

Innovative techniques in food and beverage implementations



Innovation Techniques
Food & Beverage
Implementations

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Booklet

2016/2018

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Bulgaria



School info



Razlog Vocational High School 'Nikola Stoychev'

Today 310 students are trained in 14 classes of 3 different career tracks. Each track requires that the students should take particular focus on special subjects along with a basic course of general studies and languages. The school offers three foreign languages - English, German and French. In addition to providing instructional classes the School offers practical exercise hours in which the students are encouraged to work in the community and earn a first-hand experience of parts of their specific field of study.

The School was founded on 1 June 1968. In 1974 was laid the foundation of a new building with a boarding house and a gymnasium. In 1991, a partial structural change of special courses was made because of the quick development of the tourism in the region. The three-year special educational course for hotel staff was organized. This was the beginning of the total change in the structure of the school. In 1993, the name of the school was transformed into Technical School for Catering and Tourism, in 2005 – into Vocational School for Catering and Tourism and in 2017 – into Razlog Vocational High School 'Nikola Stoychev'.

Specialists in RESTAURANT MANAGEMENT AND RECREATION are trained to plan, organize, manage and supervise restaurant service; have knowledge of restaurant technological processes, techniques and up-to-date requirements of the restaurant business regulations. They are able to make new restaurant products, to have control over the quality, to establish a favourable socio-psychological atmosphere in the company, to work together in a team, to participate in marketing and advertising campaigns.

Specialists in ECONOMICS & IT have knowledge of Economics as well as Humanities, Technologies and Management – macro and micro-systems, their own business, manufacturing, trade and financial interrelations with various partners. They are able to manage and supervise production, trade and finance sectors/departments of different businesses including companies, firms, holdings, etc. and work as company managers, sole traders, public administrators.

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Curriculum

CATERING

(syllabus)

Section A.

№	SUBJECTS	YEAR/GRADE								Horarium (total number of classes)
		IX		X		XI		XII		
		18	18	18	18	18	18	18	13	
		The number of classes per week								
1	2	3	4	5	6	7	8	9	10	11
	A. Compulsory General Education									
1.	Bulgarian									
	Bulgarian Language and Literature	3	3	3	3	3	3	3	3	417
2.	Foreign Languages									
	English - I foreign language	3	3	4	4	3	3			360
	French/German - II foreign language	2	2	2	2					144
3.	Mathematics and Information Technologies									
	Mathematics	2	2	2	2	2	2	2	2	278
	Informatics	2	2							72
	Information Technologies	1	1	1	1					72
4.	Social Studies									
	History	2	2	2	2	2	2			216
	Geography	1	2	1	2					108
	Psychology	2	1							54
	Ethics			2	1					54
	Philosophy					1	1			36
	World View and Personality							2	2	62

5.	Life Sciences									
	Biology	2	2	1	1					108
	Physics	2	2	1	1					108
	Chemistry	2	2	1	1					108
6.	Physical Education									
	Physical Education	2	2	2	2	2	2	2	2	278
	Total A:	26	26	22	22	13	13	9	9	2475

Section B. COMPULSORY VOCATIONAL EDUCATION

	B.1. Compulsory Vocational Education									
1.	Healthy and safe working conditions			2						36
2.	Economics			1	2					54
3.	Entrepreneurship					2	1			54
	B.2. Branch Vocational Training									
1.	English (professional)			1	2	1	1	2	2	152
2.	French/German (professional)									
3.	Basics of the branch Vocational Training	2								36
4.	Eco-tourism		2							36
5.	Financial Accounting and Reporting in Tourism					1	2			54
6.	Work Ethics					2				36
7.	Marketing in Tourism						2			36
8.	Management in Tourism							2	1	49
	B.3. Specific Vocational Training									
	Job code: 8110603 Catering									
1.	Food Material Science	2	2							72
2.	Technological equipment for catering	2	2							72
3.	Culinary food/Pastry technology for catering			2	2	2	2	1	1	175
4.	Microbiology			2						36

5.	Food Hygiene and Food Legislation			2						36
6.	Serving and Bartending					2	2	1	1	103
7.	Sommelier Service							2		36
8.	Event Planning&Catering							1	1	31
9.	Reporting of catering activities								2	26
10.	Practical Classes:									
10.1.	Culinary Arts Food Technology				4	3	4	3	3	291
10.2.	Serving and Bartending					3	2	3	3	183
10.3.	Event Planning&Catering							2	3	75
10.4.	Sommelier Service							1	1	31
11.	Practical Work Experience:			60		60		62		182
	Total B:	6	6	10	10	16	16	20	20	1892
Section C. Compulsory Extra Classes						3	3	3	3	201
1.	Geography – group 1/Biology – group 2					1	1	1	1	67
2.	Culinary food/Pastry technology for catering					1	1	1	1	67
3.	Serving and Bartending					1	1			36
4.	Sommelier Service							1	1	36
	TOTAL A + B + C:	32	32	32	32	32	32	32	32	4568
Section D. Optional Classes						1	1			36
1	Pastry technology					1	1			36
	TOTAL A + B + C + D	36	36	36	36	36	36	36	36	4604
	Physical Education	1	1	1	1	1	1	1	1	139

NATIONAL STRATEGY, CURRENT INITIATIVES

The **National Lifelong Learning Strategy** calls for integration of entrepreneurship in school education in both curricular and extracurricular forms.

http://issuu.com/lafrikanov/docs/lifelong_learning_national_strategy

Programme for Development of Education, Science and Youth Policy in the Republic of Bulgaria sees entrepreneurship to be developed in schools through integrated modules in the general subjects' curricula.

http://mon.bg/opencms/export/sites/mon/left_menu/documents/strategies/

The National Programme for Youth lists as first priority encouraging the personal development and economic activity of young people and improving the access to information and quality services. This includes stimulating entrepreneurship and the acquisition of business skills.

http://www.mon.bg/opencms/export/sites/mon/top_menu/youth/procedures/National_programme_for_youth

In primary education (1 - 4th grades), where entrepreneurship education is not compulsory, it is becoming increasingly popular to offer such education, as the Ministry of Education organized pilot trainings of teachers for entrepreneurship education in the elementary grades. More than 200 teachers were trained to deliver the programs, which are created, adapted and provided by Junior Achievement Bulgaria, in schools across Bulgaria.

The initiatives and programs of Junior Achievement that were once voluntarily implemented by a handful of schools, nowadays are increasingly included in official educational plans, and entrepreneurship is about to become institutionalized as a compulsory element of the educational process.

EXPLICIT INTEGRATION OF ENTREPRENEURSHIP EDUCATION IN STEERING DOCUMENTS, MODALITIES AND IMPLEMENTATION GUIDELINES

Entrepreneurship education is explicitly recognized as cross-curricular objective and is promoted by the Ministry through the national program for qualification of teachers.

In **middle schools (5 - 8th grades)**, it is not compulsory, but delivered as part of the subjects in the area Domestic Lifestyle and Technology.

Each school can choose among different branches, called profiles. In the branch named Technology – Entrepreneurship and business (annually, about 50 general high school offer this profile), entrepreneurship education is compulsory and integrated into all subjects (separate subject as well as part of other subjects).

The implementation covers both theory and practice (through online simulation games, student mini-enterprises). The educational program is very modern and relies heavily on cooperation and support from the business and the parents' community. It is based on the entrepreneurship education programs of **Junior Achievement Bulgaria**.

http://bulgaria.ja-ye.org/pls/apex3imb/f?p=17000:1002:118851603916357:::Po_APP_LANGUAGE:3

The **new Law on Preschool and School Education** envisages entrepreneurship, creativity and developing a sense of initiative as one of the main goals of the educational system in Bulgaria. Entrepreneurship will be included as one of the subjects. The Ministry determines (on national level) the total number of school hours, but the school has autonomy in distributing those among a range of subjects. For **secondary schools (8 – 12th grades)** there had been talks to introduce a separate compulsory subject 'Entrepreneurship', but opinions differed as to whether this was the most appropriate approach, with many experts being convinced that it would be more effective to integrate entrepreneurship into the curricula of all educational subjects:

<http://mon.bg/opencms/export/sites/mon/news-home/2009/kontseptsia-22-03-2011.pdf>

LEARNING OUTCOMES FOR ENTREPRENEURSHIP EDUCATION of the school branch 'Technology – Entrepreneurship and Business':

The main aim is the formation of entrepreneurial culture and a sense of initiative, including managerial, economic and information literacy and behavioural models.

Students have knowledge of:

- *theoretical foundations of economy (macro- and micro-models, structures, functions);*
- *practical aspects of entrepreneurship;*
- *the management and activity of a student-run mini-company;*
- *the practical aspects of economy in the firm and office;*
- *the information technologies in management – business communication and usage of management and economic software;*
- *the norms of business ethics, strategies for success, leadership and preparation for a career;*
- *the challenges of global economy.*

Using the learning-by-doing method, they learn how to run a student enterprise in practice.

Bulgarian dishes

Starters / salads

Shopska salad



Ingredients:

- 4 spring onions,
- 6 medium size tomatoes,
- 1 medium cucumber,
- 4-5 peppers,
- 4 chili pepper,
- optional: olives
- chopped parsley,
- grated feta cheese to sprinkle salad,
- salt, pepper, vinegar and olive oil

Preparation:

Cut all ingredients in slices or cubes. Season with salt, pepper, add the chopped parsley, 1 tbs. of vinegar and 2 tbs. of olive oil and mix well. Divide the salad in 4 small plates. Top with grated feta cheese to form a pyramid. Stick one chili pepper in each one and garnish with parsley leaves.

Potato salad



Ingredients:

- 4 large potatoes, cut into cubes
- a pinch of saltcrushed black pepper
- 2 onions (works even better with scallions)
- the juice of half lemon
- 2 tbsp olive oil
- some fresh parsley

Preparation:

Peel and boil the potatoes for about 20 minutes, drain and leave to cool. In a salad bowl - add the finely chopped onions, salt, pepper to taste, the lemon juice and olive oil. Cut the potatoes into cubes and add the the salad bowl. Gently mix. Sprinkle with parsley before serving.

Mish-Mash (Eggs, Peppers, Cheese)



Ingredients:

- 3 tomatoes, chopped
- 3 red peppers, chopped
- 1 onion chopped,
- 2 tbsp oil,
- 1/2 lbs cheese, crumbled (feta),
- 3 eggs,
- chopped parsley,
- salt and pepper to taste

Preparation:

Heat the oil in a frying pan, add the onions and the peppers and cook until onions are golden. Add the tomatoes and cook for additional 3 minutes. Add the cheese and eggs and cook for another 2-3 minutes. Sprinkle with parsley and serve. Delicious with toast.

Main dishes

Kapama



Ingredients:

- 500 gr. pork neck chops
- 500 gr. chicken breast
- 500 gr. veal
- 300 gr. smoked bacon
- 40 cm. black pudding
- 1 head sauerkraut
- 250 ml red wine
- 1/2 cup rice
- Black pepper (corns)
- Red pepper
- 5 bay leaves

Preparation:

Put the product in a clay pot in the following order: sauerkraut, black-pudding, veal, sauerkraut, bacon, chicken, sauerkraut, pork cutlets, sauerkraut. Between the layers sprinkle with rice, black pepper and red pepper. Do not add any salt, as the sauerkraut is salty enough to flavour the rest of the products. Add 250 ml red wine. Cover everything with leaves of sauerkraut, close well the pot and bake in an oven for about 4 hours at 150°.

Moussaka



Ingredients:

- 1/2 kg of minced meat (best mix pork and beef but beef only will do too)
- 1 kg of potatoes, peeled and finely chopped in cubes
- 2 tomatoes, finely chopped parsley,
- one onion , finely chopped,
- 3 eggs, beaten
- 1cup warm water
- 1 cup yogurt
- 2 tbs flour
- salt and pepper to taste
- oil for cooking
- 2 tbsp chubritza (a Bulgarian herb which you could substitute with some Herbes
- de Provance or Oregano - of course the taste will be different

Preparation:

Fry the onion and the minced meat in a little oil. The more fatty the meat is, the less oil you need. In about 10 minutes take it off the hob and mix well with the potatoes, tomatoes, and parsley. Pour over warm water. Add salt and pepper to taste.

Bake for about 45 minutes at 190C, or until the potatoes are cooked.

Stir the eggs, the yogurt and the flour together and pour it over the dish. Bake for 10 more minutes.

It's delicious with cold yogurt on the side.

Sarmi (Stuffed vine or cabbage leaves)



Ingredients:

- 500g minced veal,
- 300g minced pork,
- 1 bunch of spring onions,
- half a cupful rice,
- one cupful yogurt,
- parsley,
- mint,
- paprika,
- pepper,
- 30-40 vine or cabbage leaves,
- 100g butter or half a cupful of sunflower oil,
- salt

Preparation:

Fry the finely chopped onions in some of the oil and some water, stir the paprika and take off the stove. Add the meat, rice, pepper, mint and finely chopped parsley. Pour over warm salted water and simmer until the water has been absorbed by the rice. Scalded the vine or cabbage leaves with salted hot water and put 1 tsp. of the mixture on each leaf. Roll together and arrange in a saucepan, pour over 3/2 cupful of warm water and 1 tsp. fat, close with a lid and simmer on a low fire. When ready, pour over the beaten yogurt and melted butter with stirred in paprika. Serve with vegetables.

Note: The same recipe may be used for stuffed peppers, eggplants and zucchini.

Dessert Recipes

Baked Apples



Ingredients:

- 4 apples, peeled
- 2 tbsp. butter, softened
- 1/2 cup brown sugar
- 1/4 cup walnuts, chopped
- a sprinkle of cinnamon

Preparation:

Core the apples. Mix butter and sugar, add walnuts and cinnamon. Fill the apples with the butter mixture. Put on a baking sheet inside the baking dish and sprinkle with some water. Bake on a 180C oven until soft. Serve with ice cream or vanilla syrup.

Spinach Banitsa



Ingredients:

- 2lbs flour,
- 3 cups water
- 2lbs spinach, finely chopped
- 1lbs white cheese (feta),
- 3/2 cups of yoghurt (or milk),
- 4 tbsp butter,
- 1 tbsp oil,
- 1 tsp vinegar,
- a pinch of salt

Preparation:

Cook the spinach in 1 tbsp butter for 5 mins. Let it cool and add in the crumbled cheese and yoghurt. Separately, combine the flour, oil, vinegar, salt and water and knead until you get hard dough. Separate into 10 and roll into thin sheets. You can also use filo dough sheets from the store instead. Line a baking dish with butter, place 1 sheet on the bottom and top with the spinach filling. Repeat until all sheets are done. Bake for about 35 mins in 375 F oven.

Try the same recipe with leeks instead of spinach!

Mekitsi (Fried dough pastry)



Ingredients:

- 2 lbs flour,
- 3 eggs,
- 1 lbs yoghurt (you can use regular milk instead)
- a pack of yeast (or 1 tsp of baking soda),
- 1 cup water,
- 1/2 teaspoon salt,
- 1 cupful oil

Preparation:

Add yeast to some lukewarm water, let it stay for 5 mins to get bubbly. Beat eggs and yoghurt and water together until they mix well. Add flower and continue to mix until you get soft dough. Let it stand for 1 hour. Roll into a sheet and cut out circles (you can use a teacup). Fry in plenty of oil (deep fryer will do) until golden brown. Serve powdered with sugar. They go well with jam or feta cheese too.

Types of food service

Silver (English) service

This usually includes serving food at the table. It is a technique of transferring food from a service dish/platter or flat to the guest's plate from the left. It is performed by a waiter usually using service fork and spoon, although occasionally two forks, two fish knives or some other type of specialist service equipment. This technique requires much practice. It is almost always used, e.g., for a banquet, in many top class hotels, restaurants and cruise liners. Waiter is holding platter in the left hand serving from the left side of the customer, using a fork and spoon.

