

BHM111 - FOUNDATION COURSE IN FOOD PRODUCTION – I (THEORY)**HOURS ALLOTTED: 30****MAXIMUM MARKS: 100**

S. NO.	Topic	Hours	weight age
01.	CULINARY HISTORY Origin of modern cookery History of Indian cuisine Philosophy behind veg cuisine	02	5%
02.	INTRODUCTION TO COOKERY A. Levels of skills and experiences B. Attitudes and behaviour in the kitchen C. Personal hygiene D. Uniforms & protective clothing E. Safety procedure in handling equipment	02	5%
03.	HIERARCHY AREA OF DEPARTMENT AND KITCHEN A. Classical Brigade B. Modern staffing in various category hotels C. Roles of executive chef D. Duties and responsibilities of various chefs E. Co-operation with other departments	03	10%
04.	CULINARY TERMS A. List of culinary (common and basic) terms B. Explanation with examples	02	5%
05.	AIMS & OBJECTS OF COOKING FOOD A. Aims and objectives of cooking food B. Various textures C. Various consistencies D. Techniques used in pre-preparation E. Techniques used in preparation	02	10%

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06.	BASIC PRINCIPLES OF FOOD PRODUCTION – I i) VEGETABLE AND FRUIT COOKERY A. Introduction – classification of vegetables B. Pigments and colour changes C. Effects of heat on vegetables D. Cuts of vegetables E. Classification of fruits F. Uses of fruit in cookery G. Salads and salad dressings	03	10%
	ii) STOCKS A. Definition of stock B. Types of stock C. Preparation of stock D. Recipes E. Storage of stocks F. Uses of stocks G. Care and precautions	02	5%
	iii) SAUCES A. Classification of sauces B. Recipes for mother sauces C. Storage & precautions	02	10%
07.	METHODS OF COOKING FOOD A. Roasting B. Grilling C. Frying D. Baking E. Broiling F. Poaching G. Boiling • Principles of each of the above • Care and precautions to be taken • Selection of food for each type of cooking	04	15%
08.	SOUPS A. Classification with examples B. Basic recipes of Consommé with 10 Garnishes	02	10%
09.	FSSAI Norms, A. Introduction B. It's role and area HACCP	02	05%

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10.	COMMODITIES: i) Shortenings (Fats & Oils) A. Role of Shortenings B. Varieties of Shortenings C. Advantages and Disadvantages of using various Shortenings D. Fats & Oil – Types, varieties ii) Raising Agents A. Classification of Raising Agents B. Role of Raising Agents C. Actions and Reactions iii) Thickening Agents A. Classification of thickening agents B. Role of Thickening agents iv) Sugar A. Importance of Sugar B. Types of Sugar C. Cooking of Sugar – various	04	10%
	TOTAL	30	100%

BHM111 - FOUNDATION COURSE IN FOOD PRODUCTION – I (Practical)**HOURS ALLOTTED: 30****MAXIMUM MARKS: 100**

S. NO.	Topic	Method	Hours
01.	i) Equipment - Identification, Description, Uses & handling ii) Hygiene - Kitchen etiquettes, Practices & knife handling iii) Safety and security in kitchen	Demonstration by instructor and applications by students	4
02.	i) Vegetables - Classification ii) Cuts - Julienne, Jardinière, Macedoine, Brunnoise, Payssane, Mignonette, Dices, Cubes, Shred, Mirepoix iii) Preparation of salad dressings	Demonstration by instructor and applications by students	4
03.	Identification and Selection of Ingredients - Qualitative and quantitative measures.	Market survey/ tour	4
04.	i) Basic Cooking methods and pre-preparations ii) Blanching of Tomatoes and Capsicum iii) Preparation of concasse iv) Boiling (potatoes, Beans, Cauliflower, etc) v) Frying - (deep frying, shallow frying, sautéing) Aubergines, Potatoes, etc. vi) Braising - Onions, Leeks, Cabbage vii) Starch cooking (Rice, Pasta, Potatoes)	Demonstration by instructor and applications by students	4
05.	Stocks - Types of stocks (White and Brown stock) 1. Vegetable stock (in place of fish stock) 2. Fungi stock 3. Emergency stock	Demonstration by instructor and applications by students	4
06.	Sauces - Basic mother sauces · Béchamel · Espagnole · Veloute · Hollandaise (need discussion) · Mayonnaise · Tomato	Demonstration by instructor and applications by students	4
07.	Demonstration & Preparation of simple menu	Demonstration by instructor and applications by students	8

