

**CERTIFICATE COURSE IN BASIC CULINARY SKILLS  
(1 Year)**



**STATE BOARD OF TECHNICAL EDUCATION AND TRAINING  
SANKETHIKA VIDYA BHAVAN, MASAB TANK,  
TELANGANA:HYDERABAD**

**ONE YEAR CRAFT CERTIFICATE COURSE IN BASIC CULINARY SKILLS**

SUBJECT CODE NUMBER	SUBJECT	PERIODS/WEEK		MARKS		Total Exam Marks	DURATION OF EXAM (Hours)
		Theory	Practical	Sess.	Exam		
FP-101	<b><u>THEORY:</u></b> BASIC CULINARY SKILLS HOT KITCHEN-I (Indian & Continental-Cookery)	5	--	-	100	100	3
FP-102	BASIC CULINARY SKILLS PASTRY & BAKERY-II (Pastry & Bakery)	5	--	-	100	100	3
FP-103	SAFETY, HYGIENE & SANITATION (Safe food Handling Procedures)	2	--	-	100	100	3
FP-104	<b><u>PRACTICALS:</u></b> BASIC CULINARY SKILLS HOT KITCHEN-I(Cookery) (Indian & Continental)	-	8	40	60	100	6
FP-105	BASIC CULINARY SKILLS PASTRY & BAKERY-II	-	8	40	60	100	6
FP-106	COMMUNICATION	-	2	40	60	100	3
FP-107	PROJECT		--	40	<b>60</b>	100	--
FP-108	<b>INDUSTRIAL TRAINING</b>		<b>6 Months</b>	-	--	--	--
	<b>TOTAL:</b>	<b>12</b>	<b>18</b>	<b>170</b>	<b>480</b>	<b>650</b>	

## BASIC CULINARY SKILLS HOT KITCHEN - I

SUBJECT TITLE	:	INDIAN & CONTINENTAL (COOKERY)
SUBJECT CODE	:	FP-101
PERIODS / WEEKS	:	05
PERIODS/YEAR	:	175

**OBJECTIVE:** The student will develop professional competence in culinary skills necessary for commercial Food Production Operation. They will learn the kitchen equipment's, kitchen Brigade and layout of a professional food service establishment.

### TIME SCHEDULE

SL.NO	TOPIC	No. of Periods	Weightage of Marks	No. of Short Questions	No. of Essay Questions
1.	Understand the organization of kitchen and kitchen organization , organization chart of a kitchen and list the duties of a an Executive chef , protective clothing, Handling Food, Pest Control	28	26	2	2
2.	detailed study of methods of cooking, convection methods etc. Differences Understanding Food cost – Material cost – Total cost – cost sheet ,- Labour cost – Overhead costs – Net Profit.	27	20	1	2
3.	Indian Gastronomy –History , traditions, customs of India Cooking, . Region wise study of Andhra cuisine, Kerala cuisine, Tamil Nadu , Punjabi cuisine , Bengali, Maharashtrian, Rajasthani, Kashmiri cuisines	30	20	1	1
4.	Detailed study of European & Continental Cuisine: Study of European cooking	30	20	2	1
5.	Detailed inputs on various knives used in a professional kitchen, sharpening and maintaining Knives, cuts of classical vegetables.	30	24	1	1
6.	Nutrition– Food and its function ,Essential Nutrients, Introduction, composition, classification, functions, imbalances of Carbohydrates, Proteins Minerals, Vitamins, Fats	30	26	1	1
	<b>TOTAL:</b>	175	136	08	08

CCC: FP-101  
EXAMINATION :100

PERIODS PER WEEK:5  
DURATION OF EXAM:3 Hours  
NATURE OF EXAM :**THEORY**

## **BASIC CULINARY SKILLS HOT KITCHEN - I**

**SUBJECT TITLE : INDIAN & CONTINENTAL(COOKERY)**

**OBJECTIVE:** The student will develop professional competence in culinary skills necessary for commercial Food Production Operation. They will learn the kitchen equipment's, kitchen Brigade and layout of a professional food service establishment. Further they will understand that the food has to be served Nutritious and learn about menu planning. They will practice proper hygiene and sanitation techniques and learn in detail about food safety. At the end students should be able to demonstrate appropriate knife skills, and show an understanding of the commodities used and their importance. Mastering the methods of cooking, heat and its impact on food materials and related terms, foundation ingredients such as cereals, pulses, fats, oils, Egg Cookery, Salt, Flavouring and Seasonings, Sweetening, Thickening agents etc.

