Basic Training in Cookery

COURSE OBJECTIVE:

CO.1: Define the roles and responsibilities of a Demi Chef De Partie with the appropriate practices to ensure mise - en - place

CO.2: Describe the ingredients used in different recipes to Prepare and present various dishes

CO.3: Describe the procedure to train and guide the Commis Chefs

CO.4: Explain the methods to manage and rotate the stock level with appropriate practices to ensure health, hygiene, and safety practices at workplace

CO.5: Demonstration on practical practices of kitchen

UNIT: I - Introduction to the Demi Chef De Partie

1. **Elaborate the job role and job opportunities for Demi Chef De Partie in the Tourism and Hospitality Industry**
2. **Explain different types of cuisines available in the country and across the world**
3. **Elaborate the basic terms used in the kitchen department with the required grooming standards.**
4. **Elaborate various kitchenware required in the kitchen with their uses**
5. **Describe the operational and maintenance procedures of various kitchen tools, appliances and equipment along with their functions**
6. **Discuss the importance of reporting the Head Chef about any faulty kitchen equipment/appliances**
7. **Describe the parameters to check the quality of the ingredients to be used for food preparation**

UNIT: II - Prepare for the Kitchen Activities

1. **Discuss various essential ingredients required for different dishes, their characteristics and their uses**
2. **Discuss the units of measurements and culinary terms (like mixing, portioning, chopping, etc.) used in food preparation**
3. **Explain basic cooking tasks, like boiling, frying, steaming, grilling, etc.**
4. **Elaborate the recipes of various food items, sauce, salads, etc.**
5. **Discuss the standard storage procedure of food items/ingredients**
6. **Elaborate the standard procedure of presenting and serving the prepared food**

7. **Explain the importance of ensuring the highest standard and consistent food preparation quality is maintained**

Unit-III - Provide Guidance to the Commis Chefs

1. **Discuss the importance of communicating and coordinating with Commis Chefs while preparing the food**
2. **Elaborate the standard procedure to train and groom the Commis Chefs**
3. **Discuss the methods of supervising the Commis Chefs while operating the Kitchen**
4. **Explain the importance of ensuring that the Commis Chefs comply with the food hygiene policies**
5. **Discuss the standard procedure of report the performance of commis chefs to Chef De Partie or Sous Chef.**

UNIT: IV - Monitoring Stock of the Inventory, with the Health and Safety Standard

1. **Discuss the parameters to check the quantity and quality of delivered goods against the invoice**
2. **Elaborate the procedures of stock management and stock rotation**
3. **Discuss the importance of labelling ingredients and food products**
4. **Elaborate the procedure and environment to store the ingredients and food items**
5. **Explain the importance of informing the Chefs about excess or depleted food items and supplies with the methods to monitor and order required supplies**
6. **Discuss the significance of ensuring adequate food par stocks, for the efficient operation of the kitchen and business continuity.**
7. **Discuss the concept and importance of personal and workplace hygiene**
8. **Discuss procedure to maintain personal hygiene cleanliness and sanitization of the workplace and related equipment**
9. **Describe standard safety procedures to be followed while handling tools, material, and equipment**
10. **Outline the purpose and usage of various Personal Protective Equipment (PPE)required at the workplace**

UNIT: V - On-the-Job Training

1. **Show how to organize the work area or station to demonstrate the procedure to ensure cleanliness, hygiene, and proper functioning of required tools, appliances, equipment, and kitchenware**

2. **Apply professional skills to ensure the hygiene and cleanliness of the kitchen and work area**
3. **Apply appropriate practices to write recipes of different types of dishes and tandoor products**

4. **Demonstrate how to perform basic tasks like washing, chopping, mixing ingredients, marinating, and preparing sauces**
5. **Demonstrate basic presenting and serving techniques to show how to store finished as well as raw products appropriately at correct temperature and place which are of no immediate use**
6. **Prepare a sample report of damaged tools, equipment, and appliances**
7. **Demonstrate procedure of stock taking of perishable and non-perishable items workflow**
8. **workplace**
9. **Perform basic activities to ensure gender and age-sensitive service practices**
10. **Perform all the activities to ensure health, hygiene, and safety standards at the workplace.**