French (Butler) Service

A very exclusive and personalised service in which emphasis is on the presentation of the food as much as is on the quality and taste. The food is individually presented on dishes, platters or flats to each customers by staff for customers and they help themselves from a serving plate held by the waiter(butler)or can be placed directly on the table. It requires highly skilled staff and is found in luxury dining establishments. Waiter is holding platter in his left arm or putting platters on the table so the customer can help themselves. Always presenting platter first. Waiter always serving from the left side of the customer

Plate/American

This type of service is found in a wide variety of catering establishments and is probably the most common style of food service. Food is pre-plated in the kitchen and served to customers, sometimes under cloche/plate covers which are removed in front of the guests. The advantages of this type of service include the maintenance of food presentation and portions, and the possibility of a faster turnover of customers. Waiter is always serving from the right side of the customer. Dishes are prepared and decorated in the kitchen and then served. Appetizers, soups, main course and desert.

Russian Service

It is a manner of dining that involves courses being brought to the table sequentially. The table is laid with food and the customers help themselves.

Family service

Main courses are plated with dishes of vegetables placed on the table for customers to help themselves; e.g. ethnic restaurants.

Buffet service

In the buffet style is all of the food available, at the correct temperature, in a serving space other than the dining table, and guests commute there to be served or sometimes to serve themselves, and then carry their plate back to the table. Tableware and napkins may be conveniently located on the buffet table for the guests to pick up with their meals. Buffets vary from the very informal to the rather formal setting of a wedding reception, for example. The buffet format is preferred in occasions where a very large number of guests are to be accommodated efficiently by a small number of service personnel.

Gueridon

Gueridon service is a form of food service provided by restaurants to their customers. Generally foods are precooked in kitchen and then waiter does the final work in direct view of the guests, using a "gueridon". This type of service includes preparing food (salads, main dishes or desserts). The waiter has to carry out such procedures as filleting, carving, flambéing and cooking speciality at the table. Special equipment and tableware are required on the trolley for ease of operation. It is the most advanced form and demands dexterity and skill on the part of the waiter who in turn must have good organizational ability. Gueridon Service needs high skill, great knowledge, pure concentration and years of experience. First, the waiter shows the customer the meal. Waiter is using two hands. Plating the plates and serving them from the right of the customer.

Table Etiquette: What To Do And What Not

It's not easy to visit a foreign country and know how to behave at the table. Some customs are quite similar everywhere, while others are close to impossible to know in advance.

The following tips are somewhat surprising to first-time visitors, so sharing them here will hopefully make your Bulgarian food experience go smoothly.

Eating bread: while tearing a small piece of bread and putting it in your mouth with your fingers is fully ok, dipping the piece of bread in a dip or soaking it in your salad or main dish should be done using a fork.

Sharing your food: when ordering at a restaurant, most people will order different dishes. They will then often offer others at the table to try their dish or ask directly to try yours. If someone notices you're not going to finish your food, they'll often ask if they could finish it for you so it doesn't go to waste.

Ordering and serving food: there's no particular order in which ordered dishes will arrive. The dish, which is prepared first, will be first served, there's no waiting for everyone's food to be ready and served at the same time. This means that people will start eating the moment their food arrives, hence they'll offer to share if yours hasn't been served just yet.

Culture Of Eating: A Typical Celebration In Bulgaria

The first rule is simple but very important: you don't go just *slightly hungry*; you go with an *empty stomach*, preferably you haven't eaten the whole day and you're almost *starving*. There will be food, not just enough, not just plenty; there will be so much food as to feed a whole army. And chances are, not a whole army is going to join you.

Your plate will be served *full*. No, not just full, there will be a *huge mountain* of freshly prepared Bulgarian food for you to devour. And as soon as you start seeing the bottom of the plate, more food will be put on the table. I'm very sorry to inform you at this point, that it's extremely impolite to leave food on your plate. You'll just have to eat it all, there's no way around it.

Remember that you arrived almost starving at the celebration? This is good when it comes to *eating*; not so much when it comes to *drinking*. Because, you see, in Bulgaria, the typical aperitif is usually a **rakia** – strong, 40%+ alcohol drink. Don't even think of drinking it like a shot, with your empty stomach you'll collapse before they start serving the food. Instead, sip it slowly and wait for the starters, usually several kinds of salads, dips and pickled vegetables, to arrive.

Depending on the type of celebration, a **soup** might be served. By the time you've finished the starters and the soup you might not feel any more hunger but beware – you're not even halfway through.

Wine is usually served with the main dish (or dishes), *red* being more popular than *white*. Don't even think of watering down your wine, even if you find it too strong for your taste.

Towards the end of the main dish, people around you may switch to drinking **beer**. Now, don't ask me why they didn't just start with beer and stuck to it during the whole meal. It's a mystery to me as well. That's how complicated this is – even a Bulgarian like myself doesn't quite get it...

You've made it through the main dish and all the beverages and you can still stand up and are articulate enough to engage in the conversations around you, congratulations – everyone around you is more or less very impressed with you!

Now comes the hard part: just as you thought it was over, the hosts will start bringing pastries, sliced cheese, lukanka, and pastirma, desserts, chocolates and – you've guessed it – more alcohol. Relax, it's probably just grandma's favourite **liqueur**, nothing too strong, but very sweet and very dangerous. Still not a good idea to do shots, just sip it slowly.

Hungary



School info



Bekescsaba Center of Vocation and Training Zwack Jozsef Commerce and Catering School is located in Bekescsaba, Hungary.

It gives secondary vocational education, the first two years (grade 9 and 10) are the so-called orientation phase, when the focus is laid on professional knowledge beside the general studies. Grade 11 and 12 are the foundation training phase, when the professional education is delivered. Vocation can be acquired after the final examination in two years and in three years also.

English or German are taught as a second language. There are 950 students and some of them are with learning problem. We have 85 teachers and 5 management staff. Being located near the town centre with easy transportation, having equipped classes and labs with internet connection and smart boards are the opportunities of our school.

Most of our students come from low working class families who live in the nearby villages and smaller towns. According to our strategic plan our mission is to increase our students' key competences because we aim to grow well developed and more ready students for the real life. So we make opportunities for our students to take part in entrepreneurship abroad.

The other mission of ours is to apply new and good techniques into our school by making our school more international thanks to the European grants. For this reason, we have been giving great importance on applying for local and international projects since we believe that making our school more international will help us to have more dedicated teachers and students. With the help of these projects, we know we can grow more self-confident, decision maker and tolerant students.

Curriculum

Types of school	Secondary technical school	Vocational school
Tourism/Catering Horarium Total	2110	2065
Number of years	4+1	3
General subjects	11	6
Compulsory Vocational subjects	20	9
Optimal Vocational subjects	0	0
Theoretical/Practical Hours Ratio	777/1233	713/1352
The length of the internship	378	306
The length of the on-job internship	280	280
Is the internship paid or not	yes	yes
How safety in a working place is provided	Compulsory safety training every year before the internship both in the school and at the workplace	
Certification	Matura and Professional	Professional
Is Entrepreneurship Education included in the Tourism/Catering Syllabus	yes/both	yes/both

The Hungarian Vocational Training Curriculum

Secondary School

- 3 + 2 years
- First year: only school education
- Second and third year: training at school and outside practice
- Fourth and fifth year: preparation for Matura exam

Secondary School (1st year)

- General subjects (18 hours a week)
 - ☐ Communication
 - ☐ Mathematics
 - ☐ Nature studies
 - ☐ Social Studies
 - ☐ Physical education
 - ☐ Foreign language
 - ☐ IT

Secondary School (1st year)

- Professional subjects (17 hours a week) - catering
 - ☐ Business studies
 - ☐ Food studies
 - ☐ Professional foreign language
 - ☐ Professional theoretical subject (4,5 hours a week)
 - ☐ Professional practical subject (5 hours a week)

Secondary School (2nd year)

- General subjects (11 hours a week)
 - ☐ Communication
 - ☐ Mathematics
 - ☐ Nature studies
 - ☐ Social Studies
 - ☐ Physical education
 - ☐ Foreign language
 - ☐ IT

Secondary School (2nd year)

- Professional subjects (25 hours a week) - catering
 - ☐ Business studies
 - ☐ Food studies
 - ☐ Professional foreign language
 - ☐ Professional theoretical subject (2,5 hours a week)
 - ☐ Professional practical subject (17,5 hours a week)
 - External practice 14 hours a week

Secondary School (3rd year)

- General subjects (9,5 hours a week)
 - ☐ Physical education
 - ☐ Foreign language

Secondary School (3rd year)

- Professional subjects (25,5 hours a week) - catering
 - ☐ Business studies
 - ☐ Food studies
 - ☐ Professional foreign language
 - ☐ Professional theoretical subject (3,5 hours a week)
 - ☐ Professional practical subject (22 hours a week)
 - External practice 17,5 hours a week

Secondary School

- At the end of the first year basic level exam
- Trainee contract with practice place
- After the first and second year there is a summer continuous practice
- At the end of the third year, a professional exam
- Theoretical - Practical Hours: 30-70%

Secondary School (4th-5th years)

- Only general subjects
 - ❑ Mathematics
 - ❑ Hungarian grammar and literature
 - ❑ History
 - ❑ Foreign language
 - ❑ Physical education
 - ❑ IT
- Matura exam at the end of the fifth year

Vocational High School

General subjects

- 1st year → 18 hours
- 2nd year → 11 hours
- 3rd year → 9,5 hours
- 4th year → 35 hours
- 5th year → 35 hours

Vocational subjects

- 1st year → 17 hours
- 2nd year → 25 hours
- 3rd year → 15,5 hours
- 4th year → 0 hour
- 5th year → 0 hour

Vocational High School

- 4 + 1 years
- Training according to the branch
- Only school education is done
- Theory - practice ratio: 40-60%
- Summer internship
- 50 hours of community service

General subjects

- 1st year → 24 hours
- 2nd year → 24 hours
- 3rd year → 25 hours
- 4th year → 25 hours
- 5th year → 4 hours

Vocational subjects

- 1st year → 11 hours
- 2nd year → 12 hours
- 3rd year → 10 hours
- 4th year → 10 hours
- 5th year → 31 hours

Vocational High School

- General subjects
 - ☐ Hungarian grammar and literature
 - ☐ Mathematics
 - ☐ Nature studies
 - ☐ History and Social Science
 - ☐ Physical education
 - ☐ Foreign language
 - ☐ IT

Vocational High School - catering

- Vocational subjects
 - ☐ Business studies
 - ☐ Food studies
 - ☐ Professional foreign language
 - ☐ Subjects connected with distribution
 - Theory and Practice
 - ☐ Subjects connected with production
 - Theory and Practice
- Caterer
 - ☐ At the end of the 4th year: maturity + waiter qualification
 - ☐ At the end of the 5th year: a caterer
- Tourism organizer and salesman
 - ☐ At the end of the 4th year: maturity + Receptionist qualification
 - ☐ At the end of year 5: tourism organizer, salesman
- Tour guide
 - ☐ At the end of the 4th year: maturity + Receptionist qualification
 - ☐ At the end of year 5: tour guide

Hungarian dishes

Starters / salads

Cucumber salad



Ingredients:

- 2 medium cucumbers, thinly sliced
- 1/3 cup cider or white vinegar
- 1/3 cup water
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Chopped fresh dill weed or parsley, if desired

Steps:

Place cucumbers in small glass or plastic bowl.

In tightly covered container, shake remaining ingredients except dill weed. Pour over cucumbers. Cover and refrigerate at least 3 hours to blend flavours.

Pasta salad



Ingredients:

- 8 ounces elbow macaroni (about 1-3/4 cups)
- 1 cup Mayonnaise
- 2 Tbsp. vinegar
- 1 Tbsp. Mustard
- 1 tsp. sugar
- 1 tsp. salt
- 1/4 tsp. ground black pepper
- 1 cup thinly sliced celery
- 1 cup chopped green or red bell pepper
- 1/4 cup chopped onion

Method:

Cook macaroni according to package directions; drain and rinse with cold water until completely cool.

Combine Mayonnaise, vinegar, Creamy Dijon Mustard, sugar, salt and pepper in large bowl. Stir in macaroni, celery, green pepper and onion. Serve chilled or at room temperature.

Potato salad



Ingredients:

- 8 potatoes
- 3/4 c. chopped onions
- 3/4 c. chopped celery
- 1/3 c. vinegar
- 1 c. sour cream
- 1/4 c. butter
- paprika, salt & pepper to taste and celery leaves

How to make it:

Cook potatoes until tender. Drain potatoes, peel and cut into cubes. Add onion, celery and mixture of vinegar, paprika, salt and pepper. Toss together, let stand for 15 minutes. Heat sour cream and butter. Pour over potatoes. Refrigerate and serve cold.

Main dishes

Cabbage Rolls



Ingredients:

- 1 head cabbage (about dozen large cabbage leaves)
- for the filling:
- 1 kg minced beef
- 3/4 cup rice(cooked)
- 1/2cup onion(finelly chopped)
- 1 large egg
- 1/2 teaspoons salt
- 1 teaspoon pepper
- 1/4 cup milk

For the sauce:

- 1 can tomato sauce
- 1 can tomatoes (diced, undrained)
- 3 tablespoons sugar
- 2 tablespoons vinegar
- 1/2 cup water
- 2 tablespoons cornstarch (mixed with 1/4 cup cold water)

How to make it:

1. The night before you will be making the cabbage rolls put a head of cabbage in the freezer. Take it out the next morning to thaw during the day.
2. Peel about 12 to 15 large leaves off of the cabbage head. They should be flexible enough to fill without blanching.
3. If you are not working with a frozen, thawed head of cabbage, carefully peel off about 12 to 15 large leaves from the raw cabbage. Drop the cabbage leaves into boiling salted water; cover and cook for 3 minutes. Drain well.
4. Heat the oven to 180 C/Gas 4.
5. For filling, combine ground beef, rice, onion, egg, and salt, pepper, and milk. Mix well and divide into 12 portions. Place a portion of the beef mixture onto the center of each cabbage leaf. Roll the leaf around the filling, burrito style. Fasten the rolls with toothpicks. Place the rolls in a baking dish or oven-safe Dutch oven.
6. For the sauce, combine the tomato sauce, tomatoes, sugar, vinegar, and 1/2 cup of water; pour over the cabbage rolls. Cover and bake in the preheated oven for about 1 hour. Remove the rolls with a slotted spoon and discard the toothpicks.
7. Place pan with juices over medium heat or transfer the juices to a saucepan and place over medium heat; stir cornstarch and water mixture into the sauce; bring to a boil and cook until thickened.
8. Serve the cabbage rolls with the sauce.

Stuffed Bell Peppers



Ingredients:

- 6 bell peppers, any color
- 4 tablespoons olive oil, plus more for drizzling
- 8 ounces lean ground beef
- Kosher salt and freshly ground black pepper
- 1 onion, finely diced
- 2 cloves garlic, chopped
- 1 medium zucchini, finely diced
- 4 Roma tomatoes, seeded and finely diced
- Red pepper flakes, as needed
- 1 cup cooked long-grain and wild rice
- 1 1/2 cups grated pepper Jack cheese

Directions:

1. Preheat the oven to 350 degrees F.
2. Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and as much of the membrane as you can. Place the peppers cut-side up in a baking dish just large enough to hold them upright.
3. Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add the beef, season with salt and pepper and cook, breaking up the lumps, until the meat is cooked through and just beginning to brown, 8 to 10 minutes. Remove to a paper towel-lined plate to get rid of the fat.
4. Wipe out the skillet and add the remaining 2 tablespoons olive oil. Add the onions and chopped peppers and cook until beginning to soften, 3 to 4 minutes. Add the garlic and zucchini and cook for another minute. Add the tomatoes and season with salt and a pinch or 2 of red pepper flakes. Cook until everything is heated through, then stir in the beef and rice. Taste and adjust the seasoning. Stir in 1 cup of the cheese.
5. Fill the peppers with the rice mixture and top each with a sprinkle of the remaining 1/2 cup cheese. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, another 15 to 20 minutes.

