

**Programme: Integrated MBA Hospitality, Travel and Tourism**

**Course Code: HTC 101**

**Number of Credits: 4**

**Title of the Course: FOOD PRODUCTION 1**

### **Objectives**

At the end of the subject, student will have the ability to gain an insight into the organisation of a Professional kitchen, Identify ingredients, the basic methods of cooking, and their application.

### **Contents:**

Organisation of a Professional kitchen,culinary history, career opportunities.

Guidelines and requirements of personal hygiene and food safety standards, avoiding food contamination, uniform and protective clothing.

Usage of knives, hand tools, heavy equipment in the kitchen, setting up of a workstation, safety procedures in handling of equipment.

Vegetables-classification of vegetables, pigment and colour changes, effect of different cooking methods on vegetables, controlling changes in texture, flavor, nutrient loss, cuts of vegetables. Classical dishes made using vegetables.

Classification, uses of fruits in cooking, usage of processed fruits.

Meats-Physical and chemical characteristics of meat, cuts of Chicken,Beef, Pork, Lamb, how to arrive at final yield after processing meats.Eggs-Structure, classification and grading of eggs, selection, storage and uses of eggs in food.Usage of seeds, nuts and spices in food,Cereals and their usage in food. Flours, pasta, breakfast cereals,rice products, selection of cereals and pulses.Dairy products-production, varieties and usage of milk, cream, butter, ghee, cheese, curd.

Application of cooking methods- blanching, poaching,boiling steaming, stewing, braising, roasting, grilling, sautéing, frying.Mother sauces and their derivatives- Bechamel, Hollandaise, Mayonnaise, Tomato sauce, Brown sauce, Veloute.

**Pedagogy:**Presentations, assignments, tests to check understanding.

Minimum depth coverage will be at the level of the following books:

1. Thangam E. Philip, Modern cookery,Orient Blackswan Private Limited,Fourth

Edition, Vol.1

2. Modern cookery, Vol.2Thangam E. Philip, Orient Blackswan
3. Food Production Operations, P.Bali,Oxford