



# AMITY UNIVERSITY

— UTTAR PRADESH —

## FORMAT FOR COURSE CURRICULUM

**Course Title: FOOD PRODUCTION AND CULINARY ART -II**

**Course**

**Code:HOSM132**

**Credit Units: 04**

| L | T | P | SW/F<br>W | TOTAL<br>CREDIT<br>UNITS |
|---|---|---|-----------|--------------------------|
| 2 | - | 4 | -         | 4                        |

**Course Objectives:** The curriculum is based on to familiarize the students with the basic concepts of food such as –

- To make the students learn about the professionalism and basic etiquette of culinary art
- To make them learnt about raw material, uses, composition, benefits and methods
- To sharpen the culinary skills in the field of food production
- To impart knowledge of history of culinary art and changes along with the times
- To give the basic idea about physical and chemical composition of different food products.

**Pre-requisites:** The basic attitude and understanding about the food production operations

- Student Learning Outcomes:** develop the skill of food production in basic to get familiar with the basic culinary terms and their uses professional cookery Design and Develop the elementary cooking skill .
- Develop the use of ingredients in culinary skill.
  - To know the composition of food and effect of various changes on it

### **Course Contents/Syllabus:**

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| <b>Module I Introduction to Cookery</b>   |            |
| <b>Module I: Basic Principles of Food Production</b><br><b>Vegetable and Fruit Cookery</b><br>Introduction – classification of vegetables | <b>25%</b> |

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| <p>Pigments and color changes<br/> Effects of heat on vegetables<br/> Cuts of vegetables<br/> Classification of fruits<br/> Uses of fruit in cookery<br/> Salads and salad dressings<br/> <b>Meat Cookery</b><br/> (i) Introduction to meat cookery<br/> (ii) Cuts of beef/veal<br/> (iii) Cuts of lamb/muttons<br/> (iv) Cuts of pork<br/> (v) Variety meats (offal)</p> <p><b>Egg Cookery</b><br/> (i) Introduction to Egg Cookery<br/> (ii) Structure of an egg<br/> (iii) Selection of egg<br/> (iv) Uses of egg in cookery<br/> (v) Methods of cooking egg</p> <p><b>Fish Cookery</b><br/> (i) Introduction to fish cookery<br/> (ii) Classification of fish with examples<br/> (iii) Cuts of fish<br/> (iv) Selection of fish and shell fish<br/> (v) Cooking of fish (effects of heat)</p> <p><b>Rice, Cereals &amp; Pulses</b><br/> (i) Introduction<br/> (ii) Classification and identification<br/> (iii) Cooking of rice, cereals and pulses<br/> (iv) Varieties of rice and other cereals</p> |            |
| <p><b>Module II: Bakery</b></p>   | <b>15%</b> |
| <p><b>a) Pastry</b><br/> Short crust<br/> Laminated<br/> Choux<br/> Hot water/Rough puff<br/> ▪ Recipes and methods of preparation</p>  |            |

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| <ul style="list-style-type: none"> <li>▪ Differences</li> <li>▪ Uses of each pastry</li> <li>▪ Care to be taken while preparing pastry</li> <li>▪ Role of each ingredient</li> <li>▪ Temperature of baking pastry</li> </ul> <p><b>b) Breads</b><br/> Principles of bread making<br/> Simple yeast breads<br/> Role of each ingredient in bread making<br/> Baking temperature and its importance</p> <p><b>c) Pastry Creams</b><br/> Basic pastry creams<br/> Uses in confectionery<br/> Preparation and care in production</p>   |                   |
| <p><b>Module III: Commodities</b></p>  | <p><b>10%</b></p> |
| <p><b>a) Flour</b><br/> Structure of wheat<br/> Types of wheat<br/> Types of flour<br/> Processing of wheat – flour Uses<br/> of flour in Food production<br/> Cooking of flour (starch)</p> <p><b>b) Shortenings (Fats &amp; Oils)</b><br/> Role of Shortenings<br/> Varieties of Shortenings<br/> Advantages and Disadvantages of using various<br/> Shortenings Fats &amp; Oil – Types, varieties</p> <p><b>c) Raising and Thickening Agents</b><br/> Classification of Raising<br/> Agents Role of Raising Agents<br/> Actions and<br/> Reactions</p> <p><b>d) Sugar</b><br/> Importance of Sugar<br/> Types of Sugar<br/> Cooking of Sugar –<br/> various Uses of Sugar</p> |                   |

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| <b>Module IV: Basic Commodities</b>   | <b>15%</b> |
| <p> <b>a) Milk</b><br/>           Introduction<br/>           Processing of Milk<br/>           Pasteurization – Homogenization<br/>           Types of Milk –Skimmed and Condensed<br/>           Nutritive value<br/> <b>a) Cream</b><br/>           Introduction<br/>           Processing of Cream<br/>           Types of Cream<br/> <b>b) Cheese</b><br/>           Introduction<br/>           Processing of Cheese<br/>           Types of Cheese<br/>           Classification of Cheese<br/>           Curing of Cheese<br/>           Uses of Cheese<br/> <b>c) Butter</b><br/>           Introduction<br/>           Processing of Butter<br/>           Types of Butter         </p> |            |
| <b>Module V: Basic Indian Cookery</b>   | <b>20%</b> |
| <p> <b>a) Condiments &amp; Spices</b><br/>           Introduction to Indian food<br/>           Spices used in Indian cookery<br/>           Role of spices in Indian cookery<br/>           Indian equivalent of spices (names)<br/> <b>b) Masalas</b><br/>           Blending of spices and concept of masalas<br/>           Different masalas used in Indian cookery<br/>           Wet masalas<br/>           Dry masalas<br/>           Composition of different masalas<br/>           Varieties of masalas available in regional areas<br/>           Special masala blends         </p>  |            |

