

FOOD PRODUCTION - COOKERY

THEORY :

- Unit-1 : Importance of kitchen in Hotel & Catering establishments; Aims and objectives of Cooking, classification of raw materials, preparation of ingredients, methods of mixing foods, effect of heat on various foods, weighing and measure, texture of food, Culinary terms.
- Unit-2 : Methods of cooking with special application to meat, fish, vegetables, cheese, pulses and egg. Conventional and non-conventional methods of cooking, solar cooking, microwave cooking, fast food operation. Varieties of fish, meat and vegetables. Accompaniments, garnishes and rechauffe.
- Unit-3 : Balancing of recipes, standardisation of recipes, standard yield, maintaining recipe files. Menu planning, portion control, brief study of how portions are worked out. Invalid cookery. Purchasing specifications, quality control, Indenting and Costing.
- Unit-4 : Description and use of the following :
Basic stocks, Aspics & Jellies.
Roux blanc, Roux blond and Roux brun.
Recipes and quantities required to produce 10 litres of stock, white & brown.
Recipes required to produce one litre of the following:
Bechamel sauce, tomato sauce, veloute sauce, espagnole sauce, Hollandaise and mayonnaise sauce with the necessary precautions to be observed while preparing these, with minimum five derivatives of each.
Soup – Definition, classification of soups with example in each group, recipe for one litre consommé, 10 popular consommés with their garnishes.
- Unit-5 : Eggs – Structure, selection of quality, various ways of cooking eggs with example in each method and prevention of blue ring formation.
- Unit-6 : Vegetables – Effect of heat on different vegetables in acid/alkaline medium and reaction with metals. Method of cooking different vegetables with emphasis on cooking asparagus, artichokes, brussels sprouts.
- Unit-7 : Theory of Bread making, Bread rolls, Bread sticks, Indian Breads.
- Unit-8 : Pastry – Recipes of short crust pastry, puff pastry, flaky pastry choux paste, danish pastry and their derivatives. Recipes and method of preparation of plain ice cream.
- Unit-9 : Kitchen stewarding and upkeep of equipment.
- Unit-10: Staff organisation of Kitchen, coordination with the Departments.

COOKERY - PRACTICALS

Familiarisation of tools / equipment and their use.

Indian

Rice	08 varieties
Indian Bread	10 varieties
Dal	10 varieties
Vegetables	15 varieties
Chutney	05 varieties
Raita	05 varieties
Egg dishes	03 varieties
Fish dishes	05 varieties
Meat dishes	08 varieties
Chicken dishes	08 varieties
Shorba	02 varieties
Tandoor dishes :	Tandoori chicken, tandoori fish, seek kabab, boti kabab.
Snacks	10 varieties
Sweets	08 varieties

Special dishes for festivals – 5 festival menus (Note: emphasis on a regional cuisines)

Continental : Stock – white stock, brown stock, fish stock.

Sauce – Bechamel sauce, veloute sauce, tomato, espagnole, hollandaise and mayonnaise with 5 derivatives of each. Demi glace, Mint sauce, horse raddish, bread sauce and apple sauce.

Compound Butters – 3 varieties.

Soups :

Purees	2 varieties
Cream	3 varieties
Veloute	2 varieties
Broths	2 varieties
Bisques	1 varieties
Consommés	5 varieties
Cold Soups	2 varieties
Potages	2 varieties

Fish :

Baked	2 varieties
Grilled	2 varieties
Shallow fried	2 varieties
Deep fried	4 varieties
Poached	2 varieties

Chicken and other Meats :

Stew	2 varieties
Casseroles	2 varieties
Roast	2 varieties
Braised	2 varieties
Grilled/Baked	2 varieties
Chicken (Sautes)	5 varieties
Entrees	3 varieties
Pork	2 varieties
Steaks	3 varieties

Vegetables : Preparation and cooking of vegetables – 10 varieties.

Potatoes – 10 varieties.

Farinaceous dishes : Spaghetti and macaroni dishes – 2 varieties.

Egg: Breakfast egg preparation – 5 varieties

<u>Sweets</u> :	Mousse	3 varieties
	Souffles	3 varieties
	Baked	3 varieties
	Steamed (Pudding)	3 varieties

<u>Chinese</u> :	Soups	2 varieties
	Noodles & Rice	4 varieties
	Chicken	2 varieties
	Pork	2 varieties
	Meat	2 varieties
	Prawns	2 varieties
	Fish	1 dish
	Vegetables	3 varieties

LARDER

THEORY :

- Unit-1 : Larder - Organisation & layout.
Larder control – Maintenance & upkeep of larder equipment and supplies.
- Unit-2 : Hors d' oeuvre and salads – classification.
- Unit-3 : Fish - Classification, sealing, cleaning, preparation, basic cuts and its uses and storage.
- Unit-4 : Butchery – Cuts of beef, lamb, mutton and pork, its uses and weights.
- Unit-5 : Poultry and Game :
Poultry – Classification, preparation, dressing and cuts with its uses.
Game – Furred game and feathered game, preparation cuts v

Unit-6 : Assembling of cold buffets, sandwiches and canapes. Proper storage of leftovers.