### **UNIT I:**

Overview of hotel, catering and culinary industry. Understand the organization of kitchen and kitchen organization , organization chart of a kitchen and list the duties of a an Executive chef. Sous chef, Commis and CDPs of various sections of a professional kitchen. Major and minor equipment's used in a kitchen and safety precautions to be followed while handling the major equipment's in the kitchen. Importance of protective clothing while working in the professional kitchens.

**PROTECTIVE CLOTHING:** Protective Clothing in Kitchen Dept ,Care maintenance of Protective Clothing. **HANDLING OF FOOD-** Personal hygiene of the food handlers, Inputs on Good Health For Food handlers ,Food Borne Diseases Roots of Contamination. **PEST CONTROL -** Rodent and Insect Control Technique, Rays and Cockroaches Draw the format of an indent and explain the importance of an indent and menu planning

### **UNIT II:**

Explain the aims and objectives of cooking ,Discuss the effect of heat on food , detailed study of methods of cooking , methods of cooking -dry, liquid medium and with use of Fat. Comparative study of various cooking methods including microwaving, infer red, combi, convection methods etc. Differences between traditional cooking methods and modern cooking methods.

Understanding Food cost – Material cost – Total cost – cost sheet , - Labour cost – Overhead costs – Net Profit. Volume Forecasting and Production control – Standard Recipes – Costing definition, food costing, material cost , calculating net & gross profit, arriving at daily, weekly and monthly food cost. Definition of standard recipe inputs on standard costing and standard costing variance analysis. Definition of Recipe cost and calculating recipe cost of an indent, format of indent for a recipe, menu and indent.

### **UNIT III:**

Indian Gastronomy –History , traditions, customs of India Cooking, importance and usage of various utensils in Indian cooking, inputs of ingredients exclusive to Indian Cuisine. Region wise study of Andhra cuisine, Kerala cuisine, Tamil Nadu , Punjabi cuisine , Bengali, Maharashtrian, Rajasthani, Kashmiri cuisines with special focus on ingredients used ,m cooking techniques, rare culinary practices .Special emphasis on specialty dishes of each region mentioned above. Detailed study of India sweets with special emphasis on traditional and special desserts from India Cuisine. Indian Culinary Terms.

#### **UNIT IV:**

Detailed study of European & Continental Cuisine: Study of European cooking styles and regions, classical ingredients, Know about herb and spices. Preparation of ingredients, major and minor equipment used. Understanding Stocks their types of stocks , classification of stocks, Defining

mirepoix and bouquet garni. Definition of the term SAUCE-importance &classification and study of mother sauces and their derivatives, definition and classification, Soups- classification of Soups, types and International Soups. Understanding thick and Thin Soups, soup thickening agents, classical soup garnishes. Study of Salads and construction of salads with examples of simple and compound salads. Sandwiches parts, construction, types, open and closed sandwiches, service and accompaniments. European and continental Culinary Terms.

#### **UNIT V:**

Detailed inputs on various knives used in a professional kitchen, sharpening and maintaining Knives, cuts of classical vegetables. Pre- slaughtering steps, Structure, Factors, Cuts of meats, poultry Fish and Seafood in relation to Indian and continental cuisine. Classical, traditional meat cuts used in professional kitchens, detailed study of Cuts, Selection, Preparation Lamb, Pork, Buffalo, Chicken , various fishes and seafood with illustrations and drawings.

#### **UNIT VI:**

Nutrition– Food and its function ,Essential Nutrients, Introduction, composition, classification, functions, imbalances of Carbohydrates, Proteins Minerals, Vitamins, Fats, water.- classification, functions, sources, carbohydrates their good sources., visible and invisible fats Menus and Recipes– Menu Language, Types, Standardized Recipes, Calculating Food Costs, Controlling wastes, yield management. Kitchen Staples – Cereals, Pulses, Spices, Fats & Oils, Condiments & Proprietary Products, Herbs and Spices, Nuts, Flavourings, Essences, Thickening and Seasoning agents, Condiments, Tea and Coffee, Dairy Products, Fruits and Vegetables. What are micro and macro nutrients, importance of a Balanced Diet.

#### **COURSEOUTCOMES:**

- 1) Understanding food and its relationship to culture and geography.
- 2) Have through understanding of the different positions in a kitchen, functions of kitchen.
- 3) Identify and properly operate equipment & common culinary hand tools& Equipment.
- 4) Maintain positive relations with others cooperate through teamwork and group participation.
- 5) Demonstrate a positive attitude, conversation skills, & personal hygiene.
- 6) Insight into all the basic nutrients.
- 7) Develop basic knowledge of bakery and its ingredients.

