

HM-102: ADVANCE FOOD PRODUCTION

Theory: 4 Credits

Objective: To make the students to understand the basic knowledge of the Kitchen operations and the cuisine.

Course Content:

Unit - 1 Introduction to the art of cookery- Culinary history-Development of the culinary art from the middle ages to modern cookery, modern hotel kitchen, Nouvelle Cuisine, Indian regional cuisine, Popular International cuisine (an introduction).French, Italian, Chinese-Characteristics, Menu terms, Names of the Dishes, popular spices used, etc. Aims and objectives of cooking food- Importance of cooking food with reference to the catering industry, Principles of a balanced and a healthy diet, Action of heat on food

Unit - 2 Kitchen Equipments and Hygiene- Different types of kitchen equipments, different types of special equipments, heat generating, refrigeration, kitchen machinery, storage tables, hand tools, weighing and measuring, pot wash, diagrams, uses, maintenance, criteria for selection. Personal hygiene, their importance, food handling & storage, care, sanitation practices, attitude towards work in the kitchen, fumigation. HACCP - Practices in food handling & storage Conversion tables: American, British measures and its equivalents

Unit - 3 Methods of Cooking- Classification, principles, equipment required, methods of cooking- boiling, roasting, poaching, braising, grilling, baking, roasting, broiling, stewing, sautéing, blanching steaming, micro-waving etc. Basic preparations, Mise-en-place of all the basic preparations, stocks, egg preparations

Unit – 4 Food Commodities- Classification with examples and uses in cookery Cereals, pulses, vegetables, mushrooms, fruits, eggs, foundation ingredients their characteristics and their uses in cookery.

Unit- 5 Introduction to Cold Kitchen-The Function of the Larder Department, Responsibilities of the Chef Garde-Manger , Larder Control , Stock Sheet , Liaison with Kitchen and Pastry Department , Use and Care of Machinery and Utensils in larder section. Starters - Classification of Starters, Single Starters, Mixed Starters, Salads-Salad Dressings and Cold Sauces, Forcemeats, Garnishes and Seasonings, Sandwiches- types of sandwiches, Open Sandwiches.

Reference Books:

1. Hamlyn Larousse Gastronomique Publisher: Octopus Publishing Group 2-4, Heron Quays, London- E14 4JP
2. Kinton & Cessarani, Practical Cookery Published by A division of Hodder and Head line PLC, 338, Euston Road, London, Ninth edition 2000
3. Kinton & Cessarani, Theory of Catering Published by A division of Hodder and Head line PLC, 338, Euston Road, London, Ninth edition 2000
4. D. D. Sharma, Cold Kitchen Aman Publications, L G- 4A, Ganapati Bhawan, 4675-B/21, Ansari Road, Darya Ganj, Delhi- 110002
5. Thangam E.Philip, Modern cookery for Teaching and Trade(Vol I & Vol II) – Orient black Swan Publishers Ltd.,