

FOOD PRODUCTION PRACTICAL 1 (4 Credits)

Objective:

The student will have the ability to:

Apply basic techniques and cooking methods of food production, have the ability to select ingredients and differentiate products based on quality .

Contents:

Basic Preparation techniques- cuts of vegetables(Jardiniere,Brunoise, Julienne, Paysanne,Macedoine,Chiffonade) Cuts of chicken, fillet of fish,Methods of cooking (Blanching, boiling, sautéing, grilling, roasting, frying),Cuts of vegetables(Jardinere,Brunoise, Julienne, Paysanne,Macedoine,Chiffonade), cuts of chicken, fish, Stock preparations (Chicken stock, Fish stock , vegetable stock)Sauce preparation(Bechamel, Hollandaise, Mayonnaise, Tomato sauce)Soup preparation (Mushroom, chicken, green peas soup, Mulligatwany,Beetroot soup) Cooking methods and dishes made using Blanching, Poaching, Boiling, stewing, Braising, Roasting, Grilling, Sauteing, Frying.Menus to be prepared in the practical sessions: Potage St. Germain, Chicken Stroganoff, Spaghetti Aglio Oglio e Pepperoncini, Fruit custard,Mulligatwany soup, Chicken Shahjahani, Subz Pulao, Gajar ka Halwa,chicken chowder, Poisson Colbert, Beurre maitre d'hotel, Crème caramel, Caldo verde,Fish curry, Beans foogath, Coconut pancakes, all dishes demonstrating the basic cooking methods, cooking techniques, and application of theory.

Pedagogy: Preparation of dishes using basic preparation techniques and methods of cooking.

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