

Food Production

Skill Based Elective - I

(Semester – III)

Basic of Food Production

Unit I : Raw Materials

- A) Fat
- B) Raising Agents
- C) Egg
- D) Salt
- E) Liquids
- F) Flavouring Agent
- G) Sweetening Agents
- H) Thickening

Unit II : Organizational Structure & Methods of Cooking Food

- A) Organizational structure of Kitchen
- B) Aims and objectives of Cooking
- C) Cooking Techniques**
 - 1) Conduction
 - 2) Convection
 - 3) Radiation
- D) Basic Methods of Cooking

Unit III : Stocks , Soups,

- A) Classification of Stocks
- B) Classification of Soup
- C) Cream & Clear Soup

Unit IV : Sauces and its Derivatives

- A) Definition
- B) Classification

Unit V : Vegetables and Salad

- A) Importance
- B) Preparation
- C) Cooking Methods

References

Theory of Cookery by Krishna Arora – Publication Frank Bros & Co.,
Modern Cookery Vol – I & Vol – II by Thangam E.Philip – Publication Orient Long man.

Basic Bakery

Unit I : Raw Materials

- A) Four
- B) Sugar
- C) Fat
- D) Egg
- E) Salt
- F) Milk etc.

Unit II : Bread

- A) Types
- B) Methods

Unit III : Bread Improvers

- A) Natural
- B) Chemical

Unit IV : Cake

- A) Types
- B) Methods

Unit V: Cake Improves & Pastry

- A) Natural
- B) Chemical
- C) Types
- D) Methods

References

The Basic Baking by S.C. Dubey Publication Lorenz Books, 2003
The Great Big Cookie Book by Hilaire Walden – Publication Lorenz Books, 2002
The Practical Encyclopedia of Baking by Martha day – Publication – Lorenz Books.2003

Skill Based Elective – III**(Semester – V)****Practical – Basic Food Production**

INDIAN RICE	-	10 Varieties
VEGETABLES	-	10 Varieties
CHETNEY / RAITA	-	10 Varieties
EGG, FISH, MEAT DISHES	-	15 Varieties
CHICKEN DISHES	-	10 Varieties
SPECIAL DISHES OF FESTIVAL - REGION WISE		3 MENUS

References

Theory of Cookery by Krishna Arora – Publication Frank Bros & Co. 2002

Modern Cookery Vol-I & Vol – II by Thangam E.Philip – Publication Orient Long Man. 2005

Advanced Food & Beverage Production

Unit I : Kitchen Organisation Hierarchy

Unit II: Equipments & Tools

Unit III : Cooking Fuels

- Types
- Advantages
- Disadvantages
- Safety

Unit IV : Meat Cookery

- Preparation
- Selection

**Unit V : Larder Work, Menu Planning, Accompaniments &
GARNISHES**

- Cold food presentation
- Canapes & Sandwiches
- Cold Starter

References

Larousse, Gastronomie, Paul Hamlyn,
Modern Cookery Vol – I & Vol – II by Thangam E.Philip.

Nutrition and Hygiene

Unit I : Nutrition

1. Definition, function of Nutrients & foods, classification of food groups & nutrients.
2. Relationship between nutrition and health.

Unit II : Carbohydrates and Proteins

1. Composition, classification
2. Function, Food sources

Unit III : Minerals & Vitamins

1. Functions, Classification, food sources
2. Deficiency diseases

Unit IV : Food Groups

1. Basic 5 food group system
2. Nutritive value calculation of foods.

Unit V : Personal Hygiene, Garbage Storage & Disposal

1. Role of personal hygiene
1. Collection & Storage of garbage
2. Methods of garbage disposal – liquid & solid wastes.

References

Essentials of Food & Nutrition Vol – I & Vol II – M.S. Swaminathan, Bappco.
Managing of Food Hygiene, II Edition, Nicholas Johns, Macmillan Pub Ltd.,

Practical – Advanced Food Production (with Basic Bakery)

SOUPS - 10 Varieties

EGG, FISH, CHICKEN & MEAT - 15 Varieties

CHINESE DISHES - 10 Varieties

CONTIENTAL DISHES /
MEXICAN DISHES - 10 Varieties

BASIC BAKERY

YEAST PRODUCTS - 10 Varieties

CAKES & COOKIES - 10 Varieties

HOT & COLD DESHES - 10 Varieties

References

Theory of Cookery by Krishna Arora – Publication Frank Bros & Co.

Modern Cookery Vol – I & Vol – II by Thangam E.Philip. – Publication Orient Long Man.

The Practical Encyclopedia of Baking by Martha day – Publication – Lorenz Books.