

**SYLLABUS**  
**of**  
**Hospitality and Catering Technology**  
**Choice Based Credit System at Under Graduate Level**  
**Semester IV**  
**CC4- Food Production-II**  
**Theory: 4 Credits; Practical: 2 Credits,**

**Course Contents:**

**Unit - I 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 - II Stocks, Sauces, Soups and Salads:** Stocks: Introduction, Classification, Usage, Preparation; Sauces: Introduction, Classification, Usage, Thickening Agents, Preparation of Mother Sauces, Understanding their derivatives, propriety sauces, making of good sauce, emerging trends, Soups: Introduction, Classification, Preparation, Salient Features, Care and precautions, trends in soup presentation. Salads: Introduction, compositions, types, dressings, emerging trends.

**Unit -III Eggs, Poultry and Meat and Fish:** Eggs - Introduction of each, Usage in Kitchen, Types, Selection, Storage and preparation of breakfast dishes with eggs. Poultry and meat: Introduction, Classification, Selection Criterion, Cuts of Poultry, Yield and simple Indian preparations. 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 - IV Vegetable, Cuts & Cooking:** 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 . Introduction to Indian Breads.

**Practical (04 preparations from each item along with Accompaniment, Garnish and Desserts)**

1. Understanding Methods of Cooking & HACCP Standards
2. Cooking in Professional Kitchen - Do's & Don't's
3. Understanding Eggs and their simple Breakfast Preparations ; Familiarization with, Poultry, Meats & Fishes - Their Simple Cuts and Cooking
4. Vegetables - Their usage and cooking precautions
5. Cuts of vegetables · Julienne · Jardiniere · Dices · Cubes · Macedoine · Paysanne · Shredding · Mire-poix
6. Blanching of Tomatoes and Capsicum.
7. **Cooking vegetables:** Boiling (potatoes, peas) Frying (Aubergine, Potatoes) Steaming (Cabbage) Braising (Potatoes) Braising (Onions, cabbage) .Simple Vegetable and Meat Cookery
8. 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.
9. Simple Breakfast Preparations: v Preparation of Puri/ Bhaji, Allo Paratha, Chola Bhatara, Preparation of Continental Breakfast

**Suggested Readings:** - Accompaniments & Garnishes from waiter; Communicate: Fuller J. Barrie & Jenkins

-Cooking Essentials for the New Professional Chef - 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

-Purchasing Selection and Procurement for the Hospitality Industry By Andrew Hale Feinstein and John M. Stefanelli

-The Professional Chef: Le Rol A. Polsom

- Theory of Catering By Kinton & Cessarani -Theory of Cookery By K Arora, Publisher: Frank Brothers