a gastronomic proposal of traditional European cuisine considering the traditional ingredients, ways and customs, methods and culinary techniques based on the applicable regulations to diversify the gastronomic offer and enhance the sector.

LEARNING UNITS	Horas		
	Theoretical	Practical	Total
I. French Cuisine	10	30	40
II. Italian Cuisine	10	30	40
III. Spanish Cuisine	10	30	40
Total	30	90	120


ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	

COCINA EUROPEA BIS


LEARNING UNITS

1. Learning Unit	I. French Cuisine
2. Theoretical Hours	10
3. Practical Hours	30
4. Total	40
5. Objective	The student will prepare representative dishes of French cuisine for the creation of menus.

Topic	knowledge	Skills	Values
Introduction to French cuisine	<p>Historical background of French cuisine:</p> <ul style="list-style-type: none"> - geographic location - gastronomic regions - main ingredients <p>Identify the menu structure in French cuisine.</p>		<p>Systematic Responsibility Discipline Ethical Assertive Teamwork Punctuality Motivation</p>
Starters and soups	<p>Recognize basic cooking methods.</p> <p>Describe entrees and soups representative of French cuisine:</p> <ul style="list-style-type: none"> -Entries: scargot, foie gras, tapenade, quiche lorraine, vol au vent, pate, aspic terrine, nicoise salad, artichokes. -Soups: Bouillabaisse Onion soup, clarified consommé, Vichyssoise, bisque, stew. 	<p>Cook representative entries of French cuisine.</p> <p>Cook representative soups of French cuisine.</p>	<p>Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	


Topic	knowledge	Skills	Values
Main course and side dishes	<p>Explain the main dishes representative of French cuisine: Duck confit, coq au vin, lapin á la moutarde (rabbit with mustard), truite aux amandes (trout with almond and butter, blanquette de veau (beef stew), cassoulett, scallops, poached salmon with béarnaise sauce, boeuf bourguignon (beef in red wine).</p> <p>Explain the main representative garnishes of French cuisine: potato Anna, potato boulangeré, potato dauphine, duchess potatoes, souffles, Rice pilaf, vegetable stew.</p>	<p>Prepare representative main dishes of French cuisine.</p> <p>Prepare representative garnishes of French cuisine.</p>	<p>Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness</p>
Desserts	<p>Recognize the techniques of making pastry.</p> <p>Describe the representative desserts of French cuisine:</p> <p>-crepas suzette, tarta tatín, soufflés, creme brulé, clafoutis, profiteroles, parfait, nougatt, saint honore, mousse.</p>	<p>Make representative desserts of French cuisine.</p>	<p>Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	

COCINA EUROPEA BIS

EVALUATION PROCESS

Learning Outcome	Learning Process	Evaluation tools and instruments
<p>From a traditional French cuisine project, prepare a representative menu and integrate a portfolio of evidence that contains:</p> <p>a) menu card with descriptions of the dishes</p> <p>b) gastronomic regions and justification of the selected dishes</p> <p>c) traditional French breads</p> <p>d) Standardization of recipes in the corresponding format containing:</p> <ul style="list-style-type: none"> - ingredients - procedures adhering to regulations - types of cut - Cooking methods - cooking and serving temperatures - photograph of the final presentation - costs, portions, and profits - conservation time - harmony of dish and drinks <p>-c) Menu display</p>	<ol style="list-style-type: none"> 1. Identify the elements of French cuisine, regions and ingredients of French cuisine. 2. Identify the representative dishes of French cuisine. 3. Understand the preparation of the cooking methods of French cuisine and the techniques of making desserts. 4. Analyze menus of traditional French cuisine. 	<p>Project Rubric</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	


COCINA EUROPEA BIS

TEACHING-LEARNING PROCESS

Methods and teaching techniques	Media and teaching materials
Laboratory practices Collaborative teams Project-based learning	Computer Multimedia equipment Photographic camera Kitchen lab Specialized French cuisine equipment Multimedia equipment Major and minor kitchen equipment Hygiene and safety equipment Printed material

LEARNING SPACE

Classroom/virtual classroom	Languages Lab/Work shop	Company
	X	


ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	

COCINA EUROPEA BIS


LEARNING UNITS

1. Learning Unit	II. Italian Cuisine
2. Theoretical Hours	10
3. Practical Hours	30
4. Total	40
5. Objective	The student will cook representative dishes of Italian cuisine for the creation of menus.

