

Syllabus

Sub. – Food Production

1 – Introduction to Cookery

- Importance of kitchen in Hotel & Catering establishments
- Definition of Cooking
- Aims and objectives of Cooking
- Classification of raw Materials
- Preparation of Ingredients /Food Preparation Techniques (Mise-en-place)
- Culinary terms: Western cuisine & Indian cuisine
- Kitchen Tools and Equipments

2- Kitchen organization

- Staff organization (Hierarchy) in Hotels Kitchens
- Duties and Responsibilities of different staff
- Different sections in Kitchens
- Different types of Kitchens

3- Methods of Cooking

- Classification of Cooking methods
- Basic Principles of methods of cooking
- Examples of dishes involving different methods of Cooking

4- Vegetables and Fruits

- Classifications of Fruits and Vegetables
- Cuts of Vegetables (Classical)



- Pigments
- Importance of vegetables and fruits in culinary preparations.

5 – Stocks

- Definition
- Types of stocks & preparation
- Care and precautions in preparation of stocks
- Elements of stocks
- Uses of stocks

6- Sauces

- Classification
- Derivatives of Mother sauces
- Culinary uses of sauces

7- Eggs

- Composition & structure of Eggs
- Selection of Eggs
- Grading of Eggs
- Role of eggs in cooking
- Common egg dishes involving methods of cooking

8- Types o fuels used in Kitchens

9- Soups

- Definitions & classification of Soups
- Consommé preparation and garnishes



10- Starters and salads

- Types of starters with examples
- Classification of salads, types and parts of salads
- Salad dressings
- Uses of salads.

11- Meals and poultry

- Different kind of meals
- Composition of meals
- Cuts of meats including poultry, Beef, Veal, Pork and lamb/Mutton.
- Uses of different cuts.

12- Fish

- Classification with examples
- Classical cuts of fish
- Cooking of fish

13- Purchasing and storing of different food items

- Vegetables
- Fruits
- Dairy products
- Meats: Beef, chicken, Lamb, veal, pork and fish
- Eggs.

14- Breads



- Bread Making methods
- Bread faults and Remedies

15- Pastries

- Types with examples

16- Meal Planning

- Its importance
- Factors affecting meal planning
- Types of Menus.

17 – Balanced Diet

- Definition and its importance
- Importance of Nutrients in a balanced diet.

18- Commodities

- Spices and Herbs
- Cereals and Pulses
- Dairy products

19- Hazard Analysis Critical Control point

- Introduction to HACCP
- Principles of HACCP

20- Kitchen Hygiene

- Personnel Hygiene: Grooming standards and clothing
- Kitchen Sanitation
- Pest Control,



- Garbage Disposal

21- Indian Cuisine

- Gravies and masalas
- Indian Breads
- Kebabs
- Indian Sweets
- Rice preparations
- Snacks

