



# **Course: Certificate in Culinary Arts**

#### **Basic Food Production-I**

### **OBJECTIVES:**

- To inculcate the right attitude and the required basic knowledge and technical skills in the art of culinary and the food production department.
- To introduce the various equipment and utensils used in the kitchen.
- 1. Introduction
- 1 1 Introduction to the Food Production Department
- 1.1 Levels of Skills and Experience
- 1.2 Attitude and Behaviour in the Kitchen
- 1.3 Kitchen Uniforms
- 1.4 Personal Hygiene
- 1.5 Safety Procedures for Handling Equipment
- 2. History of Food Production
- 2.1 Culinary History and Culinary Terms (Explanation with Examples)
- 2.2 Origins of Modern Cookery
- 2.3 Modern Development in Equipment and Technology
- 3. Equipment and Hand Tools used in the Kitchen & Different Types of Fuels used in the Kitchen
- 3.1 Hand tools and utensils used in the Kitchen
- 3.2 Various Fuels Used in the Kitchen
- 3.3 Advantages & Disadvantages of Various Fuels
- 3.4 Various Equipment Used in the Kitchen
- 4. Introduction to Cooking
- 4.1 Aims and Objectives of Cooking
- 4.2 Classification of Various Raw Materials According to Functions
- 4.3 Various Textures and Consistencies
- 4.4 Methods and Techniques of Preparation

#### **5 Stocks**

- 5.1 Definition of Stock
- 5.2 Types of Stocks





### 5.3 Preparation (Recipe), Storage, Care and Precautions in Preparation

# 6. Culinary Terms

### 7 Methods of Cooking

- 7.1 Various Methods of Cooking Foods (Roasting, Grilling, Frying, Baking, Boiling, Poaching, Microwave)
- 7.2 Principles of each Method and Precaution to be taken

# 8 Hierarchy and Kitchen Staffing

- 8.1 Classical Kitchen Brigade
- 8.2 Modern Staffing in Various Category Hotels
- 8.3 Duties and Responsibilities of Various Chefs
- 8.4 Role and Duties of the Executive Chef
- 8.5 Inter-Departmental Co-operation and Co-ordination

# 9 Egg

- 9.1 Selection of Eggs
- 9.2 Structure of Eggs
- 9.3 Uses of Eggs
- 9.4 Nutritive Value of Eggs

# 10 Vegetables & Fruits

- 10.1 Classification of Vegetables
- 10.2 Colour Pigments in Vegetables and Effects of Heat, Acid and Alkali on each of them
- 10.3 Cuts of Vegetables
- 10.4 Classification of Fruits
- 10.5 Uses of Fruits
- 10.6 Salad & Salad Dressing

# 11 Bakery & Pastry-Sugar

- 11.1 Importance of Sugar
- 11.2 Types of Sugar
- 11.3 Cooking Stages and Temperature of Various Stages
- 11.4 Uses of Sugar





#### 12. Sauces

- 12.1 Classification of Sauces / Composition
- 12.2 Mother Sauces and its Recipes (1 Litre)

#### 12.3 Derivatives

Bechamel Sauce, Veloute Sauce, Espagnole Sauce, Mornay, Cream, Parsley, Mustard Onion Soubise, Cardinal, Allemande, Supreme, Mushroom Hongroise, Ivory Aurore, Caper Demi-glaze, Madeira, Nancy, Chasseur, Robert, Bordelaise, Devil, Tomato Sauce Hollandaise Sauce Mayonnaise, Barbecue, Italienne, Portugaise, Provencal, Bretonne, Bearnaise Maltaise. Choron Foyot, Mustard Tartare, Thousand Island, Cocktail, Chantilly Gribiche, Milanaise, Chaudfroid, Mousseline, Noisette, Vincent, Andalouse

# 13. Bakery & Pastry

# 13.1 Bread Making

- Bread Making
- Principles of Bread Making
- Role of Each Ingredient
- Simple Yeast Bread
- Baking Temperature & its Importance