Unit-7 : Different types of forcement and their uses.
Decorative work including sculptures, ice carvings, vegetable and fruit carvings.

Unit-8 : Cleaning and care of Larder equipment.

PRACTICALS :

Preparation of various simple and compound Horsd'oeuvres :

Simple salads - 5 varieties

Compound Salads :

Fruit based - 2 varieties

Fish based - 2 varieties

Meat based - 2 varieties

Vegetable based - 2 varieties

Preparation of salad dressings – 3 varieties

Butchery :

- a) Lamb and Mutton – Demonstration of jointing mutton carcasses.
Deboning of mutton leg and shoulder.
Curry cuts and boti kababs.
- b) Pork – Demonstration and preparation of pork chops, deboning of pork leg.
- c) Fish – cuts of fish and its use in cold buffets.
- d) Poultry – Dressing, trussing and deboning.

COMMODITIES AND FOOD COSTING

THEORY :

Unit-1 : Cereals – Wheat, rice, maize.
Breakfast Cereals – Uses and storage of Cornflakes, puffed rice, pressed rice.

Unit-2 : Pulses – Types and uses of pulses.

Unit-3 : Fresh fruits and vegetables, classification of fruit and vegetables and its use.

Unit-4 : Dairy products – Milk and its composition and storage, classification and uses of cheese, butter & cream.

Unit-5 : Prevailing food standards in India, food adulteration as a public health hazard, simple tests in the detection of common food adulterants, Essential Commodities Act-ISI Agmark.

Unit-6 : Herbs, spices and condiments – classification and uses of different types of herbs and condiments.

- Unit-7 : Brief introduction of Tea, Coffee, Cocoa and its procurement, storage and use. Food flavours, essences and colours with brand names.
- Unit-8 : Methods of food preservation – long term and short term methods. Convenience food – sugar preserves and confectionery gums.
- Unit-9 : Importance of costing and cost dynamics – variable and semi-variable and fixed cost.
- Unit-10: Elements of cost – material, labour and overhead.
- Unit-11: Cost control procedure through Purchasing, Receiving, Storing issuing and preparation, portion control.

HYGIENE & NUTRITION

HYGIENE

- Unit-1 : Personal hygiene, care of skin, hand and feet. Food handlers hygiene, protective clothing.
- Unit-2 : Dishwashing methods – manual and machine dish washing – merits and demerits.
- Unit-3 : Garbage disposal – different methods –advantage and disadvantages.
- Unit-4 : Food Poisoning – Causative factors and the precautions to be taken by food handlers.
- Unit-5 : Food Storage – Techniques of correct storage, storage temperature of different commodities to prevent bacterial manifestation or contamination.
- Unit-6 : Pest Control - Rodents and insect control techniques, special stress on control of flies, rats and cockroaches.
- Unit-7 : Municipal health laws.
- Unit-8 : Golden rules of first aid and treatment for cuts, wounds, burns.

NUTRITION

- UNIT-1 : Definition of nutrition, definition of a calorie, daily caloric requirements for different age groups, factors. Food groups and their role in balance diet.
- UNIT-2 : Carbohydrates and proteins – Classification, sources, functions, Recommended Daily Allowance (RDA), excess and deficiency.
- UNIT-3 : Fats - classification according to sources, difference between animal fat and vegetable fat, functions, Recommended Daily Allowance (RDA), excess and deficiency.

- UNIT-4 : Minerals – Importance of Minerals with special emphasis on calcium and iron (function & sources).
- UNIT-5 : Vitamins in diet – Fat soluble – A, D, E & K water soluble, B-complex, Thiamin, Niacin, Riboflavin and Vitamin C, sources, functions, Recommendatory Daily Allowance, excess and deficiency.
- UNIT-6 : Health Foods & Menus for diabetic, heart, blood pressure patients, specific requirements for sports men/women.

Computer Applications in Food Production

(to be taught in practical classes)

- Unit-1 : Computer fundamentals:
History
Information concepts and processing
Elements of a computer processing system
Hardware, features and uses
Input/Output devices
Software concepts – MS DOS, MS OFFICE (use).
- Unit-2 : Introduction to Windows. Introduction of computers for accounting records and controls.