

Hotel, Restaurant and Catering Services Department / Hotel, Restaurant and Catering Services Department /

Course Code	Course Name	Teorical	Practice	Laboratory	Credits	ECTS
AS104	COOKING METHODS	2.00	2.00	0.00	3.00	3.00
Course Detail						
Course Language	: Turkish					
Qualification Degree	: PreBachelor					
Course Type	: Compulsory					
Preconditions	: Not					
Objectives of the Course	: The aim is to teach basic cooking techniques both theoretically and practically, introduce cooking methods suitable for the characteristics of different food groups, and develop the skill of using the right equipment in the kitchen. Through this course, students learn basic cooking methods such as boiling, frying, baking, steaming, grilling, and deep-frying, thereby gaining the ability to preserve the nutritional value of foods and develop an awareness of proper cooking in terms of taste, appearance, and hygiene. In addition, learning the cooking methods that should be preferred in the preparation of dishes on a menu and understanding and assimilating the theoretical knowledge and practice of applying combined cooking methods are among the main objectives of this course.					
Course Contents	: The course covers the effect of heat on food, classification of cooking techniques, culinary terms, equipment used in industrial kitchens, baking, grilling, sautéing, boiling, simmering, poaching, steaming, braising, stewing, sous vide, deep frying, shallow frying methods, and preparing vegetables and garnishes using different cooking methods. The course also includes the practical preparation of selected items from food groups such as breakfast foods, cold appetizers, appetizers, hot appetizers, warm appetizer sauces, main courses, main course sauces, side dishes, soups, and desserts.					
Recommended or Required Reading	: *Books, Lecture Notes, Internet Resources (Video, etc.). *Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. *Alsaffar, A., Kalyoncu, Z. B., & Demirkoparan, E. (2015). Cooking Methods. Beta. *Zencir, E. (2016). Basic Kitchen Techniques. Eskisehir: Anadolu University Publications, 1. *Cooking Methods-II Course Lecture Notes. *Industrial kitchen equipment. *Food ingredients.					
Planned Learning Activities and Teaching Methods	: Subject Explanation. Discussion. Question and Answer Method. Cooking Applications. Feedback.					
Recommended Optional Programme Components	: Individual studies, Internet research and individual applications.					
Instructors	: Öğr. Gör. Dr. Özlem Başar					
Instructor's Assistants	: Lecturer Serkan ZARO					
Presentation Of Course	: Face-to-face training. Practical exercises.					
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Dosya İndirilme Tarihi	: 1/18/2026					

Course Outcomes

Upon the completion of this course a student :

- 1 Can prepare flavoring mixtures.
- 2 Gain knowledge about cooking in industrial kitchens.
- 3 Can knows and applies the necessary steps in food production.
- 4 To have knowledge about basic world cuisines and cooking techniques.
- 5 Cooking methods and techniques are learned. The learned methods and techniques are applied in cooking.
- 6 Learn the types of equipment used in industrial kitchens and how to use them.
- 7 Gastronomy terminology and kitchen terms are learned.

Pre / Side Conditions

Course Code	Course Name	Condition	Teorical	Practice	Laboratory	Credits	ECTS
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Weekly Contents

	Teorical	Practice	Laboratory	Preparation Info	Teaching Methods	Course Learning Outcomes
1.Week	*Introduction and Basic Concepts. What is cooking? The effect of heat on food. Classification of cooking techniques.	*Demonstration of workflow in industrial kitchens through practical application in a training kitchen. Application of cutting techniques. Description and application of the use of key industrial kitchen equipment.		*1) ERASLAN, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Page 115-120. 2) Cooking Methods-II Lecture Notes-1 (https://drive.google.com/drive/folders/1Bsmdep2r0_1TlqEetx1CdP-Ly95cX370?usp=sharing)	*Reading, Lecture, Question and answer	Ö.Ç.2 Ö.Ç.3
2.Week	*Blanching, Boiling, Poaching cooking methods and dishes prepared using these methods.	*The practical preparation of dishes using blanching, boiling, and poaching cooking methods.		*1) Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Pages 123 to 138 and Pages 237 to 241. 2) Cooking Methods-II Lecture Notes-2 (https://drive.google.com/drive/folders/1Bsmdep2r0_1TlqEetx1CdP-Ly95cX370?usp=sharing)	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7

