

COOKERY & LARDER THEORY – II (CFPP21) 45 Hours

COOKERY

1. Balancing of recipes, standardisation of recipes, maintaining recipe files, standard setting, sensory evaluation of recipes.
2. Portion control, standard portion sizes, necessity for control, brief study of how portions are worked out.
3. Quality Control: Purchasing specification, quality control methodology; prevailing food standards in India; food adulterants as a public health hazard; simple tests in the detection of common food adulterants; Essential Commodities Act – ISI, Agmark.
4. Soups: Definition, classification with examples in each group, composition, recipe for 01 ltr. Consommé; popular consommés with 10 garnishes, classical soups.
5. Farinaceous dishes: Types of recipes and methods of cooking with examples.
6. Vegetables: Colour reaction of different types of vegetables to acid, alkali and metals, methods of cooking different vegetables with emphasis on cooking asparagus, artichokes, leek, brussels, sprouts.
7. Pulses: Methods of cooking with time and temperature.

LARDER

1. Slaughtering techniques – lamb, pork and beef.
2. Butchery: Jointing of beef, lamb and mutton and pork, different cuts with its uses and weighs, meat preservation – salting, smoking and freezing meat; bacon, gammon and hams.
3. Poultry and game – Preparation, dressing and cuts.
4. Assembling of a cold buffet, sandwiches and canapés, use of left overs.
5. Decorative work including butter sculpture, ice carvings and vegetable carvings.
6. Still room – the function of still room, knowledge of dessert fruits.

COOKERY PRACTICAL – II (CFPP22) 180 Hours

INDIAN:

Rice	10 varieties
Indian Bread	05 varieties
Dal	05 varieties
Vegetable	10 varieties
Chutney	05 varieties
Raita	05 varieties
Egg dishes	05 varieties
Fish dishes	05 varieties
Meat dishes	10 varieties
Chicken dishes	04 varieties
Tandoori dishes	Tandoori fish, naan, kulcha, tandoori roti, sheekh kabab, boti kabab.
Snacks	10 varieties
Sweets	05 varieties
Special dishes of festivals	05 festival menus.

N.B.: Dishes should be representative of all parts of India with special emphasis on Regional/State Cuisine.

CONTINENTAL:

Stock: White stock, brown stock, chicken stock, pot liquor and emergency stock.

Sauce: Béchamel sauce, Veloute sauce, Tomato Sauce, Espagnole sauce, Hollandaise sauce and Mayonnaise sauce with two derivatives of each.

Compound butters – 03 varieties.

Mint sauce, Horse radish sauce, Bread sauce and Apple Sauce.

Gravies: Brown gravy (thick and thin.)

Soups:

Purees	02 varieties
Cream	04 varieties
Veloute	02 varieties
Broths	02 varieties
Bisques	01 variety
Consommés	02 varieties
Cold soups	02 varieties
Potages	02 varieties

Fish:

Baked	02 varieties
Grilled	02 varieties
Shallow fried	02 varieties
Deep fried	03 varieties
Poached	02 varieties

Chicken & Meat:

Stews	02 varieties
Casseroles	02 varieties
Hot pots	02 varieties
Roasts	02 varieties
Braised	02 varieties
Grilled/Fried	02 varieties
Chicken sautes	05 varieties

Entrees 03 varieties

- Vegetables: Preparation and cooking of vegetables in season and their accompaniments – 10 varieties
- Potatoes – 10 varieties
- Egg, Cheese and Farinaceous dishes.
- Omlettes, Soft boiled eggs, hard boiled eggs, fried eggs, spaghetti and macaroni dishes – 02 varieties.

Chinese:

Soups	02 varieties
Noodles and rice	04 varieties
Chicken	02 varieties
Pork	02 varieties
Meat	02 varieties
Prawns	02 varieties
Fish	01 dish

LARDER PRACTICAL – II (CFPP23) 90 Hours

- Beef: Demonstration and practice of jointing of beef carcass (on the job)
Demonstration and practice of cleaning of undercut, cutting into various steaks, beef roll.
- Lamb & Mutton: Demonstration & practice of jointing mutton carcass (on the job)
Demonstration and practice of mutton chops, crown roast, de-boning of mutton leg and shoulder
curry cuts and boti kababs
- Pork: Demonstration & practice of jointing pork carcass (on the job)
Demonstration and practice of pork chops, de-boning of pork leg, roast suckling pig (hot & cold),
carving of leg of ham.
- Poultry: Demonstration and practice on basic cuts, boneless (continental), Indian curry cuts;
Ballottine and jambonneau; Chicken chops; Roast chicken
- Demonstration of cold cuts such as terrines, stuffed shoulder and leg of mutton, chicken leaves,
mutton leaves, fish leaves pate.
- Demonstration and practice of ice soccles, vegetable carvings and aspic jelly.
- Demonstration of butter sculpture.

BAKERY & PATISSERIE THEORY – II (CFPP24) 15 Hours

- Methods of Cake Making and Faults in Cake making.
- Basic methods of Pastry making.
- Icings and its uses.

BAKERY & PATISSERIE PRACTICAL – II (CFPP25) 150 Hours

Pastry	04 varieties	- 20 Hrs
Muffins		- 10 Hrs
Icings: Butter – Royal, Fondent, American frostings		- 30 Hrs
Marzipan		- 20 Hrs
Bread varieties		- 30 Hrs
Sugar confectionery		- 20 Hrs
Ice creams		- 20 Hrs

COSTING (CFPP26) 45 Hours

Objective:

Students will develop ability to identify cost elements, such as materials, labour and overheads and to price several products with a desired cost and profit percentages. They will cultivate an attitude to cost reduction and elimination of waste by adherence to standardised procedures and practices.

- Importance of costing and cost control, methods of costing and costing methodology in Catering business, emphasis on batch costing.
- Cost classification into materials, labour and overheads and their percentage analysis on net sales for clear understanding of their relative importance.
- Materials costing, use of standardised recipes, materials cost control through basic operating activities like purchasing, receiving, storage issuing, production, sales and accounting, yield analysis from time to time.
- Materials costing as an aid to pricing by a suitable mark up policy, sales mix to achieve desirable contribution.
- Control of labour costs and overheads, periodical percentage analysis, calculation of overhead allocation rates.
- Cost behaviour into variable, fixed and semi variable and its impact on unit cost.
- Cost reporting system – daily, monthly and for special managerial decisions.