Goulash soup



Famous Hungarian soup. Many tourist taste it when come to Hungary. I more like it when hot.

Ingredients:

- 400 g beef shank or chuck,
- 20 mm cubed,
- 1-2 onion minced,
- 1 spoonful oil,
- 1 spoonful paprika powder,
- 1 clove of garlic,
- 1 teaspoon of caraway seed and black pepper, salt,
- 1-3 bay leaf,
- 1-2 carrot diced,
- 1 Hungarian green pepper chopped,
- 2 tomatoes chopped,
- celery leaf, parsley chopped,
- 1 parsnip diced,
- 2 potatoes cubed.

Cooking:

Cut the onion into small pieces and brown it in hot oil. Add the chopped meat and stir until well browned, powder it with paprika powder and stir well. Add fast a little water a stir more well. Add salt, the clove of garlic, the caraway seeds, black pepper, bay leaf and tomatoes, a little water and let simmer for about 30 minutes. Add enough water to cover the meat well. Add carrot, parsnip, green pepper, celery leaf, parsley and bring to a boil.

Turn to low heat and simmer for 10 minutes.

Add potatoes and more water to soup consistency. Salt to taste. Simmer until potatoes and meat are well cooked.

Dessert Recipes

Dobos Cake



Ingredients:

For the caramel buttercream

- 800g granulated sugar
- 400ml double cream
- 450g butter, softened

For the sponge cake

- 8 large free-range eggs
- 350g caster sugar
- 300g sifted self-raising flour

For the caramel, praline and hazelnut decoration

- 75g flaked almonds
- 16 hazelnuts, blanched
- 400g granulated sugar

How to make it:

1. For the caramel buttercream, place the sugar and 100ml water into a large saucepan. Slowly bring to the boil over a medium heat, stirring until the sugar has dissolved.
2. Once there is no grittiness left, turn up the heat and boil until a golden caramel. Take off the heat and add the double cream and give it a quick stir then leave to cool then chill until set
3. Place the softened butter in the bowl of a free-standing mixer and whisk until light and fluffy. Add to the cooled caramel mixture a spoonful at a time, whisking between each addition. Scrape down the bowl regularly. Chill until ready to use.
4. Preheat the oven to 200C/180C(fan)/Gas 6. Mark six 20cm circles and six 15cm circles on baking parchment and lay on baking trays.
5. To make the sponge layers, break the eggs into a large bowl and add the sugar. Whisk with a hand-held electric mixer until the mixture is light and foamy and the whisk just leaves a trail when lifted out of the mixture.

6. Lightly fold in the flour, a little at a time. Divide the mixture between the 12 marked circles, spreading the mixture out evenly.
7. Bake the cakes, a couple at a time, in the pre-heated oven for about 8-10 minutes until pale golden and springy to the touch. With a sharp knife, trim the circles. Peel off the parchment and leave to cool on a wire rack.
8. To make the almond praline and caramel coated hazelnuts, spread the flaked almonds over a sheet of baking parchment on a baking tray.
9. Stick cocktail sticks into each of the 16 hazelnuts.
10. Dissolve the sugar in 8 tbsp water over a low heat, stirring constantly, then increase the heat and boil the syrup until it turns a deep golden-brown colour. Allow it to cool slightly then pour half of it over the flaked almonds. Set aside to cool completely.
11. Dip the hazelnuts in the hot caramel twisting the cocktail sticks so the nuts are completely coated in caramel. Carefully invert the cocktail sticks and press them into an orange or piece of foam and leave to set.
12. Take one of the 15cm sponge circles and place it on a sheet of silicon or baking parchment. Pour the remaining caramel over the sponge circle.
13. When the caramel on top of the sponge is just beginning to set, mark and then cut into eight portions with an oiled knife.
14. Sandwich the six circles of 20cm sponges together with caramel buttercream. Spread the sides and top with buttercream.
15. Sandwich the remaining five circles of 15cm sponges together with butter cream. Spread buttercream around the sides and top of the cakes and place on top the 20cm/8in cake stack to form a second tier.
16. Break the almond praline into small pieces and press into the sides of both tiers of the cake.
17. Spoon the remaining buttercream into a piping bag fitted with a medium size star nozzle. Pipe 16 rosettes of the buttercream around the top edge of the larger cake and top each rosette with a caramel coated hazelnut
18. Pipe eight rosettes around the top of the small cake and place a caramel-topped wedge of cake at an angle on top of each rosette to form the top layer.

Gundel pancake



Ingredients: 5 pieces of pancakes (diameter: about 22 cm)

Filling:

- 100 g ground walnuts
- 100 g coarsely chopped walnuts
- 2 dl heavy cream
- 50 g raisins
- 100 g ice-sugar
- 1/2 teaspoon ground cinnamon
- 1 teaspoon grated orange peel
- 3 tablespoon rum

Choco-sauce:

- 2 egg yolks
- 50 g bitter chocolate
- 1 heaped tablespoon cocoa powder
- 120 g sugar
- 20 g cold unsalted butter
- 2 dl milk
- 10 cm vanilla rod (or vanilla extract)
- 3 tablespoon rum

How to make it:

Bake the pancakes. You can find here how you prepare them:

Hungarian pancake

Soak the raisins in lukewarm water. Admix chopped nuts and ground nuts in a little bowl. Add ice-sugar, cinnamon, grated orange peel and raisins.

Tepefy the heavy cream and pour it into bowl. Mix them and heat the mixture until thick and creamy. Let it cool

Add the rum to the filling

If the filling too thick, add some heavy cream. The filling is now ready.

The choco sauce:

Slice the vanilla rod and put the vanilla seeds to the milk (or the vanilla extract)

Beat the egg yolks and sugar together. Add the milk too, and stir them.

Heat the mixture until thick. You should not boil it, heating at 70-80 Celsius (160-175 Fahrenheit) is sufficient.

Add the cocoa powder and chocolate and stir them.

At the end add the cold butter too and stir the sauce until the butter is melt.

Let it cool. Add the rum to the sauce. The sauce should be thick but fluent.

Put some filling on the centre of pancakes. Fold them in half and then in quarter.

Sprinkle them with melted butter,

For serving:

Heat the pancakes in microwave oven for 30 seconds or in the oven for 3-5 minutes.

Heat the choco sauce too.

Sprinkle the crepes with ice sugar and pour over them with choco sauce.

Sponge cake a la somlói



Sponge Cake a la Somlói is one of the most famous Hungarian confectionary products.

Ingredients: (20 portions):

- 13 eggs
- 1 kg brown sugar
- 40 dkg wholemeal flour
- 15 dkg cocoa powder
- 20 dkg almond (minced)
- baking powder
- 2 litre lactose free milk
- 1 packet vanilla sugar
- 1 dl rum aroma
- 1 packet raisin
- 1 litre lactose free cream (for whipped cream)

How to make it:

Firstly, bake the two sponge cakes. One yellow and one cocoa.

Boil the cream.

Cut the two sponge cakes into half, and spread every layer with the cream. Sprinkle the layers with almond, raisin and some rum aroma.

Make the dressing.

Whipped cream and serving.

Types of food service

These are the service styles waiters use:



Swiss Service (otherwise known as American or Plate Service):

This service is commonly used in the dining halls to serve lots of people quickly and efficiently. All the food is prepared and arranged on plates in the kitchen. Waiters only have to serve it. The plates are served and cleared from the right side of the guest.



English 1 Service:

This type of service is used in high class restaurants to elegantly serve large pieces of meat, especially roasts and fish dishes. The waiter presents the whole fish or roast beef to the customer from the left side, then slices it up or portions it onto a hot plate on a gueridon table (segédasztal). Then the waiter serves the plated dish to the customer from the right side.



English 2 Service:

This is also an elegant and quality service style but it is a little faster than English 1. The waiter presents the ordered food in his left hand from the customer's left side. The waiter then asks the passenger: 'Which one (choice of meat and vegetable) would you like?' The waiter then proceeds to serve the food from the tray directly to the customer's plate from the left side of the customer with a spoon and a fork.



French Service:

This service-style is performed table-side. The waiter offers a wide selection of dishes from a service tray to the customers. The guests then choose and help themselves to the food. This service is similar to that of a buffet table style, but a little bit more personable.

Italy



School info

THE TECHNICAL - VOCATIONAL SECONDARY SCHOOL ITES "LUIGI EINAUDI"

Via S. Giacomo, 13 – 37135 Verona (Italy)

Tel.: 045 501110 – 045 582475

e-mail: vrtd05000t@istruzione.it

website: www.einaudivr.it

The technical-vocational secondary school "Luigi Einaudi" was founded in the school year 1975/76 as a school for secretaries specialized in foreign languages. Later on the study of foreign languages was improved to match the new needs of the businesses in the area around the city of Verona, adding extra hours to the national curriculum. Since 1995/96 our students have had the opportunity to study three languages: English (compulsory for all), and two others to be chosen from among German, French and Spanish.

In 2006 the "tourism course" was started. This course allows students to have a deep knowledge of the art, history and touristic attractions of the area, along with a good preparation in three foreign languages. In 2008 Chinese was also introduced as an optional curricular language and now the school is an official centre for certification of the Chinese language. After the recent changes in the Italian School System, the school has become a Technical Secondary School for Finance, Administration and Marketing (A.F.M.) and for Tourism.

In the past few years the number of foreign students in our school has increased a lot as a consequence of the recent migration waves towards our area. Most of them come from Eastern European Countries such as Romania, Moldova, Serbia and Croatia, but also from China, Morocco and African Countries.

The school is also seat of C.R.T., that is, a centre for the permanent education of adults and in-training education for local residents.

Curriculum

ITES “L. Einaudi”, Verona

Upper secondary education diploma - Technical schools Specialization: ADMINISTRATION, FINANCE AND MARKETING

Profile of skills and competences

On completion of the education/training pathway, the holder of the certificate is able to:

Skills common to all technical schools

- use the vocabulary and expressions of the Italian language based on communication needs in different contexts: social, cultural, scientific, economic, technological;
- establish links between local, national and international cultural traditions, in a cross-cultural perspective and for the purposes of study and work mobility;
- use the cultural tools and methodologies acquired to take on a rational, critical, creative and responsible attitude towards reality, the phenomena and problems encountered, also for lifelong learning purposes;
- use and develop visual communication and multimedia tools also with reference to the expressive strategies and technical tools of online communication;
- command the English language and, if applicable, another EU language and use the sectorial language related to the education pathway in order to interact within various communicative and professional contexts, at level B2 of the Common European Framework of Reference for Languages (CEFR);
- use the language and methods of mathematics to organise and adequately evaluate qualitative and quantitative information;
- identify and apply project management methods and techniques;
- write technical reports and document individual and group activities with regard to specific work situations;
- identify and use communication and team-working tools as appropriate to the sector organizational and professional contexts.

Skills of the *Administration, Finance and Marketing* specialization

- recognise and interpret:
 - local, national and global market trends, also to understand their impact in a given context;
 - national and international economic macro-phenomena to link them to company peculiarities;
 - changes in economic systems in the diachronic dimension, by comparing different time periods, and in the synchronic dimension, by comparing different geographical areas and cultures;
- identify and refer to the public, civil and tax law, namely with respect to business activities;
- interpret models, processes and information flows of different types of business systems;

- recognise the organisational features of different business models, document procedures and find solutions functional to each different situation;
- identify the features of the labour market and contribute to HR management;
- manage company data collection and processing using integrated accounting systems;
- apply management control and programming principles and techniques and analyse the outcomes;
- make marketing activity part of the company life cycle and develop applications concerning specific contexts and different market policies;
- be familiar with insurance-financial products, also in order to contribute to the search for economically viable solutions;
- use corporate IT systems and integrated communication tools for context-related communication activities;
- analyse and prepare documents on social and environmental accountability based on the principles of corporate social responsibility;
- master the French language to interact within various communicative and professional contexts, to at least level B2 of the Common European Framework of Reference for Languages (CEFR);
- use knowledge of the French language, literature and history to establish relations between the culture of origin and the French one, recognise and appreciate the features of the respective cultural heritage and develop adequate strategies for effective intercultural communication in professional contexts.

Range of occupations accessible to the holder of the certificate

The certificate holder can work as a mid-level employee in public and private companies (banks, insurance companies, etc.), professional firms (accountants, labour consultants, notaries public) and authorised tax assistance centres (CAAF), in the following positions:

- general affairs administrative and technical secretary
- accountant, bursar and treasurer
- residential, commercial and industrial property manager
- data acquisition technician
- purchasing and procurement employee
- warehouse and internal distribution management technician
- sales and distribution technician
- financial management technician
- bank back and front office technician
- insurance agent
- forwarding agent and trade organisation technician
- sales agent, dealer, advertising agent
- real estate agent and expert
- sales representative

The certificate holder can have completed school-work alternation, internship, work placement or apprenticeship pathways and activities documented and officially recognised for the acquisition of the certificate.

Official timetables:

RELAZIONI INTERNAZIONALI PER IL MARKETING					
Piano di studi	1°BIENNIO		2°BIENNIO		5°ANNO
DISCIPLINE	1	2	3	4	5
Lingua e Lettere italiane	4	4	4	4	4
Lingua inglese	3	3	3	3	3
Storia	2	2	2	2	2
Matematica	4	4	3	3	3
Diritto ed Economia	2	2	-	-	-
Scienze Terra/Biologia	2	2	-	-	-
Scienze motorie	2	2	2	2	2
Religione o Attività altern.	1	1	1	1	1
Scienze Integr./Fisica	2	-	-	-	-
Scienze Integr./Chimica	-	2	-	-	-
Geografia	2	3	-	-	-
Informatica	2	2	-	-	-
2°Lingua straniera	4	3	3	3	3
3°Lingua straniera	-	-	3	3	3
Economia aziendale	2	2	-	-	-
Econ. aziend. e Geogr. politica	-	-	5	5	6
Diritto	-	-	2	2	2
Relazioni internazionali	-	-	2	2	3
Tecnologia Comunicazioni	-	-	2	2	-
TOTALE ORE	32	32	32	32	32

Lingue straniere insegnate: inglese (obbligatorio come 1° lingua straniera), francese, spagnolo, tedesco, cinese

INDIRIZZO TURISTICO					
Piano di studi	1°BIENNIO		2°BIENNIO		5°ANNO
DISCIPLINE	1	2	3	4	5
Lingua e Lettere italiane	4	4	4	4	4
Lingua inglese	3	3	3	3	3
Storia	2	2	2	2	2
Matematica	4	4	3	3	3
Diritto ed Economia	2	2	-	-	-
Scienze Terra/Biologia	2	2	-	-	-
Scienze motorie	2	2	2	2	2
Religione o Attività altern.	1	1	1	1	1
Scienze Integr./Fisica	2	-	-	-	-
Scienze Integr./Chimica	-	2	-	-	-
Geografia	2	3	-	-	-
Informatica	2	2	-	-	-
Economia aziendale	2	2	-	-	-
2°Lingua straniera	4	3	3	3	3
3°Lingua straniera	-	-	3	3	3
Discipline Turist. Aziendali	-	-	4	4	4
Geografia turistica	-	-	2	2	2
Diritto e Legisl. turist.	-	-	3	3	3
Arte e Territorio	-	-	2	2	2
TOTALE ORE	32	32	32	32	32

ISTITUTO TECNICO ECONOMICO STATALE
Amministrazione, Finanza e Marketing, Relazioni Internazionali - Turismo
Tel. 045 501110 - e-mail vrt050004@istruzione.it - www.cinaudivv.gov.it

Italian dish- es



Starters / salads

Caprese salad with balsamic vinegar



Ingredients:

- 1 medium to large tomato
- 1/4 cup fresh basil leaves
- 4 ounces fresh mozzarella cheese

- 4 teaspoons balsamic vinegar
- 1 tablespoon olive oil
- salt and pepper, to taste

Preparation:

Slice the tomato in approximately 1/4 inch thick slices. Do the same for the mozzarella.

