

# COURSE OUTLINE

## 1. Data about the study programme

1.1 Higher education institution	Transilvania University of Braşov
1.2 Faculty	Food and tourism
1.3 Department	Food and tourism engineering and management
1.4 Field of study <sup>1)</sup>	Engineering and management
1.5 Study level <sup>2)</sup>	Master
1.6 Study programme/ Qualification	Engineering and management in luxury hospitality (in English)

## 2. Data about the course

2.1 Name of course	Plated and signature dishes and deserts							
2.2 Course convenor	Conf. dr. ing. Maria Cristina CANJA							
2.3 Seminar/ laboratory/ project convenor	Conf. dr. ing. Maria Cristina CANJA							
2.4 Study year	2	2.5 Semester	3	2.6 Evaluation type	E	2.7 Course status	Content <sup>3)</sup>	SC
							Attendance type <sup>4)</sup>	EC

## 3. Total estimated time (hours of teaching activities per semester)

3.1 Number of hours per week	4	out of which: 3.2 lecture	2	3.3 seminar/ laboratory/ project	2
3.4 Total number of hours in the curriculum	56	out of which: 3.5 lecture	28	3.6 seminar/ laboratory/ project	28
Time allocation					hours
Study of textbooks, course support, bibliography and notes					20
Additional documentation in libraries, specialized electronic platforms, and field research					20
Preparation of seminars/ laboratories/ projects, homework, papers, portfolios, and essays					20
Tutorial					
Examinations					2
Other activities.....					7
<b>3.7 Total number of hours of student activity</b>	69				
<b>3.8 Total number per semester</b>	125				
<b>3.9 Number of credits<sup>5)</sup></b>	5				

## 4. Prerequisites (if applicable)

4.1 curriculum-related	<ul style="list-style-type: none"> <li>Knowledge relevant to cooking techniques, food aesthetics and resource management, such as "Precision engineering for artisanal bakery and pastry production" and "Farm-to-table supply chains and food waste minimisation".</li> </ul>
4.2 competences-related	<ul style="list-style-type: none"> <li>The ability to use modern equipment and advanced culinary techniques.</li> <li>Ability to organize and plan resources for complex dishes.</li> <li>Knowledge about sustainability and reducing food waste.</li> </ul>

## 5. Conditions (if applicable)

5.1 for course development	<ul style="list-style-type: none"> <li>Classroom equipped with projector, screen and other multimedia equipment for visual support.</li> <li>Access to the course bibliography and additional materials made available by the course holder.</li> </ul>
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5.2 for seminar/ laboratory/ project development	<ul style="list-style-type: none"> <li>• Culinary laboratory equipped with modern equipment (e.g. culinary torches, foam siphon, pacojet).</li> <li>• Student workspace, access to varied and quality ingredients.</li> <li>• Compliance with food safety norms and labour protection rules</li> </ul>
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## 6. Specific competences and learning outcomes

Professional competences	<p><b>Cp3. Analyze production processes in order to make improvements. Perform analysis to reduce production losses and overall manufacturing costs.</b></p> <p>L.O.3.1. Graduates will be able to create attractive visual compositions, using rules of proportion, symmetry and focus, to convey a story through plating and design.</p> <p>L.O.3.2. Graduates will develop the ability to combine textures such as crunchy, soft, frothy or gelatinous, with temperature variations, to create sensory-memorable dishes.</p> <p>L.O.3.3. Graduates will understand and apply the impact of colors and composition on consumers' emotions and taste perception, thus improving the aesthetic value and overall experience of the dishes.</p> <p><b>Cp4. Develop processes and techniques for food production or food preservation. They engage in the design, development, construction and operation of industrial processes and techniques for food production.</b></p> <p>L.O.4.1. Graduates will be able to develop and present dishes that reflect creativity and culinary identity, using visual design principles (plating), including chromatics, texture and aesthetic balance.</p> <p>L.O.4.2. Graduates will acquire the ability to manage available resources, using sustainable ingredients and reducing food waste, to optimize the costs and impact of preparations.</p> <p>L.O.4.3. Graduates will apply modern methods, such as sous-vide, spherification and the use of innovative equipment (e.g. pacojet, culinary torches), to create high-quality desserts and complex dishes.</p>
Transversal competences	<p><b>Ct1. Organize a team</b></p> <p>L.O.1.1. Creating menus adapted to contemporary trends and consumer preferences.</p> <p><b>Ct2. Manage personal evolution.</b></p> <p>L.O.2.1. Adapting to unforeseen situations, maintaining the quality of the dishes.</p> <p>L.O.2.2. Constant improvement of skills to remain competitive in the gastronomic market.</p>

## 7. Course objectives (resulting from the specific competences to be acquired)

7.1 General course objective	<ul style="list-style-type: none"> <li>• Developing practical skills in the preparation and decoration of signature dishes and desserts.</li> <li>• Understanding the aesthetic principles of plating and the visual impact on the consumer.</li> <li>• Practicing culinary creativity by designing original and memorable dishes</li> </ul>
7.2 Specific objectives	<ul style="list-style-type: none"> <li>• Upon completion of the course, the student will be able to:</li> <li>• To use advanced cooking and plating techniques for complex dishes.</li> <li>• To create original recipes and concepts for signature dishes and desserts.</li> <li>• Apply notions of chromatics, texture and contrast in the arrangement of plates.</li> <li>• Manage the ingredients and resources for the preparation of premium desserts.</li> </ul>

## 8. Content

8.1 Course	Teaching methods	Number of hours	Remarks
1. Introduction to Plating and Culinary Design: 1.1. Definition and importance of plating in modern gastronomy.	Interactive lectures, narrative exposition, debates, case study,	4	