#### **TEXT BOOK:**

- 1) On Cooking-text book of Culinary Fundamentals, Sarah R. Labenskyalan in house- 3rd edition—Pearson Education—2002 ISBN: 9780137155767.
- 2) Modern cookery – Volume 1 – Thangam E. Phillip – 5th Edition, 2003.Orient Longman. ISBN 8125025189 (ISBN13: 9788125025184).

#### **REFERENCE BOOKS :**

- 1) Theory of catering – Kinton and Ceserani ELBS with Hodder and Stoughton 8th edition 1996 ISBN-10: 0340939265 ISBN-13: 978-0340939260
- 2) Food Production Operations - Parminder S Bali—Oxford Press Publications-2011 ISBN-10: 0198061811 ISBN-13: 978-0198061816

- 3) Food Preparation Theory-Eva Medwed Prentice Hall—4th edition 2003 ISBN-13: 978-0-916434-24-3, ISBN: 0-916434-24-9
- 4) Practical Professional Cookery – Crocknell and Kauffmann Macmillan—4th edition 2003. ISBN-10: 1861528736 ISBN-13: 978-1861528735
- 5) Book of Ingredients – Philip Dowell and Sydney. Mermaid books—1988 2nd revised ISBN 071813043X (ISBN13: 9780718130435)
- 6) Food Production Principles – AH & LA. ISBN-10: 019945051X ISBN-13: 978-0199450510
- 7) Theory of Cookery—Aurora ISBN-10: 8184095031 ISBN-13: 978-8184095036
- 8) Complete Cookery Manual – Anthony O'Reilly (ELBS)—1993 ISBN 10: 0273033875 ISBN 13: 9780273033875.

## **BASIC CULINARY SKILLS PASTRY & BAKERY-II**

SUBJECT TITLE : PASTRY & BAKERY  
SUBJECT CODE : FP-102  
PERIODS / WEEKS : 05  
PERIODS/YEAR : 175

**OBJECTIVE:** The student will develop professional competence in baking and pastry skills necessary for commercial Bakery/ Pastry operation. The Course has the potential to develop bakers and pastry chefs with adequate skills & techniques like baking cakes, making pastry, candy and other desserts and preparing breads.

### **TIME SCHEDULE**

SL.NO	TOPIC	No. of Periods	Weightage of Marks	No. of Short Questions	No. of Essay Questions
1.	Equipment and Utensils A. Identification, Care and Safe Use of Utensils and tools, Identification of Equipment	28	26	2	2
2.	Baking Mise en Place and Yeast Doughs, The functions of basic ingredients in baking Strengtheners, Shorteners, Sweeteners, Leaveners, Thickeners, Flavorings. Techniques used to prepare ingredients and equipment, Scaling, Sifting dry ingredients Selecting	27	20	1	2
3.	Understand the working of Bakery, Describe the history of modern baking technologies, Define the duties and responsibilities of a pastry chef, layout of a bakery section in a 5 star hotel. major and minor equipments used in bakery	30	20	1	1
4.	Chocolate – types, handling chocolate, procedures of tempering different methods of tempering chocolates uses of chocolates., products made of chocolate. Cake – Cake mixing, methods, types, faults and remedies in cake mixing cake quality analysis.	30	20	2	1
5.	Definition of Costing, Food Costing in bakery., material cost, calculating net profit and gross profit. with examples, calculating daily, weekly and monthly food cost.	30	24	1	1
6.	Quick Breads, Cakes, and Other Batters- Straight mix method, creaming method, two-stage method, foaming method.. Batters and doughs, Biscuits, Scones, and Soda Bread Pastry Dough,	30	26	1	1
	<b>TOTAL:</b>	175	136	08	08

CCC: FP-102  
EXAMINATION :100

PERIODS PER WEEK:5  
DURATION OF EXAM:3 Hours  
NATURE OF EXAM :THEORY

## **BASIC CULINARY SKILLS PASTRY & BAKERY -II**

**SUBJECT TITLE : PASTRY & BAKERY**

**OBJECTIVE:** The student will develop professional competence in baking and pastry skills necessary for commercial Bakery/ Pastry operation. The Course has the potential to develop bakers and pastry chefs with adequate skills & techniques like baking cakes, making pastry, candy and other desserts and preparing breads. Students gain hands-on experience creating a variety of baked goods and desserts. Some classes also cover the basics of the scientific and chemical processes involved when combining ingredients and preparing desserts or other baked goods. This course is designed to educate students in the art of Baking and Pastry Arts. Students will learn the basics of mixing, shaping and baking for several baked goods including quick breads, cakes, pastry doughs, mousses, sauces, glazes, cookies, candies and confections. Plated desserts, international baked foods, chocolate work and decorated cakes are highlighted. In addition, students will be introduced to decorating techniques. Students will learn in a well-equipped, modern kitchen and also prepare food for school functions and community service events. This course includes classroom instruction and practical lab work in a commercial kitchen.