Alternate layers between the tomatoes, mozzarella, and basil. First, a tomato slice, then mozzarella slice, then a couple leaves of basil; beginning and ending with tomatoes.

Drizzle with olive oil and balsamic vinegar. Season to taste with salt and pepper, if desired.

Italian Seafood Salad



Ingredients:

- 1 tablespoon Old Bay seasoningKosher salt
- 1 1/2 pounds (16- to 20-count) peeled and deveined shrimp
- 1 1/2 cups dry white wine
- 1 pound sea scallops, halved crosswise
- 1 pound cleaned fresh calamari, sliced crosswise in 1/2-inch-thick rings
- 2 pounds fresh mussels
- 1/2 cup good olive oil
- 4 teaspoons minced garlic (4 cloves)
- 2 teaspoons dried oregano
- 1/2 teaspoon crushed red pepper flakes
- 3 plum tomatoes, seeds and pulp removed and medium-diced
- 1/3 cup limoncello liqueur
- Grated zest of 1 lemon
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- Freshly ground black pepper
- 1 small fennel bulb, trimmed, cored, and thinly sliced crosswise
- 1/2 cup fresh flat-leaf parsley leaves, lightly packed
- 2 lemons

Preparation:

Fill a large pot with 3 quarts of water and add the Old Bay seasoning and 1 tablespoon of salt. Bring to a boil, add the shrimp, lower the heat, and simmer for 3 minutes, until just firm. With a skimmer or slotted spoon, transfer the shrimp to a large bowl. Leave 2 cups of the poaching liquid in the pot and discard the rest. Add the wine to the poaching liquid and bring to a boil. Add the scallops, lower the heat, and simmer for 2 minutes, until just cooked. With the skimmer, transfer the scallops to the bowl with the shrimp. Bring the poaching liquid back to a boil, add the calamari, and simmer for 2 to 3 minutes, until just cooked. Be careful not to overcook any of the seafood or it will be tough! With the skimmer, transfer the calamari to the bowl. Bring the poaching liquid to a boil again, add the mussels, cover, and simmer for 4 to 5 minutes, until all the shells have opened, discarding any that don't open. Turn off the heat and set aside until the mussels in the broth are cool enough to handle. Remove the mussels from the shells and add to the bowl. Add 12 of the shells to the seafood and discard the rest. Set aside 1/2 cup of the poaching liquid, discarding the rest. Drain the seafood in a colander and put it all back into the bowl. For the

dressing, heat the olive oil in a medium (10-inch) saute pan over medium heat. Add the garlic, oregano, and red pepper flakes and cook for 1 minute. (Be careful: Overcooked garlic will be bitter.) Add the tomatoes and cook over medium heat for 2 more minutes. Add the reserved poaching liquid, the limoncello, lemon zest, lemon juice, 1 tablespoon salt, and 1 teaspoon pepper and cook for 1 more minute. Pour the sauce over the seafood and toss gently. Add the fennel and parsley. Cut a lemon in half lengthwise, cut it thinly crosswise, and add it to the salad. Toss gently to combine and cover with plastic wrap. Chill for at least 3 hours or overnight. To serve, sprinkle with 2 teaspoons salt, 1 teaspoon pepper, and the juice of the remaining lemon. Taste for seasonings and serve cold or at room temperature.

Orange salad



Ingredients:

- orange: 4, large and juicy, peeled, sliced and halved
- onion: 1, white, sliced
- black olived: 22 g, pitted
- Green olives: 22 g, pitted
- 1/2 lemon juice
- pepper
- parsley: 1/2 bunch, finely sliced
- extra-virgin olive oil: 60 ml
- salt

Preparation:

Arrange the oranges on a plate. Sprinkle with the parsley, onions and olives.

Season with salt and ground black pepper and drizzle with the olive oil and lemon juice if using.

Serve with fresh white bread.

Main dishes

Tortellini of vauaggio sul mincio



Ingredients:

For the filling

- 100 grams (3.5 oz) boneless and skinless chicken thigh, cubed
- 100 grams (3.5 oz) pork shoulder, cubed
- 100 grams (3.5 oz) stewing beef, such as chuck, cubed
- 50 grams (1.75 oz) prosciutto, cut into strips
- 50 grams (1.75 oz) freshly grated parmigiano reggiano
- 25 grams (1 oz) stale bread, cubed
- 1 clove
- 80 ml (1/3 cup) Bardolino (red wine)
- salt and freshly ground black pepper
- 1 egg yolk
- 1/2 Tbsp rosemary needles
- dash of freshly grated nutmeg
- 1/2 onion, minced
- 2 Tbsp olive oil (or substitute with the fat from making the stock)

For the pasta dough

- 2 eggs
- 300 grams (2 cups) Italian 00 flour
- about 50 ml (1/4 cup) water

For cooking and serving

- 2 litres (2 quarts) meat stock (made from chicken, beef, and pork)
- 50 grams (4 Tbsp) butter
- 2 Tbsp chopped fresh sage
- freshly grated parmigiano reggiano

Preparation:

Heat the olive oil (or fat from stock) in a casserole. Add the onion and sauté over medium heat until the onion is translucent. Add the pork, chicken, and beef, and sauté over medium high heat until the meat has lost its raw color on all sides. Add the rosemary. Deglaze with the Bardolino. Scrape with a wooden spatula to include the browned bits into the sauce. Cover and reduce the heat to low. At the end of the cooking time (it is not very important that the meat is tender, as it will be ground anyway), remove the clove. Transfer the contents of the casserole to the food processor, including all the juices. Allow to cool somewhat (so the egg yolk won't be cooked when you add it). Add the prosciutto, bread, and egg yolk as well as the cheese. Process with the 'pulse' until the mixture is homogeneous, but not pureed. It

is nice to have some texture. Taste and adjust the seasoning with salt and freshly ground black pepper. Remember that the filling of tortellini and ravioli should always be slightly over-seasoned to avoid that your tortellini will end up tasting bland. Transfer the filling to a bowl, cover with plastic wrap, and refrigerate for an hour to firm up.

Make pasta dough and roll it out as thinly as you can. Cut the pasta dough into 5 cm (2 inch) squares, and put a small ball of filling (about 1/2 teaspoon) on each square. Fold each square into a triangle, and seal the edges without trapping any air inside. Fold the tortellini around your finger, then fold it backwards. (That last step is not really needed.) Arrange the tortellini on a surface sprinkled with semolina flour in a single layer.

To cook, bring the stock to a boil. Melt the butter in a non-stick frying pan and add the sage. When the stock boils, add the tortellini and cook them for a couple of minutes (depending on how much you dried them). Transfer them to the butter and sage with a slotted spoon. Toss the tortellini in the butter and sage to coat them on all sides. Serve on preheated plates, sprinkled with freshly grated parmigiano

Potato - Gnocchi



Ingredients: (for 4 people)

- 1 kilogram of yellow potatoes
- 1 or 2 eggs (preferably free-range chicken)
- 250 grams of Flour 00 - salt
- tomato sauce and Grana Padano

Preparation:

Boil the potatoes in their skins; peel while still hot and mash with a potato masher. Place the potatoes on a well-floured work surface, add a pinch of salt, flour and knead quickly until the mixture is compact but at the same time soft.

At this point add an egg and continue to knead until you get a soft dough without lumps and compact (the flour and potatoes portions may vary depending on the quality of the employed potatoes; if you can use a second for tying egg better 1 ' dough). Divide the dough into loaves and knead until obtaining thick cylinders 2/3 centimeters. By cutting the strands into small pieces you get the gnocchi.

To make the lining feature, which absorbs the sauce and makes it tasty dumpling, you have to pass quickly dumplings on the tines of a fork (or use a rigagnocchi) and place on floured trays so as not to overlap. It 'very important at this stage, the extreme cleaning and the use of flour. If the fork tines are dirty or bad floured, the dumpling does not slip and the lining is not well. The dumplings are then cooked in boiling water and drained as soon as they surface. The cooking of the dumplings is actually a very short passage in boiling water: pour the gnocchi taking the flame to the maximum, and notice that as soon as the boil resumes the first dumplings take to float. After about thirty seconds from the waterline are ready. In total, since thrown them, hardly well spend more than 2 minutes. Season with a tomato sauce and cheese grated Grana Padano or with melted butter and Grana.

Baccala' con la polenta

Ingredients: (for 6 people)

- 500 gms – 1 lb. stockfish or salted cod (baccalà)
- 150 gms – 5 oz. onion, diced
- 180 ml – 6 oz. extra virgin olive oil
- 1 or 2 anchovies
- 250 ml – 1 cup milk
- Flour to coat
- 30 gms – 2 tbsp Parmigiano Reggiano or Grana Padano finely grated
- 1 tbsp parsley, minced
- Salt and pepper to taste

Ingredients for Polenta

- 250 g/ 8.8 oz/ 1²/₃ cups medium cornmeal
- 1.4 liter/ 47.3 fl.oz/ 6 cups water
- 1 1/2 teaspoons fine salt

Baccalà – Instructions:

If you are using stockfish, you will need to soak it in water for 2 to 3 days prior to cooking it. Remember to change the water frequently. If you are using salted cod (like I did), you need to soak it for 24 hours (always changing the water frequently to get rid of the salt).

Clean the fish by removing the skin and bones (when present) and cut it in similar sized pieces.

Dice the onion and put it in a pan with 2 tbsp of the extra virgin olive oil. Sauté them until translucent. Add the anchovies and mix well to melt them. Put the fire off and add the parsley. Mix well and keep aside.

Coat the pieces of fish with a little flour.

Put half of the onion mixture at the bottom of a heavy bottomed pot (better if you have a terracotta pot) and put the floured pieces of fish on the top in a single layer (1). Pour the other half of the onion mixture on the top of the fish (2). Add the milk (3), the grated cheese, salt and pepper (4) and all the remaining extra virgin olive oil, making sure the fish is completely covered in liquid (5). Cook on a very low flame without mixing for up to 4 hours or until the fish is very soft (6)

Serve warm with soft polenta.

Polenta – Instructions:

In a large saucepan, bring the water to a rapid boil over high heat. Add the kosher salt, then slowly pour in the polenta while stirring constantly with a long-handled wooden spoon or a whisk.

Reduce the heat to medium-low and, using the wooden spoon or whisk, stir constantly in the same direction to prevent lumps from forming and to keep the boiling temperature constant. This is important if the polenta is to become properly soft and creamy.

The polenta is cooked when it is so thick that it begins to resist stirring and pulls away from the sides of the pan with the spoon or whisk, usually after about 30 minutes. If the polenta is quite thick but still not pulling away easily from the pan, add a little more boiling water and continue to stir until it is ready.

Dessert Recipes

Tiramisu'



Ingredients:

- 500gr Mascarpone cheese (approx. 1 lb.)
- 6 pasteurized eggs
- 2 packages savoiardi lady fingers
- 3 Tablespoons sugar
- 2 shots (2 oz) Cognac or Brandy
- 8 espresso sized cups of coffee (about 14 oz)
- 4 Tablespoons powdered unsweetened cocoa.

Preliminary Steps:

Bring all ingredients to room temperature.

Make the espresso and pour it into shallow flat-bottomed bowl. Add one shot of cognac, one teaspoon cocoa, and allow to cool to room temperature.

If at this point you've decided to use coffee instead of espresso, take the coffee you've made and drink it. Then make espresso.

Separate egg yolks and whites.

Mixing:

In the first mixing bowl, beat egg yolks and sugar until creamy white. Add mascarpone and 1 shot of cognac and mix until blended. Leave this mixture in the bowl.

In the second mixing bowl, beat egg whites until fluffy. If you use pasteurized eggs, this may take a while.

Fold beaten egg whites into mascarpone mixture. Mix only enough to blend. Over mixing will deflate the egg whites.

Quickly dip a savoiardi in the espresso bowl. To get the right amount of espresso on the savoiardi, lay the finger flat in the bottom of the bowl sugared side UP and immediately pull it out. Place each finger flat in the bottom of the pan sugar side down. The savoiardi will quickly absorb the espresso. If you soak the savoiardi in the espresso you will end up with soggy savoiardi instead of moist savoiardi.

Assembly:

Build a layer of dipped savoiardi across the bottom of the pan. If some of the savoiardi do not look 'dark' from the espresso, spoon a few more drops of espresso on the savoiardi. Any espresso left in the bottom of the pan will be absorbed by the savoiardi. Too much espresso will turn the fingers into a soggy mess.

Spoon a layer of egg/mascarpone mixture across the layer of savoiardi. Use about 1/2 of the mascarpone mix. The layer should be about 1cm. (3/8in.) thick.

Dip another layer of savoiardi and lay them on the mascarpone mix. Layer them as before, sugar side down. Drip espresso on the savoiardi that don't look dark from the coffee.

Spoon a second layer of egg/mascarpone mixture across the second layer of savoiardi. Use the remaining mascarpone mix. The layer should be about 1cm. (3/8in.) thick.

Sift cocoa on top of the second mascarpone layer. Scoop a tablespoon of cocoa into a small sieve. Hold the sieve over the tiramisu and tap the sieve on the side with your finger. The cocoa should sprinkle down in an even layer. Use this technique to cover the tiramisu with a very thin layer of cocoa.

Refrigerate for at least 4 hours before serving. The Tiramisu will taste quite good for several days if refrigerated.

Pandoro di verona



Ingredients:

- 275 g plain flour
- 3 egg yolks
- 90 g caster sugar
- 25 g unsalted butter, melted
- 60 ml water
- medium egg
- 1/2 lemon, grated zest
- icing sugar, for dusting

Yeast mixture:

- 30 g plain flour
- 7 g easy-blend dried yeast
- 7 g caster sugar
- 30 ml warm water

Preparation:

Put all the ingredients for the yeast mixture in a small bowl and mix well. Cover with a damp tea towel and leave to rise in a warm place for 2 hours or until doubled in size. Place 165g of the flour in a freestanding electric mixer fitted with a dough hook. In a separate bowl, beat together 2 egg yolks, 60g caster sugar, the butter and water. Add the yeast mixture and mix well. Pour this mixture into the flour and mix on a low speed to form a sticky dough. Continue to work the dough for 5-10 minutes, until smooth. It should remain somewhat tacky, unlike bread dough. Oil or butter a large bowl and put the dough in it, turning to coat all sides. Cover with cling film and leave to rise in a warm place for 2 hours.

Punch down the dough and add the remaining flour, egg yolk and sugar, plus the egg and lemon zest. Knead until blended, then knead by hand on a floured work surface for 10 minutes, until smooth and shiny; if this seems like too much work, you can knock the dough back in the food mixer on a low speed. Place in an oiled or buttered bowl, cover with cling film, then leave to rise for another 2 hours.