#### 13.2 Cookies

- Types of Cookies
- Methods of Preparation

### 13.3 Flour - Structure of Wheat

- Types of Wheat
- Types of Flour
- Milling of Flour
- Nutritive Value

### 13.4 Raising Agents

• Classification and Role of Raising Agents

**Culinary Terms** (Explanation of the following Culinary Terms with examples)

- Au gratin Bake Barbeque
- Baste Batter Béarnaise
- Beat Béchamel Beurre Noir
- Beurre Manie Blanch Blend
- Bouquet garni Broil Brunoise
- Brush Bouillon Caramel





- Consommé Court Bouillon Croutes
- Croutons Custard Dough
- Mince Estouffade Espagnole
- Fume Garnish Glaze
- Hollandaise Infusion Liason
- Beurre Maître d' Hotel Marinate Mire Poix
- Mis-en-place Par boil Pare
- Poach Roux Sabayon
- Sauté Stock





#### **Advance Food Production**

#### **OBJECTIVES:**

- To develop a keen interest in food production and to enable students to experiment, innovate and progressively produce a variety of preparations/dishes.
- To gain confidence to adapt to the technical skills and the art of preparing different menus, Indian as well as Continental.
- By the end of the second semester students should be confident enough in their skills which would boost their morale to take up the challenge of bulk cookery in the third and fourth semesters.

## 1. Culinary Terms

1.1 Culinary Terms with Explanation & Examples

### 2 Layout of Kitchen

- 2.1 General Layout of the Kitchen
- 2.2 Receiving Area
- 2.3 Storage
- 2.4 Wash up

#### 3 Soups

- 3.1 Classification with Examples
- 3.2 Consommé and Garnishes with their names (Any 10 common name)

## **4 Fish Mongery**

- 4.1 Classification of Fish with Examples
- 4.2 Selection, Cooking & Storage of Fish
- 4.3 Local Names of Fin Fish and Shell Fish
- 4.4 Cuts of Fish

#### 5 Poultry

- 5.1 Cuts of Poultry
- 5.2 Selection and Uses of Cuts

# 6 Rice, Cereals & Pulses

6.1 Introduction, Classification of Cereals and Pulses





- 6.2 Varieties of Rice and By products
- 6.3 Nutritive Value of Various Cereals
- 6.4 Sprouts and Uses

#### 7. Meat

- 7.1 Introduction to Meat Cookery
- 7.2 Cuts of Lamb, Pork, Beef / Veal
- 7.3 Variety of Meats / Offal
- 7.4 Selection and Storage of Meats

### 8 Milk and Milk Products

- 8.1 Introduction, Processing of Milk, Pasteurization, Homogenization, Milk in Various Forms e.g. Toned, Powder, Skimmed, Condensed & Evaporated.
- 8.2 Cream Introduction, Processing & Types
- 8.3 Butter Introduction, Processing & Types
- 8.4 Cheese –Introduction, Classification, Processing, Types, Cooking with Cheese and Uses.

# 9 Bakery & Pastry Shortening - Fats and Oils

- 9.1 Saturated and Un-saturated Fats
- 9.2 Advantages & Disadvantages of Using Fats
- 9.3 Varieties of Shortening

#### 10 Tea & Coffee

- 10.1 Introduction
- 10.2 Producing Regions/Country
- 10.3 Types and Methods of Preparation
- 10.4 Popular Brands and Variety Available

# 11 Thickening Agents used in Indian

11.1 Role of Thickening Agents

# 12. Indian Cookery

- 12.1 History of Spices and Trade Routes
- 12.2 Basic Spices, Condiments and Masalas
- 12.3 Role of Spices in Indian Cuisine
- 12.4 Indian Equivalent name





- 12.5 Blending of Spices
- 12.6 Concept of Wet and Dry Masalas
- 12.7 Regional Varieties of Basic Masalas
- 12.8 Basic Composition of Some Important Masalas
- 13. Menu Planning
- 13.1 History of Menu
- 13.2 Types of Menu
- 13.3 Menu Planning Principles

# 14 Bakery & Pastry

- 14.1 Pastries
- Classification of Pastries
- Varieties
- Role of Each Ingredient
- Baking Temperature and Time of Each Pastry
- 14.2 Pastry Cream
- Basic Pastry Cream
- Use in Confectionery
- Preparation and Care in Production
- 14.3 Cocoa and Chocolate
- Introduction, Production and Manufacture
- Varieties of Chocolates
- Tempering of Chocolates