### **UNIT I:**

Equipment and Utensils A. Identification, Care and Safe Use of Utensils and tools ,Identification of Equipment , Care and Safe Use of Equipment 1. Commercial Ovens and Grills , Commercial Dish Machines, Hobart Mixer and Attachments , Kitchen Knives, Food Processor. Principals of Bakeshop – Ingredients( Flour - Identification, Composition of Flour, Sugar & Sweetener's – Types, Manufacturing Sugar, cooking sugar, Fats – All Purpose Shortening, Emulsified Shortening, Lard, Butter and Margarine, oil, Flavorings and Essences, Thickeners- Emulsions and Extracts, Chocolate), The Baking Process, Methods of Mixing foods, Bakeshop tools and equipment.

### **UNIT II:**

Baking Mise en Place and Yeast Doughs, The functions of basic ingredients in baking Strengtheners, Shorteners, Sweeteners, Leaveners, Thickeners , Flavorings. Techniques used to prepare ingredients and equipment, Scaling , Sifting dry ingredients Selecting and preparing pans and molds , Selecting and preparing ovens , Yeast Breads Mixing Yeast Doughs , Mise En Place for yeast doughs, Shaping Doughs ,The final rise/pan-proofing Docking breads and rolls , Baking yeast breads, Cooling and storing yeast breads, . Laminated Doughs

### **UNIT III:**

Understand the working of Bakery, Describe the history of modern baking technologies ,Define the duties and responsibilities of a pastry chef, layout of a bakery section in a 5 star hotel. major and minor equipments used in bakery, Understanding the following terms (a) Kneading (b)whipping (c) cut and fold (d) meringue (e) baking (f) lamination (g) marbling (h) double boil., equipments used in the bakery. Raw materials and other ingredients used in bakery their uses., types of flour that are used in bakery, composition of flour , storing of flours, detailed study of wheat kernel, structure of wheat kernel /grain. study of sugar , stages of boiling sugar, milk and its role in bakery/Pastry.. Different types of fat used in bakery. Structure of an egg and its parts, Leavening agents -different types of leavening agents. Yeast., role, types and its uses in bakery. Baking powder and its uses. Bread – bread making., types steps that are involved in dough making, What are the different characteristics of a good bread.



#### **UNIT IV:**

Chocolate – types, handling chocolate, procedures of tempering different methods of tempering chocolates uses of chocolates., products made of chocolate. Cake – Cake mixing, methods, types. ,faults and remedies in cake mixing cake quality analysis. Icing.-types of icings. and methods of making various icings recipe for royal icing., Pastillage / gum paste , Show Pieces made in Pastry & Bakery, plate presentations types, techniques, importance, garnishes and latest trends.

#### **UNIT V:**

Definition of Costing, ,Food Costing in bakery., material cost, calculating net profit and gross profit. with examples, calculating daily, weekly and monthly food cost. Standard recipe .understanding standard costing .and standard costing variance analysis, recipe cost. Calculating recipe cost . Knowledge of indent. format with recipe. Food Costing in bakery - Definition – Food cost – Material cost – Total cost – cost sheet - Labour cost – Overhead costs – Net Profit. Volume Forecasting and Production control – Standard Recipes – Costing.

#### **UNIT VI:**

Quick Breads, Cakes, and Other Batters- Straight mix method, creaming method, two-stage method, , foaming method.. Batters and doughs, . Biscuits, Scones, and Soda Bread Pastry Dough, . Basic Pie Dough, .Pâtesucreé, .Pâtebrises, Preparing Pies and Tarts, . Lining a Pie Plate or Tart Mold, . Baking Blind, , Fillings for Pies and Tarts, . Topping Pies and Tarts, . Baking Pies and Tarts, . Roll-in Doughs, Doughs with Separate Roll-ins, Sidebar Handling Roll-In Doughs. Method for Blitz Puff Pastry ,. Rolling, Folding and Shaping the Finished Dough Handling Method for Phyllo Dough, , Fillings for Pastries , . Pâte à Choux

#### **COURSE OUTCOMES:**

- 1) Productively apply appropriate basic baking & Pastry skills and techniques in relation to International Pastry & Bakery
- 2) Develop knowledge about the Pastry and Bakery products pertaining to various products from European Baking and Confectionery
- 3) Understand the importance of Chocolate, Icings and also presentation of Confectionery Products..
- 4) Handle the basic Baking Principles and also understand the advanced confectionery.
- 5) Apply theoretical knowledge for all the basic Bakery & Pastry processes.
- 6) Apply and practice safe work habits, identify safety hazards, employ preventative safety measures