Butter and flour a pandoro tin. Punch the dough down and roll it into a ball. Place it in the tin, cover and leave to rise for 1 1/2 hours or until doubled in size.

Heat the oven to 190°C. Bake the cake for 35 minutes, until a skewer inserted in the centre comes out clean. Leave in the tin for 10 minutes, then turn out on to a wire rack to cool completely. Dust liberally with icing sugar.

Panna cotta



Ingredients:

- 1 envelope unflavored gelatin (about 1 tablespoon)
- 2 tablespoons cold water
- 2 cups heavy cream
- 1 cup half and half
- 1/3 cup sugar
- 1 1/2 teaspoons vanilla extract

Preparation:

In a very small saucepan sprinkle gelatin over water and let stand about 1 minute to soften. Heat gelatin mixture over low heat until gelatin is dissolved and remove pan from heat.

In a large saucepan bring cream, half and half, and sugar just to a boil over moderately high heat, stirring. Remove pan from heat and stir in gelatin mixture and vanilla. Divide cream mixture among eight 1/2-cup ramekins and cool to room temperature. Chill ramekins, covered, at least 4 hours or overnight.

Dip ramekins, 1 at a time, into a bowl of hot water 3 seconds. Run a thin knife around edge of each ramekin and invert ramekin onto center of a small plate.

Types of food service

KINDS OF SERVICES IN THE FIELD OF FOOD AND BEVERAGE SERVICES IN ITALY

RISTORANTE



Ristorante is the word for restaurant, and it signifies the full-service dining establishment that we generally think of when the word comes to mind. Ristoranti are prized as the higher-end food businesses in Italy, you won't be able to call in for take out but you can expect to sit at the table and pay a coperto to do so. You will be served bread, covered under the cost of this coperto, and will be

brought bottles of carbonated or natural water. A ristorante will have an extensive menu with antipasti, primi, secondi, contorni, and dolci. A meal at a ristorante is intended to be a relaxed and indulgent affair, so enjoy it and don't go to one if you are in a hurry. If you're looking for lunch during the day, especially in the larger cities, you should keep your eye out for ristoranti that have a menu fisso (pre fixe menu); what you see on the menu fisso board is all that they offer during those hours of service, so if nothing appeals to you, move on, but if you like what you see, menu fissos offer great deals. After you finish eating at a ristorante, your check will be delivered and, once you are done relaxing and the bill is paid, you can be on your way.

OSTERIA TRATTORIE ENOTECA BIRRERIA



Traditional osterie in Italy are all but extinct these days. A true osteria was a small, bar-like establishment back in the time of coal mining and Italian industrialism that had one or two communal tables available for sitting down to eat. Osterie were locales where hungry workmen would come by between noon and two o'clock to get a plate of pasta and wine or a sandwich for the road. In some cases, osterie didn't serve food

but permitted you to bring a packed lunch, drink some wine and socialize. The idea behind a classic osteria was less about comfort and hospitality, and more down-home and informal, a place where you'd pay for some wine or food, take it or sit down for a quick break, and then get back to working.

The distinction between eateries is becoming less important, with many osterie shifting upmarket on the one hand and ristoranti calling themselves 'trattorie' to seem cosier on the other. Meanwhile, if a drink is all you're after, head to an enoteca (wine bar) or birreria (pub), which will often serve small appetizers too.

TAVOLA CALDA | BUFFET-STYLE CAFETERIA

Literally translating as 'hot table', a 'tavola calda' is a cafeteria or takeout place - but not as you know it. It's a great way of getting a good lunch without spending too much: there's a selection of hot food, usually kept in dishes behind a counter, almost always prepared that day and reheated to order. There's usually a selection of several warm pasta or meat dishes, as well as salads and possibly pizza and pastries too.



BAR, CAFFÈ | CAFE

Confusingly, these are more or less the same thing and sometimes you'll see them called a 'caffè bar'. Often, they will stay open late, serving alcohol and/or aperitivo in the evening, but unlike bars in the English-speaking world, by day they're the go-to place for your coffee and 'brioche' (pastry). The ordering system is usually different here compared to places which serve sit-down meals. After eating in a trattoria or ristorante, you'll have to call a waiter over to ask for the bill, as it's considered rude to interrupt your meal - even if you finished a while ago. But in an Italian cafe you'll usually pay first, and it's often a confusing two-step procedure, where you'll order first and get a receipt, which you then take to the till to pay and receive your food.

PIZZERIA (AL TAGLIO) | PIZZERIA (BY THE SLICE)



At a pizzeria, you'll sit down and have a full pizza, while at shops serving pizza al taglio you can pick up a slice for just a couple of euros. It's worth noting that while pizzerie al taglio might be commonplace, takeaway food is much less popular in Italy than elsewhere. In particular, some visitors may be surprised to find that not all cafes offer takeaway cups, so make sure to ask if you can get a caffè da asporto (coffee to go).

PASTICCERIA

The English word for pasticceria is bakery or pastry shop. An Italian pasticceria is a type of cafe that produces and serves sweet and savory pastries, brioches, croissants and the like. Some pasticceria will also have fresh baked breads, meats, cheeses, olives, and wine, depending on the size of the space. At a pasticceria, it's likely that you will need to place your order at the register, take your receipt and then repeat your order at the counter and turn in your receipt. The casual style and fast-moving service at pasticceri make them a great place to stop in for a quick breakfast or to pick up everything you would need for a makeshift meal on the go or for picnicking.



PANINOTECA

Panino imbottito, or simply panino in Italian means sandwich, so logically a paninoteca is a place where you can buy sandwiches like panini and tramezzino, bread, cold cuts and cheese. Paninotecas are very similar to other establishments such as pasticcerias, but they specifically deal in fresh baked bread and artisanal grains. Their quality of ingredients at a paninoteca is higher than what you would find in a paninaro, but the selection is more limited.



PANINARO

Every once in a while, you will happen upon a food truck lined with open windows displaying a large selection of items. There are different types of these food trucks, but the vast majority are paninari, or sandwich carts. Foreigners often find it intimidating to eat from one of these trucks, but there is no reason to worry, eating from a paninaro is normal in Italy! Paninari serve delicious sandwiches; a sandwich on a bun-roll with three different ingredients, a meat such as sausage or chicken cutlet, a cheese like mozzarella or provolone, and grilled onions, mushrooms, or marinated eggplant, will cost about €6 or €7. And don't forget the sauce! There are usually between four or five different sauces to choose for your sandwich or to add on as you please.



TAVERNA / RIFUGIO

The Italian taverna was once an establishment found in the mountainous regions of Italy where a traveler could stop for the evening and order a hearty meal, drink beer or spiced wine and even stay the night. Nowadays, the correct term for these types of taverns is rifugio, or refuge. The word taverna is outdated, but can still be heard in use in some small mountain villages. If you go to the mountains in Italy, you must make sure to stop and eat in a rifugio. Dining at a rifugio is a great way to get a taste of what the high north has to offer in terms of its cuisine; you are likely to encounter dishes that are so regional they are not found in any other country in the world, or even in most other parts of Italy. Rifugi are full service eateries so your check will be brought to the table, but you are usually expected to pay at the register before leaving.



Romania



School info

Liceul Tehnologic Meserii și Servicii

Str. Bazalt, nr. 15, Buzău, Romania

Telefon/Fax: +40238719223

E-mail: contact@liceulmeseriiservicii.ro

website: <http://liceulmeseriiservicii.ro/>

Liceul Tehnologic Meserii și Servicii (Trades and Services Technological High School) is a public high school situated in the city of Buzau, the county seat of Buzau county, Romania. It trains students that live in Buzau and the nearby villages, on an area of approximately 50 km. Our high school was founded in 2000 by the merging of the High school of Arts and Crafts with the High school of Textile Industry.

Our school provides education and training at European standards for 637 students, aged 14-19, trained by 46 teachers through daily and evening classes in the following fields: technician in gastronomy, banqueting organizer, technician in the field of hotels and tourism, hairdressers, natural resources and environmental protection, technician in the field of food and beverage Industry but also through professional school with qualifications: waiter, chef, pastry chef, baker-pastry cook, barber, hairdresser, manicurist-pedicurist.

By teaching skills, scientific training and professional conduct, both the teachers who have taught and those who teach in our high school have been able to ensure a high level of training to our students, both in terms of general knowledge, and in terms of practical training, too. This explains the success our graduates have enjoyed at their workplace and a significant percentage of them have succeeded in higher education.

In our school education for values (Romanian and European values) is approached with reference to social and human issues in the field of moral and civic as well as the nature and the environment. The values developed in our school form the basis of all the school activities done with our students: democracy, human dignity, freedom, equality, solidarity, tolerance, peace, respect for law, intercultural dialogue, cultural and linguistic diversity.

Our high school has well equipped laboratories according to the latest European standards, in which the students in the 9th and 10th grades from Food and Food Industry perform their practical training under the guidance of our trainers. For students' practical training, our school offers:

- three laboratories for catering: confectionery, pastry and kitchen laboratories, equipped with modern professional machines and equipment;
- a restaurant and a school bar;
- 5 trainers and 6 skilled teachers who provide theoretical and practical training in the field of Food industry and gastronomy.

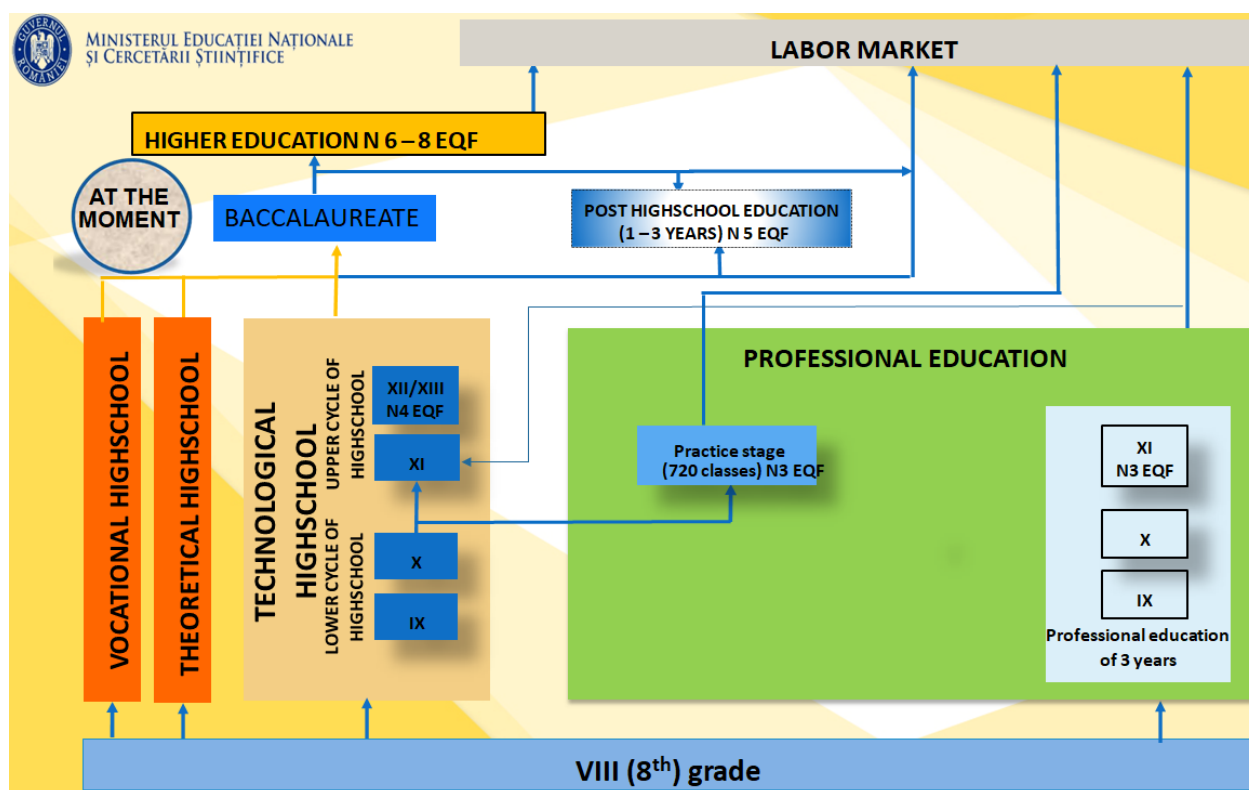
The students in the upper grades (11th and 12th) achieve some practical training outside the school, too, in catering units and travel agencies with which the school has signed partnership agreements. This collaboration provides students' training in a real working environment.

Curriculum

Liceul Tehnologic Meserii și Servicii

The Structure of the education system

The national education system includes public and private education units and institutions, has an open character and assures the possibility of transfer from one system to another under the conditions stipulated by law.



TECHNOLOGICAL HIGHSCHOOL EDUCATION

- It has a duration of 4 years and is organized after the graduation of the VIII-th grade, in the technological high school, for qualification in the National Register of Qualifications, according to the labor market needs identified by strategic planning documents for the regional training offer, county and local authorities.
- It focuses on the development and diversification of key competences and the formation of specific competences based on profile, qualification.
- Training through technological high school education is based on the professional training standards approved by the Ministry of Education, following consultation with the social partners.
- During high school studies, students acquire a dual training: an academic one, who after graduation allows them access to higher education, as well as a professional one that facilitates their access to the labor market.

THE LOWER CYCLE OF HIGHSCHOOL - IX-TH GRADE

Service profile, basic training field: TOURISM AND FOOD AND BEVERAGE

Theoretical training (general culture, specialized culture, counselling) – 28 classes/ week

Practical training – 3 classes/ week

Theory – 36 weeks

Special practical training – 3 weeks

TRAINING PROGRAM

Theory / culture - 83.59%

Practical Training - 16.41%

THE LOWER CYCLE OF HIGHSCHOOL- X-TH GRADE

Service profile, basic training field: TOURISM AND FOOD AND BEVERAGE

Theoretical training (general culture, specialized culture, counselling) – 28 classes/ week

Practical training – 3 classes/ week

Theory - 35 weeks

Special practical training – 3 weeks

TRAINING PROGRAM

Theory / culture - 83.40%

Practical Training - 16.60%

THE UPPER CYCLE OF HIGH SCHOOL – XITH GRADE

Profile SERVICES, Field of General Training: TOURISM; FOOD AND BEVERAGE

Theoretical training (general culture, specialized culture, counselling) – 31 classes/ week

Practical training – 0

Theory - 33 weeks

Special practical training – 4 weeks

TRAINING PROGRAM

Theory / culture - 89.51%

Practical Training – 10.49%

THE UPPER CYCLE OF HIGH SCHOOL – XIITH GRADE

Profile SERVICES, Field of General Training: TOURISM; FOOD AND BEVERAGE

Theoretical training (general culture, specialized culture, counselling) – 30 classes/ week

Practical training – 0

Theory - 28 weeks

Special practical training – 4 weeks

TRAINING PROGRAM

Theory / culture - 87.50%

Practical Training – 12.50%

THE EXAM FOR CERTIFICATION OF PROFESSIONAL QUALIFICATION

- It consists in writing a specialty project and presenting it to a commission consisting of specialty teachers or representatives of business operators.
- The students who promote the professional qualification certification exam acquire a Level 4 Qualification Certificate of the National Qualifications Framework corresponding to the European Qualifications Framework (Technical Technician) reference level 4 and the descriptive supplement of the certificate, according to Europass.

OPTIONS FOR AFTER GRADUATION

- Higher education for graduates with a baccalaureate degree;
- The labor market after obtaining the professional qualification certificate.

PROFESSIONAL EDUCATION

In the first year of professional training, the theoretical training represents about 80% of the total training offered, while the specialty theoretical training and practical training will represent 20%.

