

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

Course Code	Course Name	Teoretical	Practice	Laboratory	Credits	ECTS
AS105	COOKING METHODS-I	2.00	2.00	0.00	3.00	6.00
Course Detail						
Course Language	: Turkish					
Qualification Degree	: PreBachelor					
Course Type	: Compulsory					
Preconditions	: Not					
Objectives of the Course	: To teach basic cooking techniques theoretically and practically, to introduce cooking methods suitable for the characteristics of different food groups and to gain the correct use of equipment in the kitchen. With this course, students learn basic cooking methods such as boiling, boiling, frying, frying, baking, steaming and gain the ability to protect the nutritional values of foods and to develop the awareness of correct cooking in terms of flavor, appearance and hygiene. In addition, it is aimed to transform theoretical knowledge into practice in order to work in accordance with professional standards in kitchen applications.					
Course Contents	: Within the scope of this course, cooking temperatures and durations, as well as the classification of cooking methods, are examined. The methods covered include blanching, boiling, poaching, steaming, stewing, braising, shallow fat frying, deep fat frying, grilling, sautéing, baking and roasting, gratinating, and glazing. In addition, other techniques such as kippering, bain-marie, microwave cooking, and sous vide are also studied. Furthermore, the course integrates practical applications, enabling students to apply the cooking methods learned theoretically in actual food preparation.					
Recommended or Required Reading	: *Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. *Alsaaffar, A., Kalyoncu, Z. B., & Demirkoparan, E. (2015). Cooking methods. Beta. *Zencir, E. (2016). Basic Kitchen Techniques. Eskisehir: Anadolu University Publications, 1. *Cooking Methods-I Course Lecture Notes. *Industrial kitchen equipment. *Food ingredients.					
Planned Learning Activities and Teaching Methods	: Lecture, question and answer and discussions, visual and video monitoring, practical exercises and feedback.					
Recommended Optional Programme Components	: For the efficient delivery of this course, it is essential that students attend classes regularly and consolidate theoretical knowledge through practical exercises. In practical sessions, strict adherence to hygiene rules is required, and students must be equipped with all necessary materials, such as a kitchen apron, cap, and personal kitchen set. Moreover, students are expected to engage with relevant resources prior to class, examine visual materials, and actively participate during practical applications. To maximize the effectiveness of the learning process, students are encouraged to work collaboratively, stay informed about current developments in cooking methods, and act in accordance with professional ethical standards. It should be emphasized that the knowledge and skills acquired in this course will contribute not only to examination success but also to the broader principles of quality, sustainability, and safety in professional practice.					
Course Instructors	: Öğr. Gör. Dr. Serkan Zaro					
Instructor's Assistants	: *Lecturer Sevinç ALKAN *Lecturer Mahmut Doğan KAMIŞ					
Presentation Of Course	: Face to Face Education					
Update Date	: 8/26/2025 12:33:13 AM					
Dosya İndirilme Tarihi	: 8/26/2025					

Course Outcomes

Upon the completion of this course a student :

- 1 Have knowledge about international cooking methods.
- 2 Knows and applies the techniques used in cooking.
- 3 Uses the equipment and tools to be used during cooking safely and effectively.
- 4 Selects cooking methods appropriate to the characteristics of different food groups and shows the ability to cook while preserving nutritional values.
- 5 Ensures flavor, appearance and hygiene standards by planning the cooking time, temperature and method correctly.
- 6 Teorik bilgiyi uygulamaya aktararak mutfak uygulamalarında mesleki standartlara uygun çalışır ve çözüm odaklı yaklaşım sergiler.