#### **TEXT BOOK :**

1)Professional Baking / Wayne Gisslen / John Wiley and Sons / 2005

#### **REFERENCE BOOKS:**

- 1 Understanding Baking / Joseph Amendola, Nicole Rees / John Wiley and sons / 2003
- 2 The Bread Bible / Rose Levy Beranbaum
- 3 .Food and Beverage Costing – Jagmohan Negi / Himalaya Pub. House / 2001.
- 4 Food Purchasing and Preperation – Roy Briggs / British Library Cataloguing Pub / 2000.
- 5 Food and Beverage Management – Bernard Davis, Andrew Lockwood, Sally Stone / Elsevier Pub./ 2005.

## **SAFETY, HYGIENE AND SANITATION**

SUBJECT TITLE : SAFE FOOD HANDLING PROCEDURES  
SUBJECT CODE : FP-103  
PERIODS / WEEKS : 2  
PERIODS/YEAR : 70

**OBJECTIVE:** The students will develop an attitude for correct habits of personal and environmental hygiene for safe handling and also understand the nutritive value of foods. To equip the student with the latest procedures of food hygiene and safe food handling.

### **TIME SCHEDULE**

SL.NO	TOPIC	No. of Periods	Weightage of Marks	No. of Short Questions	No. of Essay Questions
1.	HYGIENE & SANITATION Definition of Hygiene – role of Hygiene in the hotel and catering industry – importance of creating the right attitude towards Hygiene.	12	26	2	2
2.	FOOD CONTAMINATION & SPOILAGE: Classification of food according to ease with which they spoil , sources and signs of spoilage in fresh, dry processed and preserved foods.	12	20	1	2
3.	FOOD HYGINE AND PROCESSES Sanitary procedures to be followed during purchasing, receiving, storage, preparation, cooking and holding food.	10	20	1	1
4.	EQUIPMENT HYGINE General Sanitary requirements for various hotel equipment, differentiating between cleaning and sanitizing, Contamination levels of equipment, keeping equipment clean, cleaning methods .	12	20	2	1
5.	HYGIENE PROCESS Cleaning methods, sterilization method, knowledge of cleaning products and tools & equipments.	12	24	1	1
6.	HACCP Policy - Process – Principles of HACCP, Critical Control Points, HACCP flow chart.What is HACCP., seven basic principles of HACCP. Types of Hazards.	12	26	1	1
	TOTAL:	70	136	08	08

CCC: FP-103  
EXAMINATION :100

PERIODS PER WEEK:2  
DURATION OF EXAM:3 Hours  
NATURE OF EXAM :THEORY

## **SAFETY ,HYGIENE AND SANITATION**

**SUBJECT TITLE :SAFE FOOD HANDLING PROCEDURES.**

**OBJECTIVE:** The students will develop an attitude for correct habits of personal and environmental hygiene for safe handling and also understand the nutritive value of foods. To equip the student with the latest procedures of food hygiene and safe food handling. Understand good and basic hygiene and sanitation requirements of a food operations. Prevention of health hazard by implementation of food safety regulations. Understand the procedure of maintaining work place sanitation and personal hygiene. Managing equipment used in food production areas and reduce contamination by wrong practices.

### **UNIT-I:**

#### **HYGIENE & SANITATION**

Definition of Hygiene – role of Hygiene in the hotel and catering industry – importance of creating the right attitude towards Hygiene. General Hygiene and the cleaning process which applies to all areas of hotel and catering industry. Personal Hygiene: Definition of personal hygiene, food handlers health, habits and knowledge of cleaning and care of equipment. Personal qualities of a good Food handler strategies of motivating, training and achieving the results. Looking beyond Food areas-planning, design, consideration, work-centres and amenities, preventive versus corrective safe and hygienic practices.

### **UNIT-II:**

#### **FOOD CONTAMINATION & SPOILAGE**

Classification of food according to ease with which they spoil , sources and signs of spoilage in fresh, dry processed and preserved foods. Conditions that lead to food spoilage. Sources of contamination and Cross contamination. , Food poisoning Food poisoning organisms. Food Borne diseases, Danger zones, Bacterial growth. Natural toxins in foods. Precautions to be taken by food handlers to prevent food spoilage. Basic inputs about identifying the type of food poisoning-salmonella, staphylococcus aureus, campylobacter , clostridium perfringers, clostridium botulism, bacillus cereus, listeria monocytogenes. Prevention of food poisoning-strategies and implementation.

