

## **COOKERY**

### **A. Introduction to Cookery**

1. Overview of the Catering Industry.
2. Kitchen Organizational structure.
3. Aims and Objects of Cooking – Definition.
4. Classification of raw materials – functions.
5. Preparation of Ingredients.
6. Methods of mixing food, movements in mixing, weighing and measuring.
7. Culinary terms.

### **B. Basic Principals of Cookery**

1. Texture of food.
2. Methods of Cooking with special application to cereals (Rice, flours, millets etc.) meat, fish, vegetable, soup, cheese, pulses and egg cookery. Conventional and non-conventional methods of cooking, microwave cooking etc. Fast Food items.
3. Leavening agents.
4. Selection and identification of varieties of fish, cuts of meat, beef and pork and vegetables available in the local market.
5. Meat preservation – elementary.
6. Poultry and Game:
7. Poultry: - Age, quality, market types, preparation, dressing and cuts with its uses:
8. Game: - Furred game and feathered game, preparation and cuts with its uses;
9. Poultry & Game: - Methods of cooking; boiling, poaching, grilling, roasting, frying with proper accompaniments.
10. Eggs: Structure, selection and quality of; various ways of cooking eggs with example in each method; preservation and storage.
11. Accompaniments and Garnishes.
12. Re-heating of food.

## **LARDER**

1. Larder Work: Its functions and management.
2. Larder control – Cleanliness of larder and control larder equipment and supplies.
3. Hors d'oeuvre and salads: Description of various types of Hors d'oeuvre – Hors d'oeuvre varies, Hors d'oeuvre from singulier and Hors d'oeuvre chaud with example. Classification and description of various salads – simple or plain salads – simple vegetable salads; compound salads – fruit based vegetable based, meat based and fish based compound salads with examples.
4. Fish – Types, recognition, presentation, cleaning, preparation, basic cuts and its use and storage.

**COOKERY PRACTICAL - I (CFPP12) 180 Hours**

<b>S.No</b>	<b>Topic</b>	<b>Method</b>	<b>Hours</b>
1	i) Equipments - Identification, Description, Uses & handling ii) Hygiene - Kitchen etiquettes, Practices & knife handling iii) Safety and security in kitchen	Demonstrations & simple applications	04
2	i) Vegetables - classification ii) Cuts - julienne, jardinière, macedoines, brunoise, payssane, mignonnete, dices, cubes, shred, mirepoix iii) Preparation of salad dressings	Demonstrations & simple applications by students	08
3	Identification and Selection of Ingredients - Qualitative and quantitative measures.	Demonstrations & simple applications by students	04
4	i) Basic Cooking methods and pre-preparations ii) Blanching of Tomatoes and Capsicum iii) Preparation of concasse iv) Boiling (potatoes, Beans, Cauliflower, etc) v) Frying - (deep frying, shallow frying, sautéing) Aubergines, Potatoes, etc. vi) Braising - Onions, Leeks, Cabbage vii) Starch cooking (Rice, Pasta, Potatoes)	Market survey/tour	04
5	i) Stocks - Types of stocks (White and Brown stock) ii) Fish stock iii) Emergency stock iv) Fungi stock	Demonstrations & simple applications by students	04
6	Sauces - Basic mother sauces <ul style="list-style-type: none"> <li>• Béchamel</li> <li>• Espagnole</li> </ul>	Demonstrations & simple applications by	04