In the second year of professional education, the share of theoretical training will decrease to almost 40% of the total hours, while the importance will be placed on the practical training with a share of about 60%.

In the third year of professional education will also be allocated more practical training, about 72% of the total training and the theoretical training will have a share of about 28%.

THE GRADUATION OF PROFESSIONAL SCHOOL

- The professional education's goal is to acquire a qualification certificate with which the graduates can engage immediately after completing their studies in Romania or in any other EU country.
- Also, following the graduation, they obtain a certificate of compulsory education, a certificate that allows them to continue their studies in high school (in the 11th grade), where there are places available in high school classes.

THE EXAM FOR CERTIFICATION OF PROFESSIONAL QUALIFICATION

- It is organized by the school together with the economic operators / public institutions, at their headquarters and using their equipment wherever is possible.
- The organization and conduct of the certification exam will be monitored by the County School Inspectorates.
- It consists of a practical test of up to 3 hours;
- The themes for the practical test are set at national level.

THE DUAL EDUCATION SYSTEM

SPECIFIC CHARACTERISTICS

- It is organized at the initiative of interested economic operators as potential employers and practice partners;
- Provides increased opportunities for education and training on the basis of a partnership contract and individual training agreements, through practical training organized under the main responsibility of economic operators;
- Economic operators ensure the practical training of students, the scholarship at the level of the awarded from public funds and other expenses for the students' quality education;
- Facilitates the involvement of economic operators in the decision-making mechanisms at the level of the partner education unit.

"INNOVATIVE TECHNIQUES IN FOOD AND BEVERAGE IMPLEMENTATIONS"
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Curriculum of Partner Countries

	Bulgaria	Italy	Romania	Turkey	Hungary
Types of school	Vocational High School	Secondary technical school	Technological highschool	Vocational High school	Secondary technical school
			Professional highschool		Vocational school
			Specialized theory - 828 hours		
			Practical training/ weekly - 924 hours		
Tourism /Catering Horarium Total	5124 h	1056 hrs per year	Special training - 720 hours	2336	2110
Number of years	4	5	3	3+1	4+1
General subjects / Genel Konular	12 subjects /2475 hours	8	16 (during all the years)	16	11
Compulsory Vocational subjects	4568 h	4	16 (the number of subjects varies from year to year)	7	20
Optimal Vocational subjects	556 h	0	0	0	0
Theoretical/Practical Hours Ratio	2 weeks for 3 consequent years	400 hrs	924 hours (3 h/ week in the 1st year and 12h/ week in the last two years)	It depends on needs. Every year training courses opens the length changes.	378
The length of the internship	2 weeks for 3 consequent years	400 hrs	924 hours (3 h/ week in the 1st year and 12h/ week in the last two years)	It depends on needs. Every year training courses opens the length changes.	378
The length of the on-job internship	2 weeks	400 hrs	720 hours (5 weeks in the 1st year, 9 weeks in the 2nd year and 10 weeks in the 3rd year)	960 hours/120 Day	280
Is the internship paid or not	No	No	no	Yes	yes
How safety in a working place is provided?	Giving instructions	Compulsory courses before internships	At the beginning of the school year, the students are trained about hygiene and safety standards and sign work safety sheets. The same thing happens to the economic agents where they do their practice. Also, both in the school labs and at the economic agent, the students are supervised by a practice teacher or a practice tutor.	Compulsory safety training every year before the internship both in the school and at the workplace	
Certification/ Sertifika?	Final Exams	Final State Exam	A professional qualification certification exam acquire a Level 4 Qualification Certificate of the National Qualifications Framework.	1. School Diploma 2. Business licence 3. training course	Professional
Is Entrepreneurship Education included in the Tourism/Catering Syllabus	Yes	Not in syllabus; courses are provided	yes	Yes/Both	yes/both

Romanian dishes

Starters / salads

Eggplant salad



Ingredients:

- 2 large eggplants with a glossy and slightly fluffy shell (eggplant is the only vegetable that does not have to be hard when we buy it)
- 1/2 onion
- 50-60 ml oil
- salt and lemon juice
- optional: 1 teaspoon of mustard, 1 raw egg yolk

Method:

- Eggplants are baked by contact with a hot surface or even with a flame until its shell is carbonized and the core becomes soft.
- So bake the eggplants on a hot plate, on the grill, on the disk, turning them around to ripen well.
- Pay attention, perforate its shell with a fork, letting the steam and liquid drain, otherwise eggplants can explode causing accidents.
- When the eggplants are well baked, remove them from the grill and place them in a sieve placed over a bowl, sprinkle with a little salt and cover them with a lid. Allow to cool completely, while leaking from the bitter liquid they contain.
- Eggplant is thoroughly cleaned by the shell, eliminating any traces of burning.
- Pay attention, do not use metal knives, but wood, plastic or ceramic tools, otherwise the eggplants will become corroded by oxidation. Also with a nonmetallic instrument, the eggplant is chopped thoroughly.
- The chopped eggplants are put in a bowl and from this moment the story can follow three different ways:
- for salad of natural eggplant, add oil by pouring it while mixing well with a wooden spoon, turning in one way. Eggplants have the capacity to absorb a large amount of fat, so they will become greasy, creamy. After incorporating the oil (as long as you pour it, the eggplant will behave just like egg yolk on mayonnaise) add finely chopped onion, salt to taste and lemon juice.
- for eggplant salad with mayonnaise, add chopped finely chopped onion and 2-3 tablespoons of mayonnaise, mix and match the taste of salt and lemon juice to taste.

Mashed beans / Roe of beans



Ingredients:

- 1/2 kg of beans
- 4-5 large onions
- 4 spoons of oil
- 1/2 clove of garlic
- 2 spoons of tomato pasta
- Salt, pepper

Method:

- The beans are soaked in warm water a few hours before cooking, the best way is from the evening until the next day. Then drain well the extra water and cover the beans with cold water. Boil them, and after the first boil drain the water and cover them again with water. This time the water should be hot. Boil them, then repeat the operation.
- It is advisable to repeat 4-5 times the water change operation, then add sodium bicarbonate. It helps to boil and soften the beans and reduces the subsequent unpleasant effects.
- In the last water you put the beans, boil them as much as they need. For those who want a special taste, they can add a few carrots, some pepper and 2-3 bay leaves. The pepper and the leaves will be removed when the means are smashed.
- After boiling well, drain all the water from the pot and mix the beans with the blender.
- Slice the onion and put it in a frying pan with oil and fry it a little. Then, add the tomato paste and mix it well. Half the amount of it, plus crushed garlic, is mixed well with the beans. It must be swollen and homogenized. Do not drain the oil from the mixture of onion and tomato pasta, because it will make the beans fluffier. Add the salt and pepper, put it in a bowl and cover with the other half of the fried onion and tomato pasta.
- It is served with fresh bread and some pickled salad. It can be served on thin slices of bread, with chopped onions or pickles as an appetizer. It's absolutely delicious. Good appetite!

Beef salad



Ingredients:

For the Salad:

- 2 large russet potatoes
- 2 boneless chicken breasts, cooked and finely diced (or use beef, turkey, ham, hot dogs, etc.)
- 1 cup peeled carrots, boiled and finely diced
- 1 cup peeled parsnips, boiled and finely diced
- 5 large hard-cooked eggs, finely diced
- 1 small onion, finely diced
- 2 celery stalks, finely diced
- 1 1/2 cups finely diced pickles
- 1 1/2 cups frozen peas

For the Dressing:

- 1 to 2 cups mayonnaise, or to taste
- 1 tablespoon mustard
- Salt and pepper to taste
- For the Garnish:
- Parsley
- Olives
- Reserved: hard-cooked eggs and Reserved cooked vegetables

Method:

For making the salad, boil potatoes in their skins in salted water until fork tender. Remove from water and peel off the skin when they are cool enough to handle. Dice finely and reserve.

In a large bowl, add diced potatoes, diced chicken or other meat, diced carrots, parsnips, eggs, onion, and celery.

Squeeze the diced pickles lightly in a paper towel to remove some of their juice (otherwise the salad will be too watery) and add to the rest of the diced ingredients.

Place frozen peas in a colander and run cold water over them to defrost. Drain completely, patting dry, if necessary, and add to the other diced ingredients in the large bowl.

Make the Dressing: In a medium bowl, whisk together mayonnaise, mustard, and salt and pepper.

Assemble the Salad

- Add the dressing to the diced ingredients in the large bowl and toss to completely cover.
- Transfer to a pretty serving bowl. Cover the entire top with a thin layer of mayonnaise but enough so no salad shows through. Decorate the top with reserved vegetables and hard-cooked eggs. Cover with plastic wrap and place in the refrigerator to serve chilled or serve immediately at room temperature.

Main dishes

Beans with pork bone



Ingredients (for 6 servings):

- 500 g white beans
- 1 / 2 smoked boneless pork ham
- 2 carrots
- 3 onions
- 1 parsley root
- 1 medium red pepper
- 2 bay leaves
- tomato paste
- salt, pepper

Method:

- Select the beans and soak it the night before.
- The next day put the beans in a pot of cold water, covers it and let it boil to seethe. Take it from the fire and squeeze it, then change the water again and let it boil to seethe again twice.
- In the meantime, cut the vegetables into cubes and fry them in a pan with 2 tablespoons of oil.
- Cut the pork ham into cubes or slices and boil it in the bean pot. After boiling, we also add the lightly cooked vegetables.
- Let it boil for 30 minutes, add bay leaves and thyme and sprinkle with salt and pepper to one's taste. Gently mix and let it boil moderately.
- When it's almost ready, put the tomato paste and let it down well. It's better if we put it in the oven. Sprinkle chopped parsley.

Moldavian meatballs/ rissoles from moldavia



Ingredients:

- 200 g minced veal
- 300 g minced pork
- 1 medium onion
- 2 cloves of garlic
- 1 potato
- 2 slices of white bread, without crust
- milk
- 2 medium eggs
- salt
- pepper
- dill
- parsley
- 150 g breadcrumbs
- 3 spoons of flour

Method:

- Put the slices of bread in milk for 10 minutes.
- Mix both kinds of minced meat, then add the raw potato, garlic and onion, after being grated finely. Add the eggs, the chopped parsley and dill and the bread after removing the extra milk.
- Add the salt and pepper and knead the mixture till you get a homogenous mixture.
- Cover the dish with a plastic food foil and put it in the refrigerator for 1 hour. After that, put the bread crumb and flour in a dish and mix them. With wet hands, form long meatballs of about 50-60 g and place them in the dish. We press them so that their final lump has a thickness of about 1.5 cm.
- Cover the meatballs in the mixture of breadcrumb and flour, put some oil in a frying pan and when the oil is very hot, add the meatballs.
- Fry them at medium heating around 5-6 minutes on one side. We take them out for the oil on a plate covered with some kitchen napkins and let them to lose the extra oil.
- They can be served with boiled potatoes, parsley and hot pepper.

Sarmale – stuffed cabbage rolls



Ingredients:

- 1 whole head cabbage (the best is pickled cabbage)
- 6 tablespoons oil
- 1 finely chopped medium onion
- 250 g rice
- 700 g minced meat
- 2 tablespoons chopped fresh dill
- 1 teaspoon thyme
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon crushed hot red pepper (optional)
- 4 bay leaves
- 4 tablespoons of tomato paste

Method:

Remove core from cabbage. Place whole head in a large pot filled with boiling, salted water. Cover and cook 10 minutes, or until softened enough to pull off individual leaves. You will need about 20 leaves.

When leaves are cool enough to handle, use a knife to cut away the thick center stem from each leaf, without cutting all the way through. Chop any remaining cabbage and set aside.

In a large skillet, sauté chopped onion, garlic and rice in 1 tablespoon oil, stirring frequently, until onion is translucent. Add hot water, bring to a boil, reduce heat and simmer 10 minutes. Remove from heat, cover and let stand 5 minutes or until rice has absorbed all the water. Let cool.

Place the minced meat in a large bowl and add the with onion -rice mixture, combining thoroughly. Add dill, thyme, salt, pepper, hot pepper, if using, and 2 tablespoons water. Mix completely but lightly.

Place about 50 g of meat mixture on each cabbage leaf. Roll away from you to encase the meat. Flip the right side of the leaf to the middle, and then flip the left side. You will have something that looks like an envelope. Once again, roll away from you to create a neat little roll.

Using the remaining olive oil, coat a large, casserole. Cover with a layers of stuffed cabbage rolls. Add water mixed with the stock, just enough to cover. If you have any leftovers from the cabbage, chop it and add as a layer on the top to keep the moisture in.

Place casserole over high heat and bring to a boil, lower heat to medium-low, cover and simmer about 20 minutes. Here you can either transfer to oven (heat oven to 180 degrees C.) and cook 2 hours or let it simmer for 1 1/2 hour. Then add the tomato paste dissolved in a little bit of water, cover and cook another 30 minutes.

When ready to serve accompany sarmale with sour cream and mamaliga (polenta).

Dessert Recipes

Cozonac



Ingredients:

For the dough:

- 500 g flour
- 100 g sugar
- 125 g whole milk
- 1 cube yeast
- 2 eggs
- 100 g seed oil (or butter, softened 100 g)
- 1 cup (20 gr) rum vanilla or vanilla bean seeds
- aroma orange and lemon (grated peel or vial, Romanian variant)
- 1 pinch of salt

For the filling:

- 125 gr walnuts, or almonds, or hazelnuts (or all together)
- 100 g cocoa
- 75 g sugar
- 50 g whole milk if you like you can also add raisins soaked in rum and squeezed candied orange peel

Method:

- Prepare the dough: Dissolve the yeast in the bowl with milk and sugar.
- Add flour, eggs, rum, oil, a pinch of salt. The dough is very soft but hold together. Put it to rise in a sheltered place, for about 2 hours.
- Prepare the filling: Mix the dried fruit, sugar, milk and cocoa - it must be without chunks. Chill in the refrigerator to rest waiting for the dough rise completely.
- After about 2 hours, take the dough, divide it into two parts, pull a rectangle with each half and fill with the cream. Roll up the rectangles and close the ends getting two loaves filled. Put the two filled loaves in a mould and let them to rise again for about an hour, in a protected place.
- If you want you can garnish the surface with granulated sugar.
- Preheat the oven and cook for about 50 minutes (do the toothpick test before turning out).

Romanian apple pie



Ingredients:

For the dough:

- 450g of plain flour
- 260g of caster sugar
- 125ml of sparkling water
- 150ml of vegetable oil
- 1 teaspoon of vinegar (white, not malt)
- 1 teaspoon of bicarbonate of soda

For the filling:

- 1 kg of peeled, cored apples (get about 1.3kg pre-peeling)
- 200g of caster sugar
- 1 tablespoon of lemon juice
- 1 heaped teaspoon of cinnamon

Plus:

Some icing sugar for dusting; A knob of butter or a little vegetable oil for greasing the tray.

Method:

Sift the flour into a large mixing bowl and mix in the 260g of sugar.

In a separate bowl, dissolve the bicarbonate of soda in the vinegar and then add the vegetable oil and the sparkling water and combine.

Pour the liquid components into the flour and sugar mixture and stir until starting to combine, then, using your hand, mix it until it starts to come together into a ball.

Turn the ball out onto a lightly-floured work surface and knead for about ten minutes until the dough becomes smooth and no longer crumbles at the edges. Form it back into a ball and cut into two equal halves.

Take a baking tray, cut a piece of baking paper to about 1 cm larger than the tray and roll the first of the halves of dough out on top of the paper until it almost reaches the edge.

Grease the baking tray well with butter or oil and then transfer the sheet of dough to it using the baking paper.

Peel and chop the apples, removing the seeds and cores.