### **UNIT-III:**

#### **FOOD HYGINE AND PROCESSES**

Sanitary procedures to be followed during purchasing, receiving, storage, preparation, cooking and holding food. General guidelines food storage and segregation in storing areas, Basic rules to be observed during food service, special rules for restaurant waiters and busboys, bartenders and bar waiters, protective food display and safe food procedures for cafeterias and fast food counters , understanding the importance of serving hot food and cold food cold. inputs about thawing, cooking, cooling, reheating and microwaving of food.

### **UNIT-IV:**

#### **EQUIPMENT HYGINE**

General Sanitary requirements for various hotel equipment, differentiating between cleaning and sanitizing, Contamination levels of equipment, keeping equipment clean, cleaning methods . Wash, rinse and sanitize method application to food contact surfaces. Selection and maintenance of equipment – Equipment used for handling, holding food, location of equipment, monitoring and control. Other equipment used for maintaining hygiene. Manual cleaning equipment, mechanical cleaning equipment

waste disposal Equipment, equipment for cleaning vessels, cleaning programme / schedule. Food contact surfaces and their materials and equipment requiring special attention.

### **UNIT-V:**

#### **HYGIENE PROCESS**

Cleaning methods, sterilization method, knowledge of cleaning products and tools & equipments. Control and prevention of pest & rodents. Disposal of waste & garbage – classification of garbage , manual and mechanical methods of segregation, controlled dumping incineration, mechanical composed plant, pulverization trenching. Emphasis on local and federal laws relating to hygiene & sanitation and food safety.

### **UNIT VI:**

HACCP Policy - Process – Principles of HACCP, Critical Control Points, HACCP flow chart.

What is HACCP., seven basic principles of HACCP. Types of Hazards., understanding control point and critical control point. Pest Management – Control and preventive measures of pests and rodents.

What is a pest? List the importance of pest control Classify the pests and give the control measures to prevent cockroaches. precautions to be taken while handling pests , rodents. control measures to prevent rodents.

### **COURSE OUTCOMES:**

- 1) Student will develop and explain concept of food hygiene, sanitation and safe food practices.
- 2) To perform & practice personal hygiene.
- 3) Express importance of personal hygiene to prevent food borne illnesses.
- 4) Explain facts causing food contamination which threatens food safety.
- 5) Identify contamination threats.
- 6) Explain & describe micro organisms.

### **TEXT BOOK:**

- 1 MANAGING FOOD HYGIENE -NICHOLAS JOHNS (Macmillan publishers. Hongkong –2000)-ISBN: 9780333541340
- 2 Food Hygiene and Sanitation – S.Roday / Tata Mc Graw Hill Pub. Co. Ltd / 1999.

### **REFERNCE BOOKS:**

- 1) FOOD HYGIENE & SANITATION – S. RODAY, , (Tata Mc-Graw Hill , New Delhi , 1999)-ISBN, 0074631780, 9780074631782.
- 2) FOOD HAZARDS & FOOD HYGIENE -- SEEMA YADAV , (Anmol publications Pvt Ltd, New Delhi, 1997 )-ISBN-10: 8174886850; ISBN-13: 978-8174886859
- 3) FOOD POSIONING AND FOOD HYGIENE – BETTY C HOBBS :( British Library Cataloguing in Publication data , 1993 )- ISBN: 9780340537404
- 4) Principles of Food Sanitation-Norman G. Marriott & Robert B. Gravani. Fifth Edition, Cornell University Newyork-ISBN-10: 0387250255
- 5) Serv Safe course book-National Restaurant Association Educational Foundation.
- 6) Food Science – MudambiShalini and M.Rao / Wiley Eastern Ltd. New Age International (P) Limited, Pub