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08.	Simple potato preparations · Baked potatoes · Mashed potatoes · French fries · Roasted potatoes · Boiled potatoes · Lyonnaise potatoes · Allumettes Vegetable preparations · Boiled vegetables · Glazed vegetables · Fried vegetables · Stewed vegetables	Demonstration by instructor and applications by students	16
09.	Simple Salads & Soups: · Cole slaw, · Potato salad, · Beet root salad, · Green salad, · Fruit salad,	Demonstration by instructor and applications by students	8
	TOTAL		60

BHM-151 FOUNDATION COURSE IN FOOD PRODUCTION– II (PRACTICAL)**PART A - COOKERY****HOURS ALLOTTED: 60****MAXIMUM MARKS: 50**

S.NO.	TOPIC	METHOD	HOURS
01.	<ul style="list-style-type: none">❖ Fats and Oils Identification, classification, uses❖ Pulses, Lentils, Legumes, Grains Identification, classification, uses	Demonstration by instructor and applications by students	04
02.	<ul style="list-style-type: none">❖ Herbs/Spices Identification, Classification, uses❖ Understanding different types of masalas❖ Food labelling /storage	Demonstration by instructor and applications by students	04
03.	<p>Preparation of menu</p> <p>Salads & soups-</p> <p>Waldrof salad, Fruit salad, Russian salad, Pasta salad,</p> <p>Cream (Spinach, Vegetable, Tomato), Puree (Lentil, Peas Carrot) International soups</p> <p>Vegetable Preparation A la anglaise, Stir frying, Poached, Baked Entrée-vegetable stew, Hot-Pot, Potatoes pie, Grilled Mushrooms/sweet potato, Roast cauliflower, Grilled Vegetables.</p> <p>Simple potato preparations- Basic potato dishes</p> <p>Vegetable preparations- Basic vegetable dishes</p> <p>Indian cookery- Rice dishes, Breads, Main course, Basic Vegetables, Paneer preparations.</p>	Demonstration by instructor and applications by students	52
	TOTAL		60 HRS.

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S. NO.	Topic	Hours	weight age
01.	SOUPS A. Basic recipes other than consommé with menu examples <ul style="list-style-type: none">• Broths• Bouillon• Puree• Cream• Veloute• Chowder B. Garnishes and accompaniments C. International soups	02	10%
02.	SAUCES & GRAVIES A. Difference between sauce and gravy B. Derivatives of mother sauces C. Contemporary & Proprietary D. Indian Chutneys (addition)	03	10%
03.	SOYA COOKERY A. Introduction B. Identification of different forms used C. Cooking D. Importance in terms of nutritive value	03	10%
04.	MILLET COOKERY A. Introduction B. Classification and identification C. Cooking of different types of millets D. Verities of various types of millets	04	15%
05.	RICE, CEREALS & PULSES A. Introduction B. Classification and identification C. Cooking of rice, cereals and pulses D. Varieties of rice and other cereals	01	05%

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06.	i) PASTRY A. Short crust B. Laminated C. Choux D. Hot water/Rough puff <ul style="list-style-type: none">• Recipes and methods of preparation• Differences• Uses of each pastry• Care to be taken while preparing pastry• Role of each ingredient• Temperature of baking pastry	02	05%
	ii) Flour A. Structure of wheat B. Types of Wheat C. Types of Flour D. Processing of Wheat – Flour E. Uses of Flour in Food Production F. Cooking of Flour (Starch) iii) SIMPLE BREADS A. Principles of bread making B. Simple yeast breads C. Role of each ingredient in bread making D. Baking temperature and its importance	03	10%
07.	PASTRY CREAMS A. Basic pastry creams B. Uses in confectionery C. Preparation and care in production	02	05%