# **Kitchen Hygiene and Food Safety**

### 1. INTRODUCTION TO HYGIENE

- 1.1 Rules & importance of hygiene
- 1.2 Personal Hygiene
- 1.3 Cleaning of premises
- 1.4 Pest Control
- 1.5 Waste disposal
- 1.6 Dishwashing methods

#### 2. HACCP

- 2.1 Introduction
- 2.2 Importance
- 2.3 VII Critical Control Points

### 3. MICROBES

- 3.1 Introduction (Bacteria, Yeast, Mould)
- 3.2 Classification
- 3.3 Factors for growth
- 3.4 Role of microbes in manufacture of fermented foods

(dairy products, Veg. & bakery preparations, alcoholic Bev., vinegar, fermented Indian foods)

### **4. FOOD BORNE ILLNESS**

- 4.1 Natural Toxins (Kesari Dal, Potatoes, Mushrooms, Shell Fish, Peanuts)
- 4.2 Chemical (Tin, Copper, Arsenic, Lead)
- 4.3 Bacterial toxins (staphylococcus, salmonella, Clostridium perfringens, Clostridium botulinum)

# **5. Food Poisoning & Infections**

- Definitions
- Food contamination & Spoilage
- Differentiation
- Examples





#### 6. FOOD ADULTERATION

- 6.1 Definition and types
- 6.2 Test to detect (coffee, semolina, flour, ghee, butter, margarine, oil, milk, turmeric, coriander powder, pepper corn, meat etc.
- 6.3 Food standards in India (PFA, FPO, MPO, BIS-ISI, AGMARK,ISO)

#### 7. FOOD ADDITIVES

- 3.1 Colours & Flavours
- 3.2 Browning reactions-causes, desirable & undesirable effects)

### 8. FOOD PRESERVATION Methods of Preservation

- 4.1 Natural & Chemical Preservation
- 4.2 Low temperature(Refrigeration, Freezing)
- 4.3 High Temperature(Pasteurisation, Sterilization, Canning)
- 4.4 Irradiation

#### 9. FOOD STORAGE

- 9.1 Dry food store
- 9.2 Refrigerated store
- 9.3 Freezer store
- 9.4 Holding at High Temperature
- 9.5 Stock rotation & cross-contamination

### 10. INTRODUCTION TO NUTRITION

- 1.1- Definitions(Food, balanced diet, nutrition, overnutrition, undernutrition, malnutrition, health)
- 1.2 Balanced diet-Food pyramid
- 1.3 Meal planning steps

### **11. CARBOHYDRATES**

- 11.1 Classification & composition
- 11.2 Functions & requirements, sources
- 11.3 Excess & Deficiency
- 11.4 -Uses in food preparation
- ( Gelatinization, Gel formation, Dextrinization, Gluten formation, Caremelization)

### **12. PROTEINS**





- 12.1 Classification & Composition
- 12.2 Functions & requirements, Sources
- 12.3 Excess & Deficiency
- 12.4 Uses in food preparation
- 12.5 Effect of heat (Denaturation, Coagulation)
- 12.6 Gel formation
- 12.7 Foaming

#### 13. FATS&OILS

- 13.1 Classification & Composition
- 13.2 Functions & requirements, Sources
- 13.3 Excess & Deficiency
- 13.4 Types, Sources, Uses
- 13.5 Factors causing deterioration
- 13.6 Rancidity
- 13.7 Flavour reversion
- 13.8 Shortening
- 13.9 Polymerisation

# 14. VITAMINS, MINERALS, WATER & COLLOIDS

- 14.1 Functions
- 14.2 Sources
- 14.3 Deficiency & Excess
- 14.4 Fat soluble & water soluble Vitamins (A,D,E,K,B1,B2,B3,C)
- 14. 5 Minerals (Ca,P, Na,K,Fe,I,Fl)
- 14.6 Importance, balance & Sources
- 14.7 Cooking losses & Prevention
- 14.8 Definitions (sol, gels, foam, emulsion)
- 14. 9 Examples(roasting, grilling, frying, baking, boiling, poaching, microwave)
- 14.10 Importance in food industry