	Teorical	Practice	Laboratory	Preparation Info	Teaching Methods	Course Learning Outcomes
3.Week	*Steaming, stewing, braising cooking methods and dishes prepared using these methods.	*Practical preparation of dishes using steaming, stewing, and braising cooking methods.		*1) Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Pages 147-149, Pages 175-179, and Pages 245-248. 2) Cooking Methods-II Lecture Notes-3 (https://drive.google.com/drive/folders/1Bsmdep2r0_1TlqEetx1CdPLy95cX370?usp=sharing).	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
4.Week	*Shallow Fat Frying, Deep Fat Frying cooking methods and dishes prepared using these methods.	*Practical preparation of dishes using shallow fat frying and deep fat frying cooking methods.		*1) Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Pages 207 to 229. 2) Cooking Methods-II Lecture Notes-4 (https://drive.google.com/drive/folders/1Bsmdep2r0_1TlqEetx1CdPLy95cX370?usp=sharing).	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
5.Week	*Grilling and sautéing cooking methods and dishes prepared using these methods.	*Practical preparation of dishes using grilling and sautéing cooking methods.		*1) Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Pages 155 to 163 and Pages 191 to 193. 2) Cooking Methods-II Lecture Notes-5 (https://drive.google.com/drive/folders/1Bsmdep2r0_1TlqEetx1CdPLy95cX370?usp=sharing).	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
6.Week	*Baking, Roasting, Grating, Glazing cooking methods and dishes prepared using these methods.	*Practical preparation of dishes using baking, roasting, grating, and glazing cooking methods.		*1) Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Pages 273 to 300. 2) Cooking Methods-II Lecture Notes-6 (https://drive.google.com/drive/folders/1Bsmdep2r0_1TlqEetx1CdPLy95cX370?usp=sharing).	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
7.Week	*Smoking (Kippering), Bain Marie, Microwave, Sous Vide cooking methods and dishes prepared using these methods.	*Practical preparation of dishes using the following cooking methods: smoking (kippering), bain-marie, microwave, and sous vide.		*1) Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Pages 263 to 268 and Pages 301 to 315. 2) Cooking Methods-II Lecture Notes-7 (https://drive.google.com/drive/folders/1Bsmdep2r0_1TlqEetx1CdPLy95cX370?usp=sharing).	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
8.Week	*Midterm Exam					
9.Week	*Preparing vegetables and side dishes using different cooking methods and combining multiple cooking methods when preparing side dishes.	*Cooking studies involving the preparation of vegetables and side dishes using different cooking methods and the combined application of multiple cooking methods in side dish preparation.		*For the theoretical and practical parts of the course, students prepare an assignment containing recipes and preparation steps for each dish listed in the list of products to be made, published by the instructor one week before the course, provided that they work from at least 5 different sources.	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
10.Week	*The application of different cooking methods and combined methods within a menu consisting of cold starters, soup, hot appetizers, main courses, side dishes, and desserts, and the theoretical framework of cooking methods according to food groups (plant-based and animal-based).	*The practical preparation of dishes in a menu consisting of a cold starter, soup, intermediate course, main course, side dish, and dessert, using different cooking methods and combined methods.		*For the theoretical and practical parts of the course, students prepare an assignment containing recipes and preparation steps for each dish listed in the list of products to be made, published by the instructor one week before the course, provided that they work from at least 5 different sources.	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
11.Week	*The application of different cooking methods and combined methods within a menu consisting of cold starters, soup, hot appetizers, main courses, side dishes, and desserts, and the theoretical framework of cooking methods according to food groups (plant-based and animal-based).	*The practical preparation of dishes in a menu consisting of cold starters, soups, warm starters, main courses, side dishes, and desserts using different cooking methods and combined methods.		*For the theoretical and practical parts of the course, students prepare assignments containing recipes and preparation steps for each dish listed in the list of products to be made, published by the instructor one week before the course, provided that they work from at least 5 different sources.	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7