Preconditions

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Weekly Contents

	Theoretical	Practice	Laboratory	Preparation Info	Teaching Methods	Course Learning Outcomes
1. Week	*Cooking Cooking temperatures and times. Classification of cooking methods.			**Cooking Methods-I Course 1st Week Lecture Notes. *Eraslan, Nevzat. Cooking methods. Nobel Academic Publishing, 2012. Page 115 to 121.	*Lecture. Question and answer. Discussion.	Ö.Ç.1
2. Week	*Blanching cooking method. Boiling cooking method. Poaching cooking method.			**Cooking Methods-I Course 2nd Week Lecture Notes. *Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Page 123 to 138 and page 237 to 241.	*Lecture. Question and answer. Discussion.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3
3. Week	*Steaming cooking method. Stewing cooking method. Braising cooking method.			**Cooking Methods-I Course 3rd Week Lecture Notes. *Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Page 147-149, Page 175 to 179 and Page 245 to 248.	*Lecture. Question and answer. Discussion.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5
4. Week	*Shallow Fat Frying cooking method. Deep Fat Frying cooking method.			**Cooking Methods-I Course 14 Weeks Lecture Notes. *Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Page 207 to 229.	*Lecture. Question and answer. Discussion.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5
5. Week	*Grilling cooking method. Sauting cooking method.			**Cooking Methods-I Course 5th Week Lecture Notes. *Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Page 155 to 163 and page 191 to 193.	*Lecture. Question and answer. Discussion.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5
6. Week	*Cooking methods in the oven (baking, roasting). Grating cooking method. Polishing (Glazing) cooking method.			**Cooking Methods-I Course 6th Week Lecture Notes. *Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Page 273 to 300.	*Lecture. Question and answer. Discussion.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5
7. Week	*Other cooking methods: Smoking (Kippering), Bain Marie (Bain Marie), Microwave (Microwave), Suvid (Sous Vide).			**Cooking Methods-I Course 7th Week Lecture Notes. *Eraslan, Nevzat. Cooking Methods. Nobel Academic Publishing, 2012. Page 263 to 268 and page 301 to 315.	*Lecture. Question and answer. Discussion.	Ö.Ç.1 Ö.Ç.2 Ö.Ç.3 Ö.Ç.4 Ö.Ç.5
8. Week	*Midterm Exam (Midterm)					
9. Week		*Practical cooking using the cooking methods learned theoretically.		*Researching the content and production stages of the products in the application course menu specified by the instructor from at least 5 different sources.	*Practice and Feedback.	Ö.Ç.3 Ö.Ç.5 Ö.Ç.6
10. Week		*Practical cooking using the cooking methods learned theoretically.		*Researching the content and production stages of the products in the application course menu specified by the instructor from at least 5 different sources.	*Practice and Feedback.	Ö.Ç.3 Ö.Ç.5 Ö.Ç.6
11. Week		*Practical cooking using the cooking methods learned theoretically.		*Researching the content and production stages of the products in the application course menu specified by the instructor from at least 5 different sources.	*Practice and Feedback.	Ö.Ç.3 Ö.Ç.5 Ö.Ç.6
12. Week		*Practical cooking using the cooking methods learned theoretically.		*Researching the content and production stages of the products in the application course menu specified by the instructor from at least 5 different sources.	*Practice and Feedback.	Ö.Ç.3 Ö.Ç.5 Ö.Ç.6
13. Week		*Practical cooking using the cooking methods learned theoretically.		*Researching the content and production stages of the products in the application course menu specified by the instructor from at least 5 different sources.	*Practice and Feedback.	Ö.Ç.3 Ö.Ç.5 Ö.Ç.6
14. Week		*Practical cooking using the cooking methods learned theoretically.		*Researching the content and production stages of the products in the application course menu specified by the instructor from at least 5 different sources.	*Practice and Feedback.	Ö.Ç.3 Ö.Ç.5 Ö.Ç.6
15. Week		*Practical cooking using the cooking methods learned theoretically.		*Researching the content and production stages of the products in the application course menu specified by the instructor from at least 5 different sources.	*Practice and Feedback.	Ö.Ç.3 Ö.Ç.5 Ö.Ç.6
16. Week	*Final Exam					

Assesment Methods %

1 Ara Sınav: 40.000

3 Final : 60.000

ECTS Workload

Activities	Count	Time(Hour)	Sum of Workload
Derse Katılım	14	4.00	56.00
Vize	1	1.00	1.00
Ders Öncesi Bireysel Çalışma	14	3.00	42.00
Final Sınavı Hazırlık	7	4.00	28.00
Final	1	1.00	1.00
Ara Sınav Hazırlık	7	3.00	21.00
Uygulama / Pratik Sonrası Bireysel Çalışma	7	2.00	14.00
Ödev	9	2.00	18.00
Total : 181.00			
Sum of Workload / 30 (Hour) : 6			
ECTS : 6.00			

Program And Outcome Relation

	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	5	1	0	3	0	5	0	0	4	1	0	3	4	0	5	2	3	2	2	3	1	5
L.O. 2	5	1	0	3	0	5	0	0	4	1	0	3	4	0	5	2	3	2	2	3	1	5
L.O. 3	5	1	0	3	0	5	0	0	4	1	0	3	4	0	5	2	3	2	2	3	1	5
L.O. 4	5	1	0	3	0	5	0	0	4	1	0	3	4	0	5	2	3	2	2	3	1	5
L.O. 5	5	1	0	3	0	5	0	0	4	1	0	3	4	0	5	2	3	2	2	3	1	5
L.O. 6	5	1	0	3	0	5	0	0	4	1	0	3	4	0	5	2	3	2	2	3	1	5
Average	5.00	1.00	0	3.00	0	5.00	0	0	4.00	1.00	0	3.00	4.00	0	5.00	2.00	3.00	2.00	2.00	3.00	1.00	5.00

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.