Put the apples into a saucepan with the 200g of sugar and set on a medium heat until the juices start to be extracted from the fruit and the sugar starts to dissolve. At this point, you can add the lemon juice and the cinnamon. Stir from time to time to prevent burning on the bottom.

Continue to cook it over the same heat until the extracted juices evaporate leaving the apple in a thick syrup. Remove from the heat and allow to cool down a bit.

When the apple is a little cooler, you can pour it into the prepared baking tray on top of the pastry lining, spreading it into one even layer.

Prepare the second layer of dough in the same way as the first, and again using the paper to transfer it, lay it on top of the apple, trimming the overhanging part from around the edge of the tray.

Put the tray into the preheated oven and bake for about 30 to 40 minutes until the top is golden brown.

Once it's cooked, remove it from the oven and allow it to cool for about a quarter of an hour, dust it with icing sugar, and then cut it into squares. Serve warm or cold.

Chec – chocolate cake



Ingredients:

- 450 g sugar
- 375 g flour
- 1 teaspoon of vanilla sugar
- 250 ml milk
- 350 g butter
- 6 eggs
- 1 teaspoon baking powder
- 2 tablespoons cocoa

Method:

Mix sugar and milk in a medium saucepan and place pan over medium heat until it comes to a boil. Stir constantly. Once the sugar has melted completely, add the butter and simmer the mixture for a few more minutes (reduce heat if it starts to burn). Remove from the heat and set aside until cooled.

Separate the yolks and egg whites. Set aside. Begin adding the egg yolks to the large bowl one at a time, and mix until blended. With a whisk, beat the egg whites until frothy and light. Add the whites to the cake mixture. Sieve the flour and fold in the flour together with the baking powder and vanilla sugar.

Divide the batter in two bowls. Mix the cocoa into one bowl. In a bread baking pan (greased and floured) pour ½ mixture of white batter, then ½ cocoa batter, add the rest of the white batter and then the rest of the cocoa batter (forming layers) or you can pour the “white” batter on the bottom and the chocolate batter on top.

Bake at 180 degrees C until cooked through. The cake is done when a toothpick comes out clean after inserted in the centre (check at 30 minutes, 40 minutes, and 50 minutes). Take the cake out on a cooling rack and let it cool. Cut into 1 cm thick slices.

Types of food service

1.1. DIRECT OR ENGLISH SERVICE

The system of direct serving, with the aid of the tongs or the spout ladle consists in bringing the cut and portioned food mounted on the serving objects from the section, such as: serving plates, bowls, toureens, vegetable bowls, which are placed on the forearm and left hand, where the napkin was set. It is on the left side of the customer and on the same side is served, approaching the edge of the object with which that food was transported, to the edge of the dish placed on the table in front of the customer. The direct serving system is used to serve most kinds of dishes (except for the most fragile ones), when serving time is low, and staff are qualified to know how to handle tongs, present the preparations and portion them equally.

The gueridon service system consists of several operations:

- 1) Bringing the gueridon from the place of storage to the table to be used
- 2) On the counter of the gueridon it is placed as much as possible of the necessary serving items: chopper, knife, serving plates, etc.
- 3) The cut or the whole food, placed on the serving objects, is presented to the customers

Using serving utensils (tongs, spout ladles, forks, etc.), the portions and turn-by-turn operations of the dishes in the dishes are performed using both hands. On gueridon, some dishes such as salads, pancakes, pasta, etc. can be prepared in front of the guests.

- 4) As a portion was placed on the plate, the waiter picks it up with his right hand (the thumb above the edge of the plate and the other under the plate), so that the emblem on the edge of the plate lies in front, opposed to the waiter, picking it up from the gueridon, transporting it and placing it on the table top in front of the customer, on the right side, in the order required by protocol rules.

The advantages of gueridon service are as follows:

- bringing and presenting the food in large pieces as well as performing the cutting, portioning, flambéing, preparing, etc. on the gueridon in front of the customers, stimulates the appetite of both the served and the others in the salon, causing them to ask for their food;
- customers are not disturbed when serving;
- the risk of staining the tablecloth or customers's clothes during service is removed;
- it can be easier to practice, the waiter working with both hands.

The disadvantages of gueridon serving are that it requires more space, more staff and more time.

Serving system by two waiters is done in the following way: from the workstations, a waiter simultaneously brings the dish-mounted food, bowl and vegetable dish with the support, caught between the fingers of the left hand and the dishes placed on the forearm of the same hand nearby to the table he has to serve. Another waiter takes a plate with his left hand, and using the serving utensils, tongs or spout ladle, which is in the right hand, passes the preparation from the object used for transport on the plate. After serving a portion of food, the utensils are left next to the food the (tongs on the plateau, the spout ladle from the bowl, etc.), the left hand

plate is transferred to the right hand, transported and placed on the table in front of the customer on his right side.

The dish-serving system consists of picking up portions of dish-mounted food. They are held in the left hand over which the napkin was placed. The waiter holds the first plate between the thumb placed on the top of the plate and the index finger underneath. The second plate is put under the first plate and it is supported by the other fingers; the third plate is placed on the forearm and the edge of the second plate. The fourth plate is held between the thumb placed on the edge above the plate and the other on the right hand, which is below. When transporting warm liquids, deep dishes are placed on a large plate as a support.

The advantages of this system are that the serving is done in a shorter time, eliminating the time required for portioning and mounting on the plates as they are done at the production sites.

The disadvantage is that there is a permanent risk of staining customers' clothing or tablecloths, because of both the inattention or incompetence of the staff and of the clients, too.

The cup service

The food is taken from sections put into cups. They are placed on metal trays. The waiter comes on the right side of the first customer to be served in the protocol order. He grasps with the fingers of his right hand against the cup placed on the edge of the tray from the fingers of the left hand. He stands up and goes up to the deep dish in front of his client, pointing its mouth to the middle of the table top. The content is overthrown by slow leaning, being careful not to spill the dirt to dirty the table. The mouth of the cup heads to the middle of the table top. Serving can also be done on the client's left side. In this situation, the worker who overturns the cup is no longer obliged to turn his right hand, but has the inconvenience that the tray on which the cups are placed can be unbalanced by the left-hand client who is not served and who is not careful about the operations on which the waiter makes to the next client.

1.2. INDIRECT OR FRENCH SERVICE

This serving system consists in bringing the cut preparations, mounted from the section in a larger number or quantity on serving items and presented to customers under the same conditions as the direct serving system. Serving, passing items from items used to transport them to pre-set plates in front of customers can be done in two ways that are presented below.

- a. The food is provided by the waiter on the left side of the customer, approaching the edge of the serving object against the edge of the dish placed on the table top. The customer, by helping the serving utensils, switches himself to the dish in front of him, if desired, the food offered. During the meals, the waiter stands on the left of the customer, with his left leg slightly bent in front and his right-hand bent back, pointing to the bust to the client. Once each customer has been served, if there is a remainder of the food, the waiter places the serving object in the middle or the corner of the table top with the food left.
- b. The food, after being presented to the customers, is placed in the middle of the table top in the serving object used for transport, at a distance accessible to several arrivals, and then, with the help of the serving utensils, serve one after the other preferably from the food provided.

1.3. SELF-SERVICE

Self-service is a form of service that is practiced in public catering establishments, which ensures that the time for purchasing and eventually consuming food or beverages is as short as possible. By this form, a greater or lesser part of the operations performed by the workers of the unit in the service technique are carried out by the customers, for example: picking up of the preparations, bringing them to the table and placing them on the table, etc.

Depending on the number and volume of operations that customers perform, self-service is two-fold:

- total or linear, in which customers perform a larger number and volume of operations, using a serving line mounted on the basis of presentation and serving equipment for this purpose;
- partially, where the number and volume of operations are lower.

1.4. ROMANIAN SERVICE

This serving system has a traditional nuance, linked to the occupation of a category and the journeys made from one place to another by means of horse drawn carts. This service system is still used today. The preparations are usually cut and prepared on "open air" thermal equipment or under some sheltered shelters, usually three walls and roofs, located on the roadside, in fairs, markets, places of leisure, etc. For serving and drinking, there are dishes, bowls, mugs, glasses, salt shakers, bread baskets, toothpicks and possibly napkins. The customer takes the preparation ordered from the service staff who participates or prepares the heat (fried, roasted, boiled, etc.) together with the serving items. It is usually consumed standing. The main dishes are: mititei, minced meat balls, sausages accompanied by slices of bread or buns, beer or wine, and sometimes alcoholic beverages (brandy, tuica, vodka, etc.).

1.5. FAST FOOD SERVICE

In recent years, this service system has known a dynamic development in the world, completing or replacing self-service forms. The preferences for this form of serving are determined by the change in the lifestyle of some people, whose feast time is reduced to a minimum, preferring that this vital necessity should take place in a functional environment without too much demand, avoiding visiting traditional restaurants.

1.6. TAKE AWAY SERVICE

Serving at home is practiced in some special situations (organizing banquets or off-premises receptions, organizing New Year's Eve at the client's home, etc.), the system is also used in other types of units, in writing or verbally, the menus they want, indicating the quantity and time they are to be brought, the address, as well as the conditions in which they will be transported and serviced (with unit objects, unit staff, etc.).

1.7. AUTOMATIC SERVICE SYSTEM

It is used for the sale of snacks, alcoholic and soft drinks in some public catering establishments (buffets or other places) or even on the streets where special appliances are prepared for their preparation and dosing. Devices of a special design operate electrically following the introduction of a coin with certain characteristics. The use of coins is based on the value of the desired preparation or drink and the state's monetary division. It is the duty of the personnel of the unit to permanently supply the appliances and to monitor the proper functioning, to ensure the objects necessary for servicing and consuming the dishes or drinks, as well as to remove them from the tables once they have been used.

Turkey



School info

Nihal Akçura Mesleki Ve Teknik Anadolu Lisesi

It is a non profit government vocational school in Manisa. It was built in 2011 by a charitable person, according to the needs of private sector. Manisa is rapidly developing industrial and tourism zone and the city of Manisa is also widely visited, especially during March and September festivals. That's why our school is very important to supply qualified staff for tourism sector.

Main aims; training qualified staff including the newest knowledge, trainee who are aware of knowledge technology that private sector and governmental offices needed. Our school would like to be known as a reliable institution that focuses on development with institution culture and staff potential. There are approximately 350 hundred students educating at school. It has three floors and include a big and very modern kitchen for cooking and practicing for the students who want to be cook, a very large canteen for students, dormitory (100 bed capacity) a library supported with computers, model hotel rooms and a reception for practicing students' education. A big conference sallon, sport sallon and many classes with smart boards. The school has very large garden decorated plants and grassy areas.

Areas of specific expertise: Food and Beverage, service and kitchen branches (training for future cooks and waiters) , Accomondation , front office and housekeeping branches (training hotel staff). The age group of our students between 14-19.

We also organise different vocational courses for the students and adults. Because our school is involved organizing courses for adults, training them about their needs or to help them to find better jobs after the courses by the Ministry of Education.

Parent-Teacher association organise some activities at school every year, especially the end of semester. Our school is also involved to open tourism season in our town Manisa, so teachers and students prepare theatre plays, folk dance shows and many other activities.

School website: <http://manisanihalakcuraotml.meb.k12.tr/>

School Phone: +902363020888

School e-mail: 972739@meb.k12.tr

Curriculum

Manisa nihal akçura vocational and technical anatolian high school

Food and beverage services at our school

- Kitchen and service skills are educated at our school for the food and beverage branche,
- There are three kitchen work places and one service work place in food and beverage service branch of our school.



Some photos taken in the kitchen training during the works

Professional vocational high schools in turkey

Vocational High School For Hotel Management and Tourism education is four years in Turkey

For Food and Beverage Branch, Students Need To Have Education For 6 Months From October To 3rd Week Of April, The Rest Of Six Months From May To October, They Have To Complete Their Internship At Hotels And Restaurants For Grade 10 And 11th.

Theoric training

Professional development training is given grade 9 at vocational schools.

TYPE OF THE SUBJECTS	SUBJECTS	GRADE 9 Professional
Subject	Professional Development	2
Other Subjects		37

Main branch selection for grade 9 (the end of education term)

- Food and beverage
- Hotel management and tourism

Curriculum for food and beverage

- Kitchen
- Service

General info about curriculum

- Sector: tourism and nutrition
- Branch: food and beverage
- Info for the branch:
- Education and training are given to gain the qualifications of branch

Aim of the branch the following fields:

- Cook for kitchen
- Cake for pastry
- Service staff, barmade, barman, bartender for a bar, stewardess

The aims of curriculum for food and beverage

1. Kitchen

Training for using kitchen equipment and equipment to produce food suitable for hygiene rules and bringing them ready for service,

Aims: It is aimed to educate professionals who have competencies in the cookery profession

2. Service

Training and education are given to prepare for service, to make service, to give proficiency in accounting and accounting

Aims: It is aimed to educate professionals who have proficiency in service staff profession

Employment areas

Students who graduate from food and beverage services, in the field of qualifications they have acquired:

- In the food and beverage units of the accommodation businesses,
- In pastries
- In institutions kitchens,
- Cafeteria, bars and restaurants
- At the food factories,
- Food and beverage units of transportation vehicles,
- They can work in places; Fair / congress, bus / train, ground services of airlines and airplanes etc.

Cooking tools

The equipments for cooking and service

Trainers

- Trainers are all graduated from university in the field of food and beverage
- In case of lack of trainers skilled instructors, technicians and professional staff who have experience in the sector can be involved

Exams

Measurement and evaluation

Achievement

- a) Written exam
- b) Practical examination
- c) Skills test

Branch changes

1. Students can change their branches
2. Graduated students can attend college in their carrier

Certification

1. A diploma is given for the graduated student.
2. All courses and modules taken by the student about the selected branch are indicated in the diploma.
3. When the student leaves the program or graduates, the equivalent certificate is given to the students who show the qualifications they have gained.
4. Graduates are given a certificate of opening a workplace bearing the authority and responsibilities of mastery document

Planned learning activities and teaching methods

1. Methods and techniques that support individual learning.
2. Students are encouraged to learn on their own.
3. Enabling students to be active.
4. Students are directed to research.
5. Students can self-assess.
6. Methods and techniques for teaching competence to students are taught.

Institutions of cooperation

- Universities
- Occupation association
- Professional staff
- Business cooperation with the food and beverage in the sector is also possible

Outcomes for students

- General cultural knowledge and skills
- Basic competences expected from national and international labor force
- Cooking, service preparation and special skills (fruit decoration)

Education activities

1. Weekly course schedule and the modules under these courses are applied in teaching practices.
2. According to the qualifications learnt by students, a business cooperation is made with the sector and training activities.
3. Visits, observation and examination studies are carried out in order to examine the changes and developments in the sector.

Weekly time table for the food and beverage at vocational schools, grade 10

Branches	Subjects	Grade 10 hour
Subjects		
<u>Common subjects</u>	<u>Service preparations</u>	4
Basic food production		6
Professional foreign language		4
• COMMON SUBJECTS		29
• TOTAL TRAINING HOUR		14
• OPTIONAL LESSONS		-
• GUIDANCE AND DIRECTION		1
• TOTAL HOURS		44

Kitchen and service

Weekly time table for grade 11 and 12

BRUNCH LESSONS	GRADE 11 AND GRADE 12
• Skill training at business	
• General tourism	
• Kitchen implementations	
• Turkish cuisine	
• Open buffet	
• Basic dough techniques	

- Producing cake techniques and implementations
- Making dessert techniques
- Food service
- Servicing food groups
- Beverage service
- Guest relations
- Alcoholic drink service
- Preparing cocktail
- Professional foreign language
- Second foreign language

Explanations on implementing the program

- The student selects his/her branch as a result of the overall success of the 10th grade

If necessary, the content of vocational courses outside of compulsory subject courses in 11th and 12th classes can be modified and improved

Vocational education at business

- Finding working place before skills training
- Internship contract
- Between school administration business and parents. Termination of contract
- If the provisions of the contract are not fulfilled by the both sides, the contract can be canceled mutually or unilaterally.