	Teorical	Practice	Laboratory	Preparation Info	Teaching Methods	Course Learning Outcomes
12.Week	*The application of different cooking methods and combined methods within a menu consisting of cold starters, soup, hot appetizers, main courses, side dishes, and desserts, and the theoretical framework of cooking methods according to food groups (plant-based and animal-based).	*The practical preparation of dishes in a menu consisting of a cold starter, soup, intermediate course, main course, side dish, and dessert, using different cooking methods and combined methods.		*For the theoretical and practical parts of the course, students prepare assignments containing recipes and preparation steps for each dish listed in the list of products to be made, published by the instructor one week before the course, provided that they work from at least 5 different sources.	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
13.Week	*The application of different cooking methods and combined methods within a menu consisting of cold starters, soup, hot appetizers, main courses, side dishes, and desserts, and the theoretical framework of cooking methods according to food groups (plant-based and animal-based).	*The practical preparation of dishes in a menu consisting of a cold starter, soup, intermediate course, main course, side dish, and dessert, using different cooking methods and combined methods.		*For the theoretical and practical parts of the course, students prepare an assignment containing recipes and preparation steps for each dish listed in the list of products to be made, published by the instructor one week before the course, provided that they work from at least 5 different sources.	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
14.Week	*The application of different cooking methods and combined methods within a menu consisting of cold starters, soup, hot appetizers, main courses, side dishes, and desserts, and the theoretical framework of cooking methods according to food groups (plant-based and animal-based).	*The practical preparation of dishes in a menu consisting of cold starters, soups, warm starters, main courses, side dishes, and desserts using different cooking methods and combined methods.		*For the theoretical and practical parts of the course, students prepare an assignment containing recipes and preparation steps for each dish listed in the list of products to be made, published by the instructor one week before the course, provided that they work from at least 5 different sources.	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
15.Week	*The application of different cooking methods and combined methods within a menu consisting of cold starters, soup, hot appetizers, main courses, side dishes, and desserts, and the theoretical framework of cooking methods according to food groups (plant-based and animal-based).	*The practical preparation of dishes in a menu consisting of cold starters, soups, warm starters, main courses, side dishes, and desserts using different cooking methods and combined methods.		*For the theoretical and practical parts of the course, students prepare an assignment containing recipes and preparation steps for each dish listed in the list of products to be made, published by the instructor one week before the course, provided that they work from at least 5 different sources.	*Presentation. Questions and answers. Cooking activities. Feedback.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5 Ö.Ç.6 Ö.Ç.7
16.Week	*Final Exam					

Assesment Methods %

1 Ara Sınav : 40.000

3 Final : 60.000

ECTS Workload

Activities	Count	Time(Hour)	Sum of Workload
Teorik Ders Anlatım	14	2.00	28.00
Uygulama / Pratik	14	2.00	28.00
Ders Öncesi Bireysel Çalışma	13	2.00	26.00
Ödev	7	2.00	14.00
Ara Sınav Hazırlık	1	3.00	3.00
Vize	1	1.00	1.00
Final Sınavı Hazırlık	1	3.00	3.00
Final	1	1.00	1.00
Total :			104.00
Sum of Workload / 30 (Hour) : 3			
ECTS : 3.00			

Program And OutcomeRelation																						
	P.O.1	P.O.2	P.O.3	P.O.4	P.O.5	P.O.6	P.O.7	P.O.8	P.O.9	P.O.10	P.O.11	P.O.12	P.O.13	P.O.14	P.O.15	P.O.16	P.O.17	P.O.18	P.O.19	P.O.20	P.O.21	P.O.22
	P.O. 1	P.O. 2	P.O. 3	P.O. 4	P.O. 5	P.O. 6	P.O. 7	P.O. 8	P.O. 9	P.O. 10	P.O. 11	P.O. 12	P.O. 13	P.O. 14	P.O. 15	P.O. 16	P.O. 17	P.O. 18	P.O. 19	P.O. 20	P.O. 21	P.O. 22
L.O. 1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L.O. 2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L.O. 3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L.O. 4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L.O. 5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L.O. 6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L.O. 7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Avarage	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BEWARE OF PLAGIARISM! Please pay attention to proper academic citation rules and avoid plagiarism, an unethical and academically fraudulent behavior, when completing reports, assignments, or other academic works, and it is treated with the same disciplinary action as cheating in a classroom setting. It is imperative to refrain from presenting another person s ideas, language, expressions, or any other form of intellectual property as your own. Regardless of quality, your assignments/projects/research should reflect your original work. Perfection is not a requirement, and in case of any uncertainties regarding academic writing guidelines, you may seek clarification from your course instructor.

Engel Durumu/Uyarlama Talebi : Engel durumuna ilişkin herhangi bir uyarlama talebinde bulunmak isteyen öğrenciler, dersin öğretim elemanı ya da Nevşehir Engelli Öğrenci Birimi ile en kısa sürede iletişime geçmelidir.