	<ul style="list-style-type: none"> <li>• Veloute</li> <li>• Hollandaise</li> <li>• Mayonnaise</li> <li>• Tomato</li> </ul>	students	
7	<p>Egg cookery - Preparation of variety of egg dishes</p> <ul style="list-style-type: none"> <li>• Boiled ( Soft &amp; Hard)</li> <li>• Fried ( Sunny side up, Single fried, Bull's Eye, Double fried)</li> <li>• Poaches</li> <li>• Scrambled</li> <li>• Omelette (Plain, Stuffed, Spanish)</li> <li>• En cocotte (eggs Benedict)</li> </ul>	Demonstrations & simple applications	04
8	<p>Simple Salads:</p> <ul style="list-style-type: none"> <li>• Cole slaw,</li> <li>• Potato salad,</li> <li>• Beet root salad,</li> <li>• Green salad,</li> <li>• Fruit salad,</li> </ul> <p>Simple Egg preparations:</p> <ul style="list-style-type: none"> <li>• Scotch egg,</li> <li>• Assorted omelletes,</li> <li>• Oeuf Florentine</li> <li>• Oeuf Benedict</li> <li>• Oeuf Farci</li> <li>• Oeuf Portugese</li> <li>• Oeuf Deur Mayonnaise</li> </ul> <p>Simple potato preparations</p> <ul style="list-style-type: none"> <li>• Baked potatoes</li> <li>• Mashed potatoes</li> <li>• French fries</li> <li>• Roasted potatoes</li> <li>• Boiled potatoes</li> <li>• Lyonnaise potatoes</li> <li>• Allumettes</li> </ul> <p>Vegetable preparations</p> <ul style="list-style-type: none"> <li>• Boiled vegetables</li> <li>• Glazed vegetables</li> <li>• Fried vegetables</li> <li>• Stewed vegetables.</li> </ul>	Demonstrations & simple applications by students	16
9	<p><b>INDIAN:</b></p> <p>Rice 10 varieties</p> <p>Indian Bread 05 varieties</p> <p>Dal 05 varieties</p>	Menus be prepared to ensure repetitive practice by	132

	Vegetable	10 varieties	students	
	Chutney	05 varieties		
	Raita	05 varieties		
	Egg dishes	05 varieties		
	Fish dishes	05 varieties		
	Meat dishes	10 varieties		
	Chicken dishes	04 varieties		
	Snacks	10 varieties		
	Sweets	05 varieties		
	N.B.: Dishes should be representative of all parts of India with special emphasis on Regional/State Cuisine.			
TOTAL				180

Preparation of various simple salads and compound salads.

Simple salads 05 varieties

**Compound salads:**

- Fruit-based 02 varieties
- Fish-based 02 varieties
- Meat-based 02 varieties
- Vegetable-based 02 varieties
- Preparation of salad dressings minimum 03 varieties

Fish cookery to include demonstration and practice of cleaning and basic cuts of locally available fish and shell fish (e.g. Rock fish, Sole, Seer, Pomfret, Mackerel, Indian Salmon, crabs, Prawns and Lobsters.)

**BAKERY & PATISSERIE THEORY – I (CFPP14) 15 Hours**

- Bakery Organisational Structure.
- Aims & Objectives of Bakery.
- Introduction of equipment and their uses.
- Raw Materials used in Bakery & Patisserie.
  - Flour: Composition, types, grading, gluten, WAP of flour.
  - Yeast: Elementary knowledge:
    - Functions and uses.
    - Effects of over and under fermentation.
  - Eggs: Uses
  - Sugar
  - Salt: use and effect.
  - Fats
  - Milk
  - Cream
  - Leavening Agents
- Methods of preparing Bread and Bread rolls.
  - Faults in bread making.
  - Bread Improvers.

**BAKERY & PATISSERIE PRACTICAL – I (CFPP15) 150 Hours**

<b>S.No</b>	<b>Topic</b>	<b>Hours</b>
1	Equipments <ul style="list-style-type: none"><li>• Identification</li><li>• Uses and handling</li></ul> Ingredients - Qualitative and quantitative measures	10
2	<b>BREAD MAKING</b> <ul style="list-style-type: none"><li>• Demonstration &amp; Preparation of Simple and enriched bread recipes</li><li>• Bread Loaf (White and Brown)</li><li>• Bread Rolls (Various shapes)</li><li>• French Bread</li><li>• Brioche</li></ul>	40
3	<b>SIMPLE CAKES</b> <ul style="list-style-type: none"><li>• Demonstration &amp; Preparation of Simple and enriched Cakes, recipes</li><li>• Sponge, Genoise, Fatless, Swiss roll</li><li>• Fruit Cake</li></ul>	40