CCC: FP-104  
 SESSIONALS : 40  
 EXAMINATION: 60

PERIODS PER WEEK:8  
 DURATION OF EXAM:6 Hours  
 NATURE OF EXAM :PRACTICAL

**FOOD PRODUCTION (PRACTICALS)**

**BASIC CULINARY SKILLS HOT KITCHEN - I**

**SUBJECT TITLE : CONTINENTAL (COOKERY)**

**OBJECTIVE:** The student should develop the skills in preparing cookery products.

**Practical:**

**CONTINENTAL MENU**

<b>MENU-1</b> Cuts of vegetables	<b>MENU-2</b> <b>(Basic Stocks)</b> Vegetable Stock Chicken Stock Brown Stock Fish Stock	<b>MENU-3</b> <b>(Basic Mother Sauces)</b> Béchamel Veloute Espagnole Tomato Hollandaise Mayonnaise	<b>MENU-4</b> <b>BUTCHERY</b> Cuts of Chicken Cuts of Beef Cuts of Lamb Cuts of Fish	<b>MENU -5</b> Cream of Vegetable Mushroom/Spinach Roast Chicken With Vichy Carrots, Tossed Peas, Bread Sauce, Parsley Potatoes Spaghetti With Spicy Tomato Sauce
<b>MENU-6</b> Cream of Tomato Chicken ala King With Rice Pilaf& Warm Corn & Pepper Salad Fettuccine Bolognaise	<b>MENU-7</b> Consommé Bruinoise/Julienne/Royal /Celestine Kentucky Fried Chicken With French fries& Tomato Chili Sauce Baked Macaroni	<b>MENU-8</b> Scotch Broth/Ginger Veg Broth Chicken Roulade With Roast Potatoes & Deville Sauce Broccoli Almandine Vegetable –Au- Gratin	<b>MENU-9</b> VelouteDoria /Dubary Grilled Chicken Skewers With Tossed Vermicelli With Barbeque Sauce Penne With Pesto Cream	<b>MENU-10</b> Puree of Roasted garlic & pumpkin Soup Fish Paupiette Vernique With Duchesse Potatoes & Carrot Pepper Net Spaghetti Aglio olio Peppericino
<b>MENU-11</b> Mulligatawny Soup Shepherds Pie with creamy mashed potato Ravioli with pepper coulis	<b>MENU-12</b> Gazpacho Backed Mackerel with tomato olive and caper sauce Lasagneverde	<b>MENU-13</b> Minestrone soup Beef strogon off with garlic, olive fettuccine Vegetable Moussaka Ricchetto	<b>MENU-14</b> Chilled Pinacolada/ Banana with walnuts Fish n Chips with tartar sauce/potato chips Bean stew with olive crust.	<b>MENU-15</b> Shrimp bisque Roast lamb with mint gravy, garlic & leek mash, turned vegetables, jus-lie Fussili with ratatouille
<b>MENU-16</b> Vegetable spring rolls/ Non veg with hot garlic sauce Sweet corn soup	<b>MENU-17</b> Vegetable salt & pepper Egg drop soup Vegetable Noodles Ginger fish	<b>MENU - 18</b> <b>SALADS</b> Green salad Russian salad Waldrof salad Grilled Chicken	<b>MENU - 19</b> <b>SALADS</b> German potato salad Oriental pasta salad	<b>MENU - 20</b> <b>COLD CUTS</b> Pates Terrine Roulade Galantine

Veg/Egg fried rice Veg/Chicken Manchuria		Hawain Greek salad	Exotic Fruit salad Ceasar salad Salad Nicoise	Ballontine Sausage Salamis
<b>BASIC CARVINGS</b> Fruit Carving Vegetable Carving Thermocol Carving				

**BASIC CULINARY SKILLS HOT KITCHEN - I**

**SUBJECT TITLE : INDIAN (COOKERY)**

<b>MENU-1</b> Green Gravy Kadai Gravy Makhani Gravy Shahi Gravy Onion Tomato Masala	<b>MENU-2</b> Plain Rice Aloo Jeera Tomato Dal Phulka	<b>MENU-3</b> Jeera Pulao MurghMethi Palak Paneer Tawa Paratha	<b>MENU-4</b> Zafrani Pulao Boorani Raita Paneer Makhani Methi Paratha	<b>MENU-5</b> Chicken Biryani MirchikaSalan Vegetable Jalfrezi Laccha Paratha
<b>MENU-6 (Kashmiri)</b> Kashmiri Pulao Mutton Roganjosh Dum Aloo Kashmiri Zafrani Dry Fruit Paratha	<b>MENU-7 (Bengali)</b> Khichuri Machar Jhole Aloo Posto Dhakai Paratha Rasgulla	<b>MENU-8 (Andhra)</b> Plain Rice Venchina Mamsamkura Chinta Chiguru pappu Ulwa Charu Rawaladdu	<b>MENU-9 (Kerela)</b> Coconut Rice Masa Stew Avial Malabar paratha Ada pradhanam	<b>MENU-10 (Maharashtra)</b> Wangi Bath Mutton Kholapuri Aloo Gobhi Jawar Ki Roti PuranPoli
<b>MENU-11 (Punjabi)</b> Jeera Pulao Butter Chicken Chole Masala Batura GajarkaHalwa	<b>MENU-12 (Hyderabadi)</b> KaccheGhosht ki Biryani MirchikaSalan PayaShorba Sheermal Sheer Khorma	<b>MENU-13 (Tamil Nadu)</b> ThayirSadam Chicken Chettinad Mix Vegetable Poriyal Payasam	<b>MENU -14 SNACKS</b> Samosa PalakPakoda Onion Pakoda Murukulu	<b>MENU -15 CHAT COUNTER</b> Aloo Chat Chana Chat BhelPuri Shev puri PaniPuri Dahiwada

