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 OnionSoubise, Cardinal,Allemande, Supreme,Mushroom

Hongroise, Ivory Aurore, Caper

Demi-glaze, Madeira, Nancy,Chasseur, Robert,Bordelaise,Devil, Tomato Sauce

HollandaiseSauce 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, Indianas 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, corianderpowder, 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