

## Semester II

## BHM -201T: Food Production Foundation -II

Theory: 4 Credits

Practical: 2 Credits

**Objective:** To manage the entire skills and procedure of the food production. To develop certain technical skills to build up successful professionalism in the catering industry.

### Course Contents:

**Unit – 1 Methods of Cooking:** - Introduction, Definition, and its importance; Types- Baking, Broiling, Grilling, Frying, Steaming, Stewing, Poaching, Poeling, Roasting, Frying, Sautéing, Braising Cooking with Microwave, Ovens, Gas, Induction Plates and other such media. HACCP

Standards and Professional Kitchens.

**Unit – 2 Eggs, Poultry and Meat:** Eggs – Introduction, Usage in Kitchen, Structure of Egg, Classification, Grading of Eggs, Types, Selection, Storage and preparation of breakfast dishes with eggs. Poultry and Game: Introduction, Classification, Selection Criterion, Cuts of Poultry, Yield and simple Indian preparations. Meat: Characteristics, selection and grading, Classification ( Bovines, Ovines and Swines), Categories, Cuts of Meat, Storage and handling.

**Unit – 3 Fishes in cooking:** Introduction, Types, Purchasing, Storing Considerations, Fish & Shellfish, Their Classification, Cuts of Fish, Popular Species of Fish, Classical Preparations of Fish, Common cooking methods used for sea food.

**Unit – 4 Vegetable, Cuts & Cookery:** Introduction, Vegetables, Pigment and Colour Changes, Effect of Heat on vegetables, Cuts of Vegetables, nutritional and hygiene aspects. Some Indian Cuts on vegetables: Broccoli, Cabbage, Potatoes, Onions, Spinach, Cucumber, Tomatoes, avocado. Beetroot, French Beans, Gourd, Bottle Gourd, Pumpkin, Okra, Colocasia, Spinach, Carrot, Turnips

### BHM -201P: Food Production Foundation -II

- Understanding Methods of Cooking & HACCP Standards
- Cooking in Professional Kitchen – Do's & Don't's
- Understanding Eggs and their simple Breakfast Preparations ;Preparation of:
  - Hard & soft boiled eggs.
  - Fried eggs.
  - Poached eggs.
  - Scrambled eggs.
  - Omelet's (Plain, Spanish, Stuffed)
- Familiarisation with, Poultry, Meats & Fishes – Their Simple Cuts and Cooking
- Vegetables –Their usage and cooking precautions
- Cuts of vegetables
  - Julienne
  - Jardiniere
  - Dices
  - Cubes
  - Macedoine
  - Paysanne
  - Shredding
  - Mire- poix

- Blanching of Tomatoes and Capsicum.
- Cooking vegetables:
  - Boiling (potatoes, peas)
  - Frying (Aubergine, Potatoes)
  - Steaming (Cabbage)
  - Braising (Potatoes)
  - Braising (Onions, cabbage)
- Simple Vegetable and Meat Cookery
- Identification of types of rice varieties & pulses.
- Simple preparation of Boiled rice (Draining & Absorption) method.
- Fired rice.
- Simple dal preparation
- Wheat, products like making chapattis, parathas, phulkas, Kulchas & puris.
- Simple Breakfast Preparations:
  - Preparation of Puri/ Bhaji, Allo Paratha, Chola Bhatura,
  - Preparation of Continental Breakfast

Practical examination will be jointly conducted by one internal and one external examiner.

**Suggested Readings:**

- Accompaniments & Garnishes from waiter; Communicate: Fuller J. Barrie & Jenkins
- Food Production Operations: Parvinder S Bali, Oxford University Press
- Larder Chef By M J Leto & W K H Bode Publisher: Butterworth- Heinemann
- Modern Cookery (Vol- I) By Philip E. Thangam, Publisher: Orient Longman
- Practical Cookery By Kinton & Cessarani
- Practical Professional Cookery By Kauffman & Cracknell
- Professional Cooking by Wayne Gislen, Publisher Le Cordon Bleu
- Theory of Catering By Kinton & Cessarani
- Theory of Cookery By K Arora, Publisher: Frank Brothers