Reference Books

1. Krishna Arora, Theory of cookery, Frank Bros, 2001
2. Ronaldkinton, David Forkett, Victor Cessarani, Theory of Catering, 2nd Revision, Hodder & Stoughton Educational, 1970.
3. Jerald W.Chesser, the Art of Science of Culinary Preparation, Educational Institute of American Culinary Federation, 1992.
4. Thangam E.Philip, Modern Cookery for Teaching Trade Volume -1, 6th Revised Edition, Orient Black Swan, 2010.

Basic Practical Training in Cookery

COURSE OBJECTIVE:

To introduction to quantity Food Production emphasizing regional Indian dishes, Indian breads and Street food.

CO1. Create desserts with correct texture and consistency.

CO2. Demonstrate the techniques of preparation of dishes from states of India.

CO3. Incorporate the spices and condiments that are unique to each province.

CO4. Prepare Indian breads and their variations.

CO5. Prepare assorted Indian Street foods in bulk quantities.

MENU – I

Plain Rice - Avial –Sambar-MeenVarathathu-Nenthra Kai Chips-Inji Puli Kari-ParippuVadai – Prathaman

Attukal Soup-Plain Rice-Veechchu Parotta-ChettinaduChicken Curry-Moolai MuttaVaruval

Urundai Kuzhambu-Beetroot Karaporiyal-Curd Rice-Kesari

MENU – III

Tomato Bath-Kholapuri Mutton Masala-Potato Vadai-Chappathis-Jallebi

MENU - IV

Kitchidi-Tomato Baingan Ambal-Dal Philani-Macher Jal-Loochi-GulabJamun

MENU - V

Bisbella Hullianna-Baesserattu-Mysore Bonda-Manglore Fish Fry-Potato Fry-Appalam

Mysore Pak

MENU - VI

Chicken Biriyani-Vegetable Biriyani-Baghara Baingan-Onion Raitha-Semiya Payasam

MENU - VII

JeeraPulao-Dhal Makhani -Aloo Capsicum-Fish Amritsari-Phulka-Beetroot Halwa

MENU - VIII

Coconut Rice-Ven Pongal-Meat ball curry-Cabbage and Carrot foogath-Curd rice-Rose cookies

MENU IX

Plain Rice Mutton Vindaloo-Ambiachi Dhal-Mix Vegetable Chilly Fry-Curd Rice-Bean, Kajoo & Coconut -Burfi

MENU – X

Chettinadu Mutton Biriyani-Cheruva-Kallu Dosa-Vadai Curry-Curd Rice

Kuzhi Paniyaram

MENU - XI

Plain Rice -Mutter Pulao-Bhaturas-Peshawari Chole-Palak Ghost-Aloo Gobi-Gajar ka Halwa

MENU – XII

Kachchi Biriyani-Mirchi Ka Salan-Nellore Mutton Curry-Kulcha-Double Ka Meetha

MENU - XIII

Yakhni Pulao-Aloo Paratha-Mutton Do Piaza-Dal Palak-Phirnee-

MENU - XIV

Ghee Bhat –Kachori-Doi Mach-Aloo Posto-Baigun Bhaja-Rasogulla-

MENU - XV

Tandoori Naan-Tandoori Murg-Sheek Kabab-Paneer Tikka-Tandoori Pomfret

MENU - XVI

Hot & sour egg drop soup, Vegetable fried rice, Chili chicken, Sweet & sour vegetables and Beijing Toffee bananas

REFERENCE BOOKS:

1. PurohiBabbar, Rotis&Naans of India, Lorier Books Ltd, 2000
2. Welcome Group Chefs, The Indian Menu Planner, RoliBooles, 2005.
3. Kinston Cessarani, Practical Cookery, Hodder Arnold Hands, 2000
4. Cliva Finch, Food Preparation, Pearson Education –Cananda, 1999.