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| <b>Module VI: French- Culinary Terms</b>   | <b>10%</b> |
| <p>La material de cuisine (The kitchen and its utensils)<br/> Hierarchy of kitchen personnel<br/> Methods of cooking<br/> Egg &amp; Farinaceous<br/> Cuts of vegetables<br/> Cuts of fish<br/> Cuts of meat<br/> Lamb/mutton<br/> Pork<br/> Beef<br/> Veal<br/> Simple menu terminology &amp; grammar.</p> |            |
| <b>Module VII: Culinary Terms</b>  | <b>5%</b>  |
| <p>List of culinary (common and basic) terms<br/> Explanation with examples</p>  |            |
| <b>FOOD PRODUCTION AND CULINARY ART - II (LAB)</b>   |            |
| <b>Module I: Individual Students Practical</b>   | <b>15%</b> |
| <p>Practical classes to incorporate simple menus both Indian and Continental comprising of following dishes. Each institute to formulate their own combination.</p>  |            |
| <b>Vegetables</b>  | <b>20%</b> |
| <p>Boiled vegetables, cabbage, cauliflower, beans<br/> Glazed vegetables, carrot, radish, turnip<br/> Fried vegetables; aubergines</p>   |            |

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| Stewed vegetables; courgette provencale, baked beans ratatouille<br>Braised vegetables; onion, leeks, cabbage   |            |
| <b>Soups</b>  | <b>20%</b> |
| Cream – vegetables, spinach, tomato, green peas<br>Consomme with garnishes like royale, carmen, madrilène, colbert, celestine<br>National soups – oxtail, mulligatawny, minestrone, vichyssoise<br>Fish – fish orly, a langlaise, colbert, meuniere, poached fish, grilled fish, baked fish, such as florentine, mornay, Portuguese<br>Entrée – lamb stew, hot pot, hamburgers, shepherd’s pie, scotch egg, grilled steaks & lamb/pork chops, casseroles, roast chicken/leg of lamb, beef<br>Potato – all basic preparation such as boiled, baked, roast, French fries, lyonnaise, mashed/creamed, parsley/parisienne |            |
| <b>Salads – basic simple salads &amp; dressings</b>   | <b>20%</b> |
| Cole slaw                   salade nicoise<br>Russian Salad            beetroot salad<br>Potato Salad              fruit salad<br>Carrot & Celery          waldorf salad<br>Cold sweet – honeycomb mould, butterscotch sponge, coffee mousse, lemon sponge, trifle, blancmange, chocolate mousse, and lemon soufflé.  |            |
| <b>Hot sweet - bread &amp; butter pudding, caramel custard, albert pudding, Christmas pudding</b>   | <b>25%</b> |
| .<br>Indian sweets – simple ones such as chicoti, gajia, halwa, kheer, rabri<br>Indian rice – dishes such as jeera pulao, vegetable pulao, lemon rice, aloo gobi ki tehri, khichdi.<br>Indian breads – chappatis, pooris, parathas, missi roti<br>Indian meat/chicken dishes – korma, baffat, safed mas, shahjehani, jhalfrazie, hussainey, curry, rogini, Tandoori chicken. Vegetable preparation, salads, raitas, foogath, thoran, bhajees, bhujia, cucumbers, dahi wadas, preparation of paneer.   |            |

**Pedagogy for Course Delivery:**

**P.PT.**

**O.H.P SLIDE , WHITE BOARD, PROJECTOR**

**Lab/ Practicals details, if applicable:**

In practical lab sharing industry and personel experience with students .

List of Experiments:

**Assessment/ Examination Scheme:**

| Theory L/T (%) | Lab/Practical/Studio (%) | End Term Examination |
|----------------|--------------------------|----------------------|
| 33             | 67                       | 100                  |

**Theory Assessment (L&T):**

| Continuous Assessment/Internal Assessment |    |    |    |   | End Term Examination |
|---|----|----|----|---|----------------------|
| Components (Drop down)                    | CT | HA | VV | A | EE                   |
| Weightage (%)                             | 15 | 5  | 5  | 5 | 70                   |

**Lab/ Practical/ Studio Assessment:**

| Continuous Assessment/Internal Assessment |    |    |    |   | End Term Examination |        |    |    |
|---|----|----|----|---|----------------------|--------|----|----|
| Components (Drop down)                    | LE | JE | VV | A | LE                   | INDENT | VV | JE |
| Weightage (%)                             | 15 | 5  | 5  | 5 | 50                   | 10     | 5  | 5  |

**Text & References:**

Theory of Catering by Kinton Cesserani, Published by Hodder &  
 Stoughton Practical Cookery by Kinton Cesserani, Published by Hodder &  
 Stoughton Theory of cookery by krishna Arora

***References:***

Professional chef by John Wiley

Ultimate Cooking Course by Carole clement publish by Joana Lorrenz

Essential of Cooking by James Peterson published by Artisan