

## **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	<p><b>SIMPLE COOKIES</b></p> <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	<p><b>HOT / COLD DESSERTS</b></p> <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>• Bavaoise</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.

## **COOKERY & LARDER THEORY – II (CFPP21) 45 Hours**

### **COOKERY**

1. Balancing of recipes, standardisation of recipes, maintaining recipe files, standard setting, sensory evaluation of recipes.
2. Portion control, standard portion sizes, necessity for control, brief study of how portions are worked out.
3. Quality Control: Purchasing specification, quality control methodology; prevailing food standards in India; food adulterants as a public health hazard; simple tests in the detection of common food adulterants; Essential Commodities Act – ISI, Agmark.
4. Soups: Definition, classification with examples in each group, composition, recipe for 01 ltr. Consommé; popular consommés with 10 garnishes, classical soups.
5. Farinaceous dishes: Types of recipes and methods of cooking with examples.
6. Vegetables: Colour reaction of different types of vegetables to acid, alkali and metals, methods of cooking different vegetables with emphasis on cooking asparagus, artichokes, leek, brussels, sprouts.
7. Pulses: Methods of cooking with time and temperature.

### **LARDER**

1. Slaughtering techniques – lamb, pork and beef.
2. Butchery: Jointing of beef, lamb and mutton and pork, different cuts with its uses and weighs, meat preservation – salting, smoking and freezing meat; bacon, gammon and hams.
3. Poultry and game – Preparation, dressing and cuts.
4. Assembling of a cold buffet, sandwiches and canapés, use of left overs.
5. Decorative work including butter sculpture, ice carvings and vegetable carvings.
6. Still room – the function of still room, knowledge of dessert fruits.

## COOKERY PRACTICAL – II (CFPP22) 180 Hours

### INDIAN:

Rice	10 varieties
Indian Bread	05 varieties
Dal	05 varieties
Vegetable	10 varieties
Chutney	05 varieties
Raita	05 varieties
Egg dishes	05 varieties
Fish dishes	05 varieties
Meat dishes	10 varieties
Chicken dishes	04 varieties
Tandoori dishes	Tandoori fish, naan, kulcha, tandoori roti, sheekh kabab, boti kabab.
Snacks	10 varieties
Sweets	05 varieties
Special dishes of festivals	05 festival menus.

N.B.: Dishes should be representative of all parts of India with special emphasis on Regional/State Cuisine.

### CONTINENTAL:

Stock: White stock, brown stock, chicken stock, pot liquor and emergency stock.

Sauce: Béchamel sauce, Veloute sauce, Tomato Sauce, Espagnole sauce, Hollandaise sauce and Mayonnaise sauce with two derivatives of each.

Compound butters – 03 varieties.

Mint sauce, Horse radish sauce, Bread sauce and Apple Sauce.

Gravies: Brown gravy (thick and thin.)

### Soups:

Purees	02 varieties
Cream	04 varieties
Veloute	02 varieties
Broths	02 varieties
Bisques	01 variety
Consommés	02 varieties
Cold soups	02 varieties
Potages	02 varieties

### Fish:

Baked	02 varieties
Grilled	02 varieties
Shallow fried	02 varieties
Deep fried	03 varieties
Poached	02 varieties

**Chicken & Meat:**

Stews	02 varieties
Casseroles	02 varieties
Hot pots	02 varieties
Roasts	02 varieties
Braised	02 varieties
Grilled/Fried	02 varieties
Chicken sautes	05 varieties

**Entrees** 03 varieties

- Vegetables: Preparation and cooking of vegetables in season and their accompaniments – 10 varieties
- Potatoes – 10 varieties
- Egg, Cheese and Farinaceous dishes.
- Omlettes, Soft boiled eggs, hard boiled eggs, fried eggs, spaghetti and macaroni dishes – 02 varieties.

**Chinese:**

Soups	02 varieties
Noodles and rice	04 varieties
Chicken	02 varieties
Pork	02 varieties
Meat	02 varieties
Prawns	02 varieties
Fish	01 dish

## LARDER PRACTICAL – II (CFPP23) 90 Hours

- Beef: Demonstration and practice of jointing of beef carcass (on the job)  
Demonstration and practice of cleaning of undercut, cutting into various steaks, beef roll.
- Lamb & Mutton: Demonstration & practice of jointing mutton carcass (on the job)  
Demonstration and practice of mutton chops, crown roast, de-boning of mutton leg and shoulder  
curry cuts and boti kababs
- Pork: Demonstration & practice of jointing pork carcass (on the job)  
Demonstration and practice of pork chops, de-boning of pork leg, roast suckling pig (hot & cold),  
carving of leg of ham.
- Poultry: Demonstration and practice on basic cuts, boneless (continental), Indian curry cuts;  
Ballottine and jambonneau; Chicken chops; Roast chicken
- Demonstration of cold cuts such as terrines, stuffed shoulder and leg of mutton, chicken leaves,  
mutton leaves, fish leaves pate.
- Demonstration and practice of ice soccles, vegetable carvings and aspic jelly.
- Demonstration of butter sculpture.

## **BAKERY & PATISSERIE THEORY – II (CFPP24) 15 Hours**

- Methods of Cake Making and Faults in Cake making.
- Basic methods of Pastry making.
- Icings and its uses.

## **BAKERY & PATISSERIE PRACTICAL – II (CFPP25) 150 Hours**

Pastry	04 varieties	- 20 Hrs
Muffins		- 10 Hrs
Icings: Butter – Royal, Fondent, American frostings		- 30 Hrs
Marzipan		- 20 Hrs
Bread varieties		- 30 Hrs
Sugar confectionery		- 20 Hrs
Ice creams		- 20 Hrs

## **COSTING (CFPP26) 45 Hours**

### **Objective:**

Students will develop ability to identify cost elements, such as materials, labour and overheads and to price several products with a desired cost and profit percentages. They will cultivate an attitude to cost reduction and elimination of waste by adherence to standardised procedures and practices.

- Importance of costing and cost control, methods of costing and costing methodology in Catering business, emphasis on batch costing.
- Cost classification into materials, labour and overheads and their percentage analysis on net sales for clear understanding of their relative importance.
- Materials costing, use of standardised recipes, materials cost control through basic operating activities like purchasing, receiving, storage issuing, production, sales and accounting, yield analysis from time to time.
- Materials costing as an aid to pricing by a suitable mark up policy, sales mix to achieve desirable contribution.
- Control of labour costs and overheads, periodical percentage analysis, calculation of overhead allocation rates.
- Cost behaviour into variable, fixed and semi variable and its impact on unit cost.
- Cost reporting system – daily, monthly and for special managerial decisions.

\*\*\*\*\*