Topic	knowledge	Skills	Values
Introduction to Italian cuisine	<p>Historical background of Italian cuisine:</p> <ul style="list-style-type: none"> - geographic location - gastronomic regions - main ingredients <p>Identify the menu structure in Italian cuisine.</p>		<p>Systematic Responsibility Discipline Ethical Assertive Teamwork Punctuality Motivation</p>
Antipasti and soups	<p>Describe antipasti of Italian cuisine.</p> <p>Antipastos: Fish, meats, vegetables, and cheeses (capresse aubergines, fried squid, carpaccio, vitello tonato, stuffed mushrooms, crostini, panninis).</p> <p>Soups: minestrone, stracciatella, pasta e fagioli, Tuscan mushroom soup.</p>	<p>Make representative antipasti of Italian cuisine.</p> <p>Make representative soups of Italian cuisine.</p>	<p>Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	


Topic	knowledge	Skills	Values
Main course and sides	<p>Describe main course and outlines of Italian cuisine:</p> <ul style="list-style-type: none"> - Main course: Neapolitan chicken, ossobuco, bistecca alla fiorentina, saltimboca, lamb with fennel, chicken with amarengo, San Pedro with capri sauce, fish with salt. - Contours: polenta, mushrooms and mushrooms, peperonata, caponata 	Cook main dish and sides representative of Italian cuisine.	Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness
Desserts	<p>Describe the representative desserts of Italian cuisine:</p> <ul style="list-style-type: none"> - panacotta, tiramisu, zucotto, zuppa, gelatto, cassatta, cannoli, warm chocolate cake. 	Bake representative desserts of Italian cuisine	Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	

COCINA EUROPEA BIS

EVALUATION PROCESS

Learning Outcome	Learning Process	Assessment Instruments
<p>Starting from a traditional Italian cuisine project, you will prepare a representative menu and integrate a portfolio of evidence that contains:</p> <p>a) Menu with descriptions of the dishes</p> <p>b) gastronomic regions and justification of the selected dishes</p> <p>c) traditional Italian breads</p> <p>d) Standardization of recipes in the corresponding format containing:</p> <ul style="list-style-type: none"> - ingredients - procedures adhering to regulations - types of cut - Cooking methods - cooking and serving temperatures - photograph of the final presentation - costs, portions, and returns - conservation time - harmony of dish and drinks <p>-c) Menu display</p>	<ol style="list-style-type: none"> 1. identify the background of Italian cuisine 2. Identify ingredients and main regions of Italian cuisine. 3. Identify the representative dishes of Italian cuisine and their classification in the menu 4. Understand the cooking methods of Italian cuisine 5. Make representative dishes. 	<p>Project Rubric</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	


COCINA EUROPEA BIS

TEACHING-LEARNING PROCESS

Methods and teaching techniques	Media and teaching materials
Laboratory practices Collaborative teams Project-based learning	Printed media. Internet. Multimedia equipment Major and minor kitchen equipment Hygiene and safety equipment

LEARNING SPACE

Classroom/virtual classroom	Languages Lab/Work shop	Company
	X	


ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	

COCINA EUROPEA BIS


LEARNING UNITS

1. Learning Unit	III. Spanish cuisine
2. Theoretical Hours	10
3. Practical Hours	30
4. Total	40
5. Objective	The student will cook representative dishes of Spanish cuisine for the conformation of menus


Topic	knowledge	Skills	Values
Introduction to Spanish cuisine	Historical background of Spanish cuisine: - geographic location - gastronomic regions - main ingredients Identify the menu structure in Spanish cuisine.		Systematic Responsibility Discipline Ethical Assertive Teamwork Punctuality Motivation

