

## **Food Production**

**Course Code: HTCFP003**

**Total Session: 45 Hrs**

### **Objective:**

This course will make you ready to start your career in the field of bakery and culinary arts, one can join the industry in an entry level or can start home bakery and food services. There are many home bakers and food supply services in Gangtok now. Own a Highly Profitable Successful, Easy to Run Franchise with a low investment.

### **Unit I: Introduction to Cookery (3 Session)**

- labels of skills and experience
- attitudes and behavior in the kitchen
- personal hygiene
- uniforms and protective clothing
- safety procedure in handling equipment

### **Unit II: Culinary History (2 Session)**

- Origin of modern Cookery

### **Unit III: Hierarchy Area of Department and Kitchen (4 Session)**

- Classical Brigade
- Modern staffing in various category hotels
- Roles of Executive Chefs
- Duties and Responsibilities of various Chefs
- Co-operation with other Departments

### **Unit IV: Culinary Terms (3 Session)**

- List of Culinary ( Common and Basic Terms)
- Explanation with examples

### **Unit V: Aims and objectives of Cooking Food (3 Session)**

- Various Textures
- Various consistencies
- Techniques used in Pre-preparations
- Techniques used in Preparation

### **Unit VI: Vegetables and Fruit Cookery (3 Session)**

- Introduction
- Pigments and colour changes
- Effects of heat on vegetables
- Cuts of Vegetables
- Classification of Fruits
- Salad and salad dressings

### **Unit VII: Stocks (4 session)**

- Definition of Stocks
- Types of Stocks
- Recipes
- Preparation of Stocks
- Storage of Stocks
- Uses of Stocks
- Care and Precautions

### **Unit VIII: Methods of bread making (4 Session)**

- Straight dough method
- Delayed salt method
- No time dough method
- Sponge and dough method

### **Unit IX: Sauces (3 Session)**

- Classification of Sauces
- Recipes of Mother Sauces
- Storage and Precautions

### **Unit X : Methods of Cooking Foods (2 session)**

- Roasting
- Grilling
- Frying
- Baking
- Broiling
- Poaching
- Boilin

### **Unit XI: Soups (3 Session)**

- Classification with Examples
- Basic Recipes of Consommé with 10 Garnishes

### **Unit XII: Egg Cookery (2 Session)**

- Introduction to egg cookery
- Structure of an Egg
- Selection of Egg
- Uses of egg in Cookery

### **Unit XIII: Commodities (2 Session)**

- Shortenings (Fats and Oils)
- Role of Shortenings
- Varieties of Shortenings
- Advantages and Disadvantages of Shortenings
- Fats and Oil- Types, Varieties

### **Unit XIV: Raising Agents (4Session)**

- Classification of Raising Agents
- Role of Raising Agents
- Actions and Reactions

### **Unit XV: Thickening Agents (4 Session)**

- Classification of thickening agents
- Role of thickening agents

### **Unit XVI: Sugar (3 Session)**

- Importance of Sugar
- b. Types of Sugar
- c. Cooking of Sugar- Various