

V I S T A S

School of Hotel & Catering Management

Certificate Course – Syllabus

Subject	:	Food Production (Theory)
Course Code	:	15704T1

COURSE OBJECTIVE:

To develop comprehensive knowledge of professional cookery in the Hotel and Catering industries.

To inculcate in the student professional competence at commies de cuisine in any type of food production operation with sound basic continental and other types of related cuisine preparations.

Unit I

Introduction to Cookery- Definition, Origin of Cookery, Classes of Professional Cookery.

Culinary History- French, Indian, Chinese, International and Nouvelle cuisine.

Aims and objects of cooking- Effects of cooking, Characteristics of Raw materials.

Method of Cooking- Cooking techniques, Basic methods of cooking in Continental, Indian and Chinese.

Unit II

Characteristic of Raw materials.

Spices and Herbs used in the Cookery.

Preparation of various ingredients and Texture.

Unit III

Stocks and Soups- definition, types, classification and its preparation, international soups and its origin.

Sauces – definition, types, derivatives and its uses.

Vegetables cookery – composition and nutritive value, selection criteria, vegetable preparation, effect of cooking on vegetables, Continental and Indian vegetables, standard vegetable cuts.

Unit IV

Meat cookery- beef, lamb, pork- cuts and its uses.

Poultry – Chicken: cuts of chicken, preparation of joints for grilling, roasting, etc.,

Fish – classification, selection factors, cleaning and cuts of fish, preparation of fish

Unit V

Egg cookery- structure, size, quality, preparation.

Rechauffe techniques adopted in culinary preparation.

Culinary terms: Indian and continental.

Fuels used in the kitchen.

Basic first aid and precaution step to be followed in the food production operations

HACCP standards in the culinary preparation.

COURSE OUTCOME:

On successful completion of this course learners will be able to:

CO1: Practice kitchen hygiene and personal hygiene.

CO2: Identify food textures and consistencies.

CO3: Make cuts of meats and vegetables.

CO4: Prepare foods using methods that conserve nutritional value.

CO5: Demonstrate the skills and techniques in preparation of foods of International cuisines.

CO6: Exhibit professionalism in the Organizing the kitchen.

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.