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	

Topic	knowledge	Skills	Values
Starters and soups	<p>Describe entries and soups in Spanish cuisine.</p> <p>Tapas and pinchos: Piquillo peppers, Angulas with garlic, mushrooms with garlic, tomato bread, pisto, Spanish omelette, chorizo with cider, Serrano ham and figs, squid, Galician octopus, Spanish croquettes, anchovies, artichokes with aioli.</p> <p>Soups: Paella, fideua, stew (puchero), rotten pot (olla podrida), Madrileño cocido, crusted rice (Arroz con costra), zarzuela, gazpacho, beans with chicken (habas con pollo), fabada.</p>	<p>Cook entrees and soups representative of Spanish cuisine.</p>	<p>Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness</p>
Main course and side dishes	<p>Describe the main dishes and side dishes of Spanish cuisine:</p> <p>- Main courses: chamorro stew, Segovia suckling pig, squid in its ink, Biscay style cod, goo, Basque stew, Galician broth, quail with fig, lamb ribs with garlic.</p> <p>- Garnishes: beans, lentils, cabbages, potatoes and crumbs.</p>	<p>Make representative main dishes of Spanish cuisine.</p> <p>Make representative garnishes of Spanish cuisine.</p>	<p>Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	


Topic	knowledge	Skills	Values
Desserts	Describe the representative desserts of Spanish cuisine. Desserts: Catalan cream, marzipan, churros, torrijas, chocolates, fried milk, rice pudding, sky bacon (tocino de cielo), alfajores, ensaimada and Santiago cake.	Bake representative desserts of Spanish cuisine.	Systematic Responsibility Discipline Organized Proactive Honest Ethical Assertive Modesty Teamwork Punctuality Work under pressure Self-control Efficient Motivation Leadership Neatness

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	

COCINA EUROPEA BIS

EVALUATION PROCESS

Learning Outcome	Learning Process	Assessment Instruments
<p>Starting from a traditional Spanish cuisine project, you will prepare a representative menu and integrate a portfolio of evidence that contains:</p> <p>a) Menu with descriptions of the dishes</p> <p>b) gastronomic regions and justification of the selected dishes</p> <p>c) traditional Spanish breads</p> <p>d) Standardization of recipes in the corresponding format containing:</p> <ul style="list-style-type: none"> - ingredients - procedures adhering to regulations - types of cut - Cooking methods - cooking and serving temperatures - photograph of the final presentation - costs, portions, and profits - conservation time - harmony of dish and drinks <p>-c) Menu display</p>	<ol style="list-style-type: none"> 1. Identify the background of Spanish cuisine 2. Identify ingredients and main regions of Spanish cuisine. 3. Identify the representative dishes of Spanish cuisine and their classification in the menu 4. Understand the cooking methods of Spanish cuisine 5. Make representative dishes 	<p>Project Rubric</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	


COCINA EUROPEA BIS

TEACHING-LEARNING PROCESS

Methods and teaching techniques	Media and teaching materials
Laboratory practices Collaborative teams Practical exercises	Printed media. Internet. Multimedia equipment Major and minor kitchen equipment Hygiene and safety equipment

