

	iii) SAUCES A. Classification of sauces B. Recipes for mother sauces C. Storage & precautions	02	10%
07	METHODS OF COOKING FOOD A. Roasting B. Grilling C. Frying D. Baking E. Broiling F. Poaching G. Boiling <ul style="list-style-type: none"> • Principles of each of the above • Care and precautions to be taken • Selection of food for each type of cooking 	04	15%
08	SOUPS A. Classification with examples B. Basic recipes of Consommé with 10 Garnishes	2	10%
09	Introduction to Milk / Soya Milk & Bi-Products Preparation and Process of Soya Milk, Pasteurized, Toned, UHT, Powder Milk Etc. Cottage cheese / Soya Preparation	2	5%
10	COMMODITIES: i) Shortenings (Fats & Oils) A. Role of Shortenings B. Varieties of Shortenings C. Advantages and Disadvantages of using various Shortenings D. Fats & Oil – Types, varieties ii) Raising Agents A. Classification of Raising Agents B. Role of Raising Agents C. Actions and Reactions iii) Thickening Agents A. Classification of thickening agents B. Role of Thickening agents iv) Sugar A. Importance of Sugar B. Types of Sugar C. Cooking of Sugar – various	4	10%
TOTAL		30	100%

FOUNDATION COURSE IN FOOD PRODUCTION – Veg– I (PRACTICALS)

PART 'A' - COOKERY

HOURS ALLOTTED: 60

MAXIMUM MARKS: 50

S.No	Topic	Method	Hours
1	i) Equipments - Identification, Description, Uses & handling ii) Hygiene - Kitchen etiquettes, Practices & knife handling iii) Safety and security in kitchen	Demonstrations & simple applications	04
2	i) Vegetables - classification ii) Cuts - julienne, jardinière, macedoines, brunoise, payssane, mignonnete, dices, cubes, shred, mirepoix iii) Preparation of salad dressings	Demonstrations & simple applications by students	04
3	Identification and Selection of Ingredients - Qualitative and quantitative measures.	Market survey/tour	04
4	i) Basic Cooking methods and pre-preparations ii) Blanching of Tomatoes and Capsicum iii) Preparation of concasse iv) Boiling (potatoes, Beans, Cauliflower, etc) v) Frying - (deep frying, shallow frying, sautéing) Aubergines, Potatoes, etc. vi) Braising - Onions, Leeks, Cabbage vii) Starch cooking (Rice, Pasta, Potatoes)	Demonstrations & simple applications by students	04
5	i) Stocks <ul style="list-style-type: none"> • Vegetable Stock (White) • Vegetable Stock (Brown) • Soya Chunch Stock (White) • Fungi / Mushroom Stock 	Demonstrations & simple applications by students	04
6	Sauces - Basic mother sauces <ul style="list-style-type: none"> • Béchamel Sauce • Espagnole Sauce • Veloute Sauce • Tomato Sauce • Eggless Mayonnaise 	Demonstrations & simple applications	04
7	Introduction to Milk / Soya Milk & Bi-Products Preparation and Process of Soya Milk, Pasteurized, Toned, UHT, Powder Milk Etc.	Demonstrations & simple applications by students	04
8	Demonstration & Preparation of simple menu	Demonstrations & simple applications by students	04

9	<p>Simple Salads & Soups:</p> <ul style="list-style-type: none"> Cole Slaw Potato Salad Beet Root Salad Green Salad Fruit Salad Soup <p>Cottage cheese / Soya Preperation</p> <ul style="list-style-type: none"> Cottage Cheese Florentine Cottage Cheese Florentine Simple Soya Chaps in Basic Gravy & Other Preparations made from Chunks, Granules, Flore Etc. Cottage Cheese Chela, (Pancake) <p>Simple potato preparations</p> <ul style="list-style-type: none"> Baked potatoes Mashed potatoes French fries Roasted potatoes Boiled potatoes Lyonnaise potatoes Allumettes Vegetable preparations Boiled vegetables Glazed vegetables Fried vegetables Stewed vegetables. 	<p>Demonstration by instructor and applications by students</p>	28
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BAKERY & PATISSERIE (Veg. Cuisine)

HOURS ALLOTTED:60

MAXIMUM MARKS:50

S.No	Topic	Method	hours
1	Chapter - 1 Equipment <ul style="list-style-type: none"> • Identification • Uses and handling Ingredients –Qualitative and Quantitative measures	Demonstration by instructor and applications by students	04
2	Chapter - 2 SIMPLE COOKIES <ul style="list-style-type: none"> • Demonstration & preparation of simple cookies like • Nan khatai • Golden goodies • Sweet and salty cookies • Melting moments • Chocolate chip cookies • Tri colour biscuits • Pista and cashewnut cookies • Peanut butter cookies • Custard Cookies 	Demonstration by instructor and applications by students	18
3	Chapter – 3 SIMPLE CAKES <ul style="list-style-type: none"> • Demonstration and preparation of simple and enriched cakes, recipes • Vanilla Sponge • Chocolate Sponge • fruit cake • Dundee • Madeira • Basbousa 	Demonstration by instructor and applications by students	12
4	Chapter – 4 HOT/COLD DESSERT <ul style="list-style-type: none"> • Mousse (chocolate coffee) • Apricot pudding • Chocolate pudding • Mahalabia • Fruit custard • Bread butter pudding • Um-ali • Steamed –baked yogurt • cabinet pudding 	Demonstration by instructor and applications by students	18
5	Chapter – 5 BREAD MAKING <ul style="list-style-type: none"> • Banana Bread • Soda Bread • White Bread • Brown Bread 	Demonstration by instructor and applications by students	08
6	Total		60