<p>1.2. The evolution of plating from traditional to avant-garde.</p> <p>1.3. The role of the first visual impression in the consumer experience</p>	brainstorming		
<p>2. Basic elements in making "signature dishes":</p> <p>2.1. What are "signature dishes" and how do they reflect the identity of a chef?</p> <p>2.2. Selection of ingredients and their role in creating a memorable dish.</p> <p>2.3. The balance between taste, texture and aesthetics.</p>	Interactive lectures, narrative exposition, debates, case study, brainstorming	4	
<p>3. History and contemporary trends in fine dining desserts:</p> <p>3.1. Iconic desserts and their influence on current gastronomy.</p> <p>3.2. Current trends: minimalist, sustainable desserts, molecular cooking.</p> <p>3.3. Case study: analysis of desserts signed by famous chefs.</p>	Interactive lectures, narrative exposition, debates, case study, brainstorming	4	
<p>4. Advanced cooking and presentation techniques:</p> <p>4.1. Sous-vide, spherification and other innovative cooking methods.</p> <p>4.2. Use of modern equipment: culinary torches, pacojet, foam siphon.</p> <p>4.3. Combining traditional techniques with modern innovations.</p>	Interactive lectures, narrative exposition, debates, case study, brainstorming	4	
<p>5. Visual composition and storytelling through plating:</p> <p>5.1. Basic rules of visual composition (symmetry, proportions, focus).</p> <p>5.2. Colours in gastronomy: emotional and psychological impact.</p> <p>5.3. "The story on the plate" – how to tell a story through the design of a dish.</p>	Interactive lectures, narrative exposition, debates, case study, brainstorming	4	
<p>6. The role of texture and temperature in dishes:</p> <p>6.1. The contrast between textures – crunchy, soft, foamy, gelatinous.</p> <p>6.2. The importance of temperature in creating the optimal taste experience.</p> <p>6.3. Integration of surprise elements (cold components in hot desserts, etc.).</p>	Interactive lectures, narrative exposition, debates, case study, brainstorming	4	
<p>7. Use of seasonal and sustainable ingredients in signature dishes:</p> <p>7.1. Selection of local and seasonal ingredients for authentic dishes.</p> <p>7.2. Waste reduction and full use of ingredients.</p> <p>7.3. Incorporating rare and luxurious ingredients into "signature" dishes.</p>	Interactive lectures, narrative exposition, debates, case study, brainstorming	4	

Bibliography			
1. Keller, T. The French Laundry Cookbook. Artisan Books. 2022			
2. Adria, F. The Family Meal: Home Cooking with Ferran Adrià. Phaidon Press. 2020			
3. Will Goldfarb. Room for Dessert. Phaidon. 2022			
4. Additional articles and materials provided by the teacher			
8.2 Seminar/ laboratory/ project	Teaching-learning methods	Number of hours	Remarks
1. Creating personalized recipes for "signature dishes".	Hands-on demonstrations, collaborative learning, experiential learning	4	
2. Creative plating exercises.	Hands-on demonstrations, collaborative learning, experiential learning	4	
3. Preparing classic desserts reinterpreted	Hands-on demonstrations, collaborative learning, experiential learning	4	
4. Decorating techniques using chocolate, sugar and fruit.	Hands-on demonstrations, collaborative learning, experiential learning	4	
5. Realization of a final project: design and execution of a complete menu with plating.	Hands-on demonstrations, collaborative learning, experiential learning	12	
Bibliography			
1. Keller, T. The French Laundry Cookbook. Artisan Books. 2022			
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4. Additional articles and materials provided by the teacher			

**9. Correlation of course content with the demands of the labour market (epistemic communities, professional associations, potential employers in the field of study)**

The discipline *Plated and signature dishes and desserts* correlate its contents with the expectations of epistemic communities, professional associations and employers representative of the field of gastronomy of excellence, offering students advanced skills in technological and conceptual innovation of culinary dishes, aligned with international standards of fine dining and sustainability

**10. Evaluation**

Activity type	10.1 Evaluation criteria	10.2 Evaluation methods	10.3 Percentage of the final grade
10.4 Course	Written test	Writing Review	20%
10.5 Seminar/ laboratory/ project	Project support	Oral examination	50%
	Participation and activity during practical classes		30%

#### 10.6 Minimal performance standard

- Students must demonstrate fundamental skills in the preparation and presentation of culinary preparations, according to the standards of the gastronomic industry. This includes the ability to correctly select and use ingredients, apply basic culinary techniques, comply with hygiene and food safety norms, as well as the aesthetic presentation of dishes. Students must also be able to reproduce standardized recipes and understand the importance of consistency and quality in the preparation of dishes. These competencies correspond to a basic level of performance, necessary to ensure a solid foundation in the culinary art.

This course outline was certified in the Department Board meeting on 12/09/2024 and approved in the Faculty Board meeting on 12/09/2024

- 1) Field of study – select one of the following options: Bachelor / Master / Doctorat (to be filled in according to the forceful classification list for study programmes);
- 2) Study level – choose from among: Bachelor / Master / Doctorat;
- 3) Course status (content) – for the Bachelor level, select one of the following options: **FC** (fundamental course) / **DC** (course in the study domain) / **SC** (speciality course) / **CC** (complementary course); for the Master level, select one of the following options: **PC** (proficiency course) / **SC** (synthesis course) / **AC** (advanced course);
- 4) Course status (attendance type) – select one of the following options: **CPC** (compulsory course) / **EC** (elective course) / **NCPC** (non-compulsory course);
- 5) One credit is the equivalent of 25 study hours (teaching activities and individual study).