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08.	BASIC COMMODITIES: i) Milk A. Introduction B. Processing of Milk C. Pasteurisation – Homogenisation D. Types of Milk – Skimmed and Condensed E. Nutritive Value ii) Cream A. Introduction B. Processing of Cream C. Types of Cream iii) Cheese A. Introduction B. Processing of Cheese C. Types of Cheese D. Classification of Cheese E. Curing of Cheese F. Uses of Cheese iv) Butter A. Introduction B. Processing of Butter C. Types of Butter	02 01 02 01	15%
09.	BASIC INDIAN COOKERY i) CONDIMENTS & SPICES A. Introduction to Indian food B. Spices used in Indian cookery C. Role of spices in Indian cookery D. Indian equivalent of spices (names) ii) MASALAS A. Blending of spices B. Different masalas used in Indian cookery • Wet masalas • Dry masalas C. Composition of different masalas D. Varieties of masalas available in regional areas E. Special masalas blends	02	05%
10.	KITCHEN ORGANIZATION AND LAYOUT A. General layout of the kitchen in various organisations B. Layout of receiving areas C. Layout of service and wash up	02	10%
TOTAL		30	100%

BHM-201 FOOD PRODUCTION OPERATIONS- THEORY

HOURS 30

MAXIMUM MARKS-100

S.NO	TOPIC	HOUR	WEIGHT
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BHM-201 FOOD PRODUCTION OPERATIONS- THEORY**HOURS 30****MAXIMUM MARKS-100**

01	<p>QUANTITY FOOD PRODUCTION EQUIPMENT A. Equipment required for mass/volume feeding B. Heat and cold generating equipment C. Care and maintenance of this equipment D. Modern developments in equipment manufacture</p> <p>MENU PLANNING A. Basic principles of menu planning – recapitulation B. Points to consider in menu planning for various volume feeding outlets such as Industrial, Institutional, Mobile Catering Units C. Planning menus for · School/college students · Industrial workers · Hospitals · Outdoor parties · Theme dinners · Transport facilities, cruise lines, airlines, railway</p> <p>INDENTING · Principles of Indenting for volume feeding · Portion sizes of various items for different types of volume feeding · Practical difficulties while indenting for volume feeding</p> <p>PLANNING Principles of planning for quality food production with regard to:- ○ Space allocation ○ Equipment selection ○ Staffing</p> <p>VOLUME FEEDING A. Institutional and Industrial Catering · Types of Institutional & Industrial Catering · Problems associated with this type of catering · Scope for development and growth</p>	7	5%
02	<p>B. Hospital Catering · Highlights of Hospital Catering for patients, staff, visitors</p> <p>C. Off Premises Catering · Reasons for growth and development · Menu Planning and Theme Parties · Concept of a Central Production Unit · Problems associated with off-premises catering</p>	7	5%

BHM-201 FOOD PRODUCTION OPERATIONS- THEORY

HOURS 30

MAXIMUM MARKS-100

<p>Each institute to formulate 30 set of menus from the following cuisines.</p> <ul style="list-style-type: none"> · Awadh · Bengal · Goa · Gujarat · Hyderabad · Kashmiri · Maharashtra · Punjabi · Rajasthan · South India (Tamil Nadu, Karnataka, Kerala) <p>SUGGESTED MENUS</p> <p>MAHARASTRIAN</p> <p>MENU 01 Koshimbir Paneer kohlapuri Batata Bhajee Masala Bhat Thali peeth Masala Poori Coconut Poli</p> <p>MENU 02 Missal pav Patrani paneer Tomato Saar Moong Dal Khichdee Tilgul Chapatti Amti Basundi</p> <p>AWADH</p> <p>MENU 01 Navratan pulao Paneer do piazza Dhingri dolma Badin Jaan Kulfi with Falooda</p> <p>MENU 02 Veg keema kebab Navratan korma Paneer Pasanda Awadhi veg biryani Bakarkhani Muzzafar</p> <p>BENGALI</p>	<p>30 HOURS</p> <p>30 menus - 04 hours per practical class (30*4=120 hrs)</p>	<p>100%</p>
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