CCC: FP-105  
 SESSIONALS : 40  
 EXAMINATION: 60

PERIODS PER WEEK:8  
 DURATION OF EXAM:6 Hours  
 NATURE OF EXAM :**PRACTICAL**

**BASIC CULINARY SKILLS PASTRY & BAKERY -I I**

**SUBJECT TITLE : PASTRY & BAKERY PRACTICALS.**

**OBJECTIVE:** The student should develop the skills in preparing bakery products.

**Practical:**

<b>MENU - 1</b> Bread rolls Caramel Custard	<b>MENU - 2</b> Fatless Sponge Fancy Rolls	<b>MENU - 3</b> Sweet paste Cookies Muffins	<b>MENU - 4</b> Bread Short Crust pastry (Jam tarts)	<b>MENU - 5</b> Bread & Butter Pudding With Custard sauce Bread Sticks/Grissini
<b>MENU - 6</b> Éclairs Bulls eye Cookies	<b>MENU - 7</b> Swiss Rolls Cheese Straws	<b>MENU - 8</b> Brioche Foccassia	<b>MENU - 9</b> Custard Tarts Pound Cake	<b>MENU - 10</b> Black Forest / Pineapple Pastry Brown Rolls
<b>MENU - 11</b> Onion & Garlic loaf Croissants	<b>MENU - 12</b> Danish pastry Doughnuts	<b>MENU - 13</b> French Baguette Melting Moments	<b>MENU - 14</b> Vegetable Puffs Cinnamon Danish	<b>MENU - 15</b> Banana Fitters Coconut Cookies
<b>MENU - 16</b> Chocolate Mousse Cabinet Pudding	<b>MENU - 17</b> Ginger Cookies Chocolate Brownie	<b>MENU - 18</b> Warm Apple Strudel Whole wheat Rolls	<b>MENU - 19</b> Fruit Cookies Cold Soufflé	<b>MENU - 20</b> Vegetable Pizza Baba au Rum
<b>MENU - 21</b> Burger Buns English Muffins	<b>MENU - 22</b> Chocolate Hot- Soufflé Banana Cream Pie	<b>MENU - 23</b> Tiramisu Poppy seed Bloomer	<b>MENU - 24</b> Chocolate Pastry Fruit Bread	



CCC: FP-106  
SESSIONALS : 40  
EXAMINATION: 60

PERIODS PER WEEK:2  
DURATION OF EXAM:3 Hours  
NATURE OF EXAM :**PRACTICAL/VIVA**

### **COMMUNICATION (PRACTICAL- VIVA)**

**SUBJECT TITLE : COMMUNICATION**

**OBJECTIVE:** A student should develop the language and also improve communication levels of reading, writing, addressing etc.

#### **Practical:**

- 1 Communications: Introduction – definitions – Effective communication. Methods of communication – verbal/ non-verbal patterns of communication. Barriers to communication.
- 2 Communication networking : Group communication – seminar, conference. Face to face communication.
- 3 Meetings and gatherings- handshakes etc. Introduction – Self introductions etc. Etiquette and manners
- 4 Written communication : Communication by letters – layout and format – enquiry letter – request letter etc.
- 5 Speeches: Drafting a speech.
- 6 Describing an object .Describing a Process.
- 7 Effective usage of communication by e-mail.
- 8 Group Discussion. Preparing Resumes / Attending Interviews.

#### **REFERENCE BOOKS:**

- 1 Effective English Communication / Krishna Mohan, Meenakshi Raman / Tata Mc.Graw Hill Co.Ltd. 2000.
- 2 Communication Skills / Dr.Nageshwar Rao, Dr.Rajendra P.Das / Himalaya Pub.House / 2005
- 3 Business Communication / Asha Kaul / Prentice Hall of India Pvt. Ltd / 2006
- 4 Enhancing English and Employability skills /SBTET.

## **FP-107-PROJECT**

Projects should be submitted as per the synopsis given :

### **SYNOPSIS:**

1. Project in PPT/ Print material
2. Minimum 20 slides
3. 1 movie programme
4. Flash in Final
5. JPEG images with high resolution has to be submitted along with PPT.
6. Bounded / Spiral binding Project should be submitted

CCC: FP-108

Duration: 6 Months

**INDUSTRIAL TRAINING**

**SUBJECT TITLE** : **INDUSTRIAL TRAINING**  
**DURATION** : **6 MONTHS**

A candidate shall be assessed at the end of the month, before he / she completes the industrial training. The assessment shall be earned out by a committee comprising of *a representative of the industry* where the candidate is undergoing training, *a staff member of the concerned section* of the institute.