	<ul style="list-style-type: none"> <li>• Rich Cakes</li> <li>• Dundee</li> <li>• Madeira</li> </ul>	
4	<b>SIMPLE COOKIES</b> <ul style="list-style-type: none"> <li>• Demonstration and Preparation of simple cookies like</li> <li>• Nan Khatai</li> <li>• Golden Goodies</li> <li>• Melting moments</li> <li>• Swiss tart</li> <li>• Tri colour biscuits</li> <li>• Chocolate chip</li> <li>• Cookies</li> <li>• Chocolate Cream Fingers</li> <li>• Bachelor Buttons.</li> </ul>	30
5	<b>HOT / COLD DESSERTS</b> <ul style="list-style-type: none"> <li>• Caramel Custard,</li> <li>• Bread and Butter Pudding</li> <li>• Queen of Pudding</li> <li>• Soufflé – Lemon / Pineapple</li> <li>• Mousse (Chocolate Coffee)</li> <li>• Bavaroise</li> <li>• Diplomat Pudding</li> <li>• Apricot Pudding</li> <li>• Steamed Pudding - Albert Pudding, Cabinet Pudding.</li> </ul>	30
		150

### **HYGIENE (CFPP16) 30 Hours**

#### **Objective:**

Students develop an attitude to correct habits of personnel and environmental hygiene to ensure complete safety of processed foods sold/food served/baked goods sold to customers.



- Definition of Hygiene, its application to everyday life.
- Personal Hygiene – Care of skin, hair, hands, feet, teeth; use of cosmetics and jewellery.
- Food borne diseases – Causative organisms, route of contamination and control measures; precautions to be taken by food handlers. Reporting of cold, sickness, boils, septic wounds etc. Good grooming, clean and correct uniform; diet and exercise. Evaluation of personal hygiene.
- Illustrations of cultures of smears of fingers with an without washing and washing with ordinary and anti-bacterial soaps.
- Storage of food – correct handling of food; techniques of correct storage. Temperature at which bacteria are killed or their growth retarded; storage temperatures of different commodities to prevent bacterial contamination and spoilage or growth.
- Safe and correct disposal of garbage.
- Rodents and insects as carriers of food borne diseases – rodent and insect control techniques. Special stress on control of rats and cockroaches.
- Care of premises and equipment – impervious washable floors and walls. Cleaning table tops, floor etc. with sodium hypochlorite (100 p.p.m.) Good ventilation and lighting. Smooth flow of work – prevention of overcrowding and back tracking; care of dark corners, crevices and cracks.
- Cleaning of equipment and personal tools immediately after use.
- Use of hot water in the washing process.
- Legal administration and quality control – laws relating to food hygiene.

## **EQUIPMENT, MAINTENANCE AND SERVICES (CFPP17) 30 Hours**

### **Objective:**

Students acquire knowledge of the safety aspects of electricity, gas and other fuels, their comparative efficiency, the equipment available for the specific craft, their specifications and cost.

- Elementary study of services with particular reference to economy and safety in their use.
- Heat and temperature – types
- Types of fuels – solid, liquid, gas and electricity; comparison, cost and efficiency.
- Types of fuel gas – properties, striking back; safety precautions; meter reading.
- Conductors and non-conductors; meaning of Ampere; Volt, Watt, fuse and earthing. Short circuit – causes and remedies; Different types of thermostat, meter reading.
- Breakdown maintenance and preventive maintenance equipment.
- Fire precautions – different types of fires – extinguishers, common fire hazards.
- The equipment available for the specific craft, their specifications and cost.
- Routine use, care and cleaning of all fixed and movable equipment including refrigerators, mixers, peelers, incubators, autoclaves, mincers etc.