Insurance and health care

- The student is insured by the ministry of national education and school against the work accidents and occupational diseases at the school and at the workplace.
- Salary.
- The enterprise pays to the students at least 2/3 of the minimum wage.

Daily work

- Working hours at vocational training in business is between 08:00 and 22:00 the study period is 8 hours. If this period is exceeded, the work fee is paid;
- Continuation and absenteeism;
- Continuation absenteeism is followed by the business weekly day off;
- Once a week.

Discipline, clothes and behaviors

- Disciplinary action is carried out by the school directorate;
- They are obliged to wear the uniforms given by the working place and in school they have to wear work clothes during progress işletmenin;
- Students have to comply with the working order of the workplace.

Internship file

- While the internship is going on, preparing a file is obligatory for the student for evaluating for the skill exam.
- Involved coordinator teacher.
- The coordinator teacher is assigned to supervise and control the internship work.

Skill exams

- Skill exams are done at the end of the internshipthis exam is leaded by a commission, students who are not successful in this exam pass their class but they need to be successful in the extra exams to be able to graduate.

Cooperated institutions

Cooperation between our school and sector for strengthening educational project



Istanbul prrofessional cooking association's conference at our school for good im-plementations.

Students works at manisa food fair



Curriculum of Partner Countries

	Bulgaria	Italy	Romania	Turkey	Hungary
Types of school	Vocational High School	Secondary technical school	Technological highschool	Vocational High school	Secondary technical school
	5124 h	1056 hrs per year	Specialized theory- 1165 hours Practical training/ weekly - 213 hours Special training - 420 hours	2336	2110
Tourism/Catering Horrarium Total			Specialized theory- 828 hours Practical training/ weekly - 924 hours Special training - 720 hours		2065
Number of years	4	5	3	3+1	4+1
General subjects / Genel Konular	12 subjects /2475 hours	8	16 (during all the years)	16	11
Compulsory Vocational subjects	4568 h	4	16 (the number of subjects varies from year to year)	7	20
Optinal Vocational subjects	556 h	0	0	0	0
Theoretical/Practical Hours Ratio	2 weeks for 3 consequent years	400 hrs	924 hours (3 h/ week in the 1st year and 12h/ week in the last two years)	It depends on needs. Every year training courses opens the length changes.	378
The length of the internship	2 weeks for 3 consequent years	400 hrs	924 hours (3 h/ week in the 1st year and 12h/ week in the last two years)	It depends on needs. Every year training courses opens the length changes.	378
The length of the on-job internship	2 weeks	400 hrs	720 hours (5 weeks in the 1st year, 9 weeks in the 2nd year and 10 weeks in the 3rd year)	960 hours/120 Day	280
Is the internship paid or not	No	No	no	Yes	yes
How safety in a working place is provided?	Giving instructions	Compulsory courses before internships	about hygiene and safety standards and sign work safety sheets. The same thing happens to the economic agents where they do their practice. Also, both in the school labs and at the economic agent, the students are supervised by a practice teacher or a practice tutor.	Every year before internship it is supplied both by workplace and in the school.	Compulsory safety training every year before the internship both in the school and at the workplace
Certification/ Sertifika?	final Exams	Final State Exam	• A professional qualification certification exam acquire a Level 4 Qualification Certificate of the National	1. School Diploma 2. Business licence 3. training course	Matura and Professional
Is Entrepreneurship Education included in the Tourism/Catering Syllabus	Yes	Not in syllabus; courses are provided	yes	Yes/Both	yes/both

Turkish dishes

Starters / salads

Turkish Shepherd's Salad (Çoban Salatası)



Ingredients:

- 2 large tomatoes (preferably vine-ripened)
- 2 cucumbers (firm)
- 1 bell pepper (green other green pepper, (you can use hot pepper)
- Optional: 1 small onion (red, chopped)
- 1 tablespoon parsley (chopped)
- ¼ cup olive oil (extra-virgin)
- 1 tablespoon vinegar (red-grape, or fresh lemon juice)
- Salt and pepper to taste
- ½ cup feta (or Turkish white cheese, crumbled)
- Garnish: Turkish olives

Preparation:

1. Wash and pat dry the vegetables. With a sharp paring knife, skin the tomatoes then dice them into cubes, being careful not to crush the flesh.
2. Remove the stems and seeds from the pepper and peel the cucumbers and optional onion. Dice them all into cubes about the same size as the tomatoes.
3. Put all the diced vegetables into your serving bowl, add the parsley and toss gently with your fingers.
4. In an empty jar or shaker, combine the oil, vinegar, salt and pepper and shake well. Pour the mixture over the salad.
5. Top the salad with the feta, black olives and a bit more chopped parsley.
6. Let the salad rest a few minutes before serving. Have crusty bread handy to dip in the juices.

Haydari (Turkish Yogurt Dip)



It is a thick and tangy Turkish yogurt dip best served with meat kebab and pita bread.

Ingredients:

- 1 (16 ounce) container plain yogurt
- 5 cloves garlic
- 1 pinch salt
- 1 bunch fresh dill, chopped
- 1 (4 ounce) package cream cheese, softened (optional)
- 2 mint leaves, for garnish

Preparation:

Line a colander with two layers of cheesecloth and place over a medium bowl. Place the yogurt on the cheesecloth and cover the colander with plastic wrap. Allow yogurt to drain 8 hours or overnight.

Scoop the drained yogurt into a mixing bowl. Mash the garlic cloves with the salt into a fine paste; mix into the yogurt. Stir the dill, parsley, and cream cheese into the yogurt and garlic mixture. Spread onto a dish and garnish with the mint leaves to serve.

Broccoli salad



Ingeridients;

- 1 1/2 pounds fresh broccoli
- 3 cloves garlic, mashed into a paste
- 2 tablespoons lemon juice
- 2 tablespoons rice vinegar
- 1/2 teaspoon Dijon mustard
- 1 pinch red pepper flakes, or to taste
- 1 pinch salt and ground black pepper, or to taste
- 1/3 cup olive oil

Preparation:

Trim bottoms of broccoli stem and cut off broccoli heads; cut the broccoli heads into quarters. Peel broccoli stems and cut into quarters crosswise.

Bring a large pot of lightly salted water to a boil; reduce heat to medium and cook broccoli until tender when cut with a paring knife but still slightly firm, 5 to 6 minutes.

Transfer broccoli to a large bowl filled with cold water and chill to stop the cooking process. Drain well. Arrange broccoli in a colander with the florets facing down towards the holes of the colander and allow broccoli to drip for at least 30 minutes.

Whisk together garlic, lemon juice, rice vinegar, Dijon mustard, red pepper flakes, salt, and black pepper together in a large serving bowl. Slowly drizzle in olive oil while whisking rapidly until the dressing is thick and creamy. Adjust salt, black pepper, and crushed red pepper flakes to taste

Toss broccoli with the dressing; let stand 5 to 10 minutes to marinate, then toss again. Can be refrigerated up to an hour if you want to serve the salad cold.

Main dishes

Dry beans with lamb meat



Ingredients:

- 2 cups of (400 gr) dry beans
- 1,5 spoon of tomato pasta
- 1 tomato
- 1 onion
- 3 spoonful of oil
- 350 gr cubed meat
- 3-5 dried and chill pepper
- hot water
- Salt and black pepper
- small hot pepper on demand

PREPARATION:

Soak dry beans one night in advance. The next day, drain the water and cook until the beans are cooked thoroughly.

Clean the onions and chop the brunoises (size of the pin head). Take a steel pot with oil

Add the meat and put it together with the onion until the its colour changes.

Add tomato pasta and graded tomato,

Cook the with some meat. Add 1-1.5 liters of hot water

Add dried bitter peppers and spices

In addition, check the water between the basin will vary depending on the type of dried beans, you can add hot water if the water has decreased.

Add salt before cooking ends.

Antep kebab



Ingredients:

- -1/2 kg mixed lamb and cow meat
- 2 onions
- 3 tomatoes
- 3 green pepper
- Chili powder
- Salt

PREPARATION:

Minced salt and bitter powder are mixed well with red pepper.

Big pieces are taken to make meat balls. -Then each one of them is soaked with a hand and tightened one by one in the meat stick and it is flattened with fingers. Both sides of the skewers are cooked on a barbecue or grill.

The fresh pide is heated by capping the skewers while they are baking. Pressing the meatballs between the two pides and take out from the skewers.

Dolma / Sarma with olive oil



This is traditional Turkish dish called *yaprak sarmasi*, or just *sarma*, like most people in Turkey call it. Sarmas are stuffed grape leaves. They are the ultimate finger food and are often served as a side dish with a dot of yogurt.

Serves 4 -6

Preparation time – 15 minutes Cooking time – 40 minutes

Ingredients:

- 30 grape vine leaves
- 350 gr/12 oz ground lamb or beef
- 2 small onions, finely chopped
- 115 gr/4 oz long grain rice, rinsed and drained
- 1 bunch fresh dill and flat leaf parsley, finely chopped
- 5 ml/ 1 teaspoon dried mint
- 45 ml/ 3 tablespoon olive oil
- Salt and ground pepper to taste
- 8 fl oz/ 1 cup water to cook the stuffed vine leaves
- 90 ml (or more) / 6 tablespoon plain yoghurt to serve

Preparation:

Place the ground meat in a bowl and stir in the onions, rice, herbs and spices. Season, combine with 1 tablespoon olive oil and knead well. Lay one of the vine leaves on a flat surface and spoon some filling in the middle of the leaf. Pull the leaf over the filling, fold in the sides, then roll into a tight log (try not to over fill, as the filling may ooze out). Arrange the vine leaves, seam side down, in a deep wide pan. Pack them tightly together, layer by layer. Mix the remaining oil with 1 cup (8 fl oz) water, then pour over the vine leaves. Place a heavy plate over the dolmas and put the pan on medium heat. cook gently for about 40 minutes, until the rice and meat are cooked. Serve hot, with a dollop of yoghurt.

Dessert Recipes

Baked rice pudding (FIRIN SÜTLAÇ)



Ingredients:

- 1 kg milk
- 200 gr sugar
- 30 gr starch
- 250 gr rice (can be optionally increased)

Preparation:

Milk and sugar are placed in a pot and allowed to boil.

Rice is washed and boiled.

After the milk is boiled, the starch is mixed with some cold water.

Boiling milk and sugar are added .

Then the boiled rice strain let it rest for a short time.

Then the rice pudding should put in the cradles and place on the tray.

Water is added to the bottom of the tray and baked in the oven at 180 degrees until the rice puddles over.

After taking it from the oven, it is cooled and served.

Revani



Ingredients:

- 4 eggs
- 120 gr sugar
- 120 gr semolina
- 120 gr flour
- 5 gr vanilla
- 5 gr baking powder
- 1 lemon or orange (for pell)
- 20 gr flour
- 10 gr butter
- powdered pistachio

Sherbet:

- 4 caps of sugar
- 4 cups of water
- 1 lemon (squeezed)

Decoration:

- Coconut

Preparation:

Eggs and sugar are whisked in a bowl.

The other ingredients are taken into a bowl and mixed thoroughly.

Mixed materials are added to the whipped material and mixed for a short time

The mixture is placed in a baking tray which is 26 or 28 cm

Cook for 160 minutes at preheated oven for 35 minutes

The product is removed from the oven and immediately given sherbet and left to rest,

Finally, it is ready for servicing.

Baklava



Ingredients:

- 1 kg flour for Baklava
- 15 gr salt
- 3 eggs
- 100gr butter
- 100 gr oil for baklava
- 1 kg of starch
- 250 gr chopped walnut
- 1 kg water,
- 5 kg sugar
- 1 gr lemon salt

Preparation of dough:

- Flour salt and eggs are taken to the dough board
- It is kneaded until it gets hard.
- Prepared dough is rested for 1 hour.

Preparation:

100 grams of round dough pieces are prepared.

The dough pieces are opened with starch and put on top of it with 10 .

The dough is rested for 2 or 3 hours.

After the ingredients added they place in a baking tin.

The melted butter is pour on all over it.

It is placed in an oven at 180-degree hot.

It is baked in 30 or 35 minutes.

It is poured sherbet as soon as baklava removed from the oven.

After 1 hour of rest, It will be ready for the service.

Types of food service

KINDS OF SERVICES IN THE FIELD OF FOOD AND BEVERAGE SERVICES IN TURKEY

Service types:

Today it can be seen a lot of service types. The well-known ones; Table service, buffet service, cafeteria service, fast food service and ready food service.

Now let's examine these types of services.

Table Service:

The food is taken to the table and served to the guest. For this kind service, it is completely performed by the service personnel. Food and drinks are taken to the table where the guest is sitting, served on plates, trays or service cars.



Buffet Service:

Food is selected from where it is displayed. Food and beverages are placed on tables placed next to each other. Some of the dishes in the buffet only put one sample. After the food is selected by the guest in these buffets, it is brought to the table by the kitchen service staff. This buffet is called "Show Buffet". In some of the buffet varieties, guests are taken by the food service staff while they take their own food, and in some cases after making the choice. After the meals are finished, the empty plates are collected by the service staff.



Self Service:

The meal is taken by the guest with a tray from a bench and taken to the table. Companies that work with this method usually give a certain number of meals a day. Some also have the option of choosing. Meals are prepared as a portion of the plates, or put on portions of the self-service tray. He goes to the guest's table to eat his food. Empty trays and plates are taken by the guest or service personnel. This service is also called "Cafeteria Service".



Self Service

Fast Food Service:

Your food and drink is taken from the counter and eaten in the standing position. "Fast Food" in English means "Hızlı yiyecek" in Turkish. In this type of business, light foods are usually sold. These are usually sandwich and hamburger type foods. Guests are given a paper napkin or special wrapping. Guests usually stay there. These are known as "Buffets" in our country.



Ready Meals-Takeout Service:

The food is packed and taken to where the guest is. In this type of service, the food is prepared according to the order, packed and the order is taken. Foods brought from commercial kitchens to workplaces, service on airplanes, packages of houses can be shown as an example.



Service types on tables:

Table service above is a distinctive feature. Table service is done by different methods. Now let's examine these methods.

Some of the table services are.

Plate Service:

The food prepared in the kitchen on a plate to be served to the guest. These serviced foods are prepared in plates in the kitchen as a portion. These plates, which are brought to the table by the service staff, are served from the right of the guest. The service from the left of the plates is also called "American Service". As the plates are prepared in the kitchen, the service does not require much skill.



Gueridon Servisi:

Your food is served in front of the guest by serving or prepared. This serviced food is brought to the saloon on a tray or tile on the service car. Place the tray or tiles on the service table at the side of the table after the items are displayed. The guerrillas are

also displayed in the same way. If the food is raw, it is cooked, it is served from the right side of the guest as if it were serving plate after the necessary portioning and plate arrangement. There are also those who serve from the left side of the food tongs service.



Turkish Service:

It is the appearance of the cold appetizer and the stay during the meal. In this service variety, cold appetizers are brought to the table on a tray. Guest's choice is placed in the middle of the table. Guests take their food from the plates to their own plates. In our country cold appetizers are preferred with raki, so all the appetizers may stay on the table until servicing deserts. Hot appetizers are; sometimes in the middle of the table, usually served with a tongs in front of the guest. Both main table service and plate service are available.