LEARNING SPACE


Classroom/virtual classroom	Languages Lab/Work shop	Company
	X	

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	


COCINA EUROPEA BIS

CAPABILITIES DERIVED FROM THE PROFESSIONAL COMPETENCES WHICH CONTRIBUTE TO THE SUBJECT

Capability	Performance Criteria
<p>Design a gastronomic proposal considering the diagnosis of the gastronomic potential of the area, the types of cuisines, the engineering of food menus, as well as the applicable regulations, to satisfy market needs and promote gastronomic culture.</p>	<p>Present a gastronomic proposal that integrates the following:</p> <ul style="list-style-type: none"> - Justification of the selected gastronomic trends and current. <p>B) Engineering of international cuisine food menus:</p> <ul style="list-style-type: none"> - By course meal: entrees, soups, main dishes, desserts. - By type of food: poultry, meat, fish and shellfish. - By techniques: fatty and non-fatty <p>C) Standard menu recipes</p>
<p>Develop gastronomic proposals for international cuisine through culinary methods and techniques, representative international cuisine, service protocols, and dish assembly techniques. Considering the safety and hygiene regulations to contribute to the achievement of the established goals.</p>	<p>Present a gastronomic proposal of representative international cuisine that integrates the following:</p> <p>1) Present the dishes and drinks of international cuisine:</p> <p>a) Dishes:</p> <ul style="list-style-type: none"> - Culinary methods and techniques - Supplies - Traditional presentation - Organoleptic characteristics <p>b) Service in the dining room: quality of service, food and beverage service to diners and assembly.</p> <p>2) Safety and hygiene regulations checklist</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	


Capability	Performance Criteria
<p>Evaluate the gastronomic proposal based on menu engineering, preparation of dishes, customer service and supervision and control tools to establish corrective actions and comply with quality standards.</p>	<p>Evaluate the gastronomic proposal and integrate a report:</p> <p>A) Engineering of international cuisine food menus:</p> <ul style="list-style-type: none"> - Presentation of the menu: concept attached to the culinary trend - Conformation of the menu - Content: dishes according to the proposed trend. - Standard recipes. <p>B) Preparation of international cuisine dishes:</p> <p>Cymbals:</p> <ul style="list-style-type: none"> - Culinary methods and techniques - Inputs: according to the organoleptic characteristics and quality standards - Presentation - Organoleptic characteristics <p>C) Customer service:</p> <ul style="list-style-type: none"> - Quality in the service - Food service to diners - Assembly. <p>D) Checklists on the hygienic preparation of food and beverages.</p>

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	

COCINA EUROPEA BIS

REFERENCES

Author	Year	Title	City	Country	Editorial
Nestor Luján, Perucho Juan	(2003)	<i>El libro de la cocina española: gastronomía e historia</i>	Madrid	España	Tusquets editores
Boué, Vincent	(2013)	<i>La cuchara de plata</i>	Madrid	España	Phaidon
Boué, Vincent; Delorme, Hubert; McLachlan	(2014)	<i>Enciclopedia de la gastronomía Francesa</i>	Barcelona	España	Art Blume
Domina, Andre	(2011)	<i>Culinaria Francia</i>	Barcelona	España	H.F. Ullmann
Zarzalejos, María	(2012)	<i>Las recetas esenciales de la gastronomía española</i>	Barcelona	España	Lunweg
Prosper Montagné	(2011)	<i>Larousse Gastronomique</i>	París	Francia.	Larousse
Trutter, Marion	(2015)	<i>Culinaria España</i>	Madrid	España	H. F. Ullmann
Piras, Claudia	(2015)	<i>Culinaria Italia</i>	Madrid	España	H. F. Ullmann
Vetri, Marc; Joachim, David	(2015)	<i>Mastering Pasta: The art and practice of handmade pasta, gnocchi and risotto</i>	London	England	Ten Speed Press
Beramendi, Rolando	(2017)	<i>Autentico: cooking Italian, the authentic way</i>	London	England	St. Martin's Griffin
Taylor, Marjorie; Smith F., Kendall	(2018)	<i>The cook's atelier: recipes, techniques, and stories from our french cooking school</i>	U.K	U.K.	ABRAMS
Ortega, Simone; Ortega, Ines	(2019)	<i>The book of tapas, New Edition</i>	Madrid	España	Phaidon Press
Ortega, Simone; Ortega, Ines	(2016)	<i>Spain: The cookbook</i>	Madrid	España	Phaidon Press

ELABORÓ:	Comité de Directores de la Carrera de Lic. en Gastronomía	REVISÓ:	Subdirección de Programas Educativos	
APROBÓ:	C. G. U. T. y P.	FECHA DE ENTRADA EN VIGOR:	Septiembre de 2020	