

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Syllabus	C.C. in Cookery Technician (401211)																																																													
2	Max. No's of Student	25 students.																																																													
3	Duration	1 YEAR																																																													
4	Type	Full Time																																																													
5	No Of Days / Week	6 Days																																																													
6	No Of Hours /Days	7 Hrs																																																													
7	Space Required	Lab = 1000 Sq feet Class Room = 200 Sq feet TOTAL = 1200 Sq feet																																																													
8	Entry Qualification	S.S.C.																																																													
9	Objective Of Syllabus/ introduction	To enable the student to - 1. impart scientific and technical knowledge in food science 2. impart managerial skills of bakery, confectionery and hospitality industries 3. study the factors affecting food acceptance 4. provide the adequate number of professionals in hospitality and bakery industries 5. impart the knowledge of producing quality food in quantity 6. impart the knowledge of high standard preparation of foods and its service 7. promote the interest in the cuisines of the different states in the country and abroad 8. develop the awareness in food preservation 9. develop the awareness about food microbiology, food hygiene and sanitation 10. enable the students to understand relationship between nutrition and human health 11. gain the knowledge of costing, accounting and book keeping of catering and food industries 12. increase the awareness about food laws, regulations and quality control																																																													
10	Employment Opportunity	Can get employment in Hospitality Industry																																																													
11	Teacher's Qualification	Lecturer - M.sc. IInd Class / Relevent Diploma with 3 years Teaching or Professional Experience or Both combine																																																													
12	Training System	<table><tr><th colspan="7">Training System Per Week</th></tr><tr><td colspan="2">Theory</td><td colspan="2">Practical</td><td colspan="3">Total</td></tr><tr><td colspan="2">18 Hours</td><td colspan="2">24 Hours</td><td colspan="3">42 Hours</td></tr></table>						Training System Per Week							Theory		Practical		Total			18 Hours		24 Hours		42 Hours																																					
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Syllabus - Cookery

THEORY - I - Food Science & Food Costing PART A

1. Food groups

- i) Definition and functions of food
- ii) Definition of nutrition
- iii) Definition and functions of nutrients
- iv) Basic 5,7 and functional food groups.

2. **Balanced diet** - Recommended dietary allowances for Indians as per ICMR

3. **Processing techniques in food** -

- i) Soaking
- ii) Germination
- iii) Fermentation
- iv) Malting
- v) Mari nation

4. **Introduction of perishable and non perishable foods and their storage**

5. **Importance and methods of cooking**

Do's and Don'ts in cooking

6. **Colloidal chemistry** -

- a) Definition of colloid
- b) Types of colloids

7. **Cereals and starch** -

- a) Composition and structure
- b) Effect of cooking
- c) Dough and batter preparation

8. **Pulses and legumes** - Composition, effect of cooking

9. **Vegetables and fruits**

- a) Composition, effect of cooking
- b) Effect of cooking

10. **Milk cookery**

- a) Composition of milk
- b) Effect of heat on milk
- c) Milk products and their composition.

11. **Egg**

- a) Structure and composition
- b) Effect of heat on coagulation of egg proteins
- c) Egg foams, effect of different ingredients on foam

12. **Meat**

- a) Composition and Structure of meat, poultry and fish
- b) Postmortem changes
- c) Effect of heat on meat, poultry and fish
- d) Factors affecting tenderness of meat

13. **Sugar**

- a) Types of sugar and their sources
- b) Effect of heat on sugar
- c) Inversion and crystallization
- d) Caramalization

14. **Fats and oils**

- a) Types of fats and oils
- b) Properties

15. **Food colours and flavours**

- a) Natural colours and artificial colours
- b) Natural flavours and artificial flavours

16. Leavening agent and stabilizers

- a) Definition and types of leavening agents.
- b) Definition and use of stabilizers.

17. Food adulteration and food standards

- a) Definition
- b) Common adulterants used in foods.
- c) Detection of adulteration
- d) Food standards in India

PART B

Theory

1. **Cookery terms** : Western terms used in cookery
2. **Stocks** : Definition and function; classification; ingredients used. Recipe for 1 litre stock; preparation and storage
3. **Sauce** : Definition and functions; classification; five derivatives of dishes which each type sauce accompanies.
4. **Soups** : Definition; its importance in diet. Points for preparation of soups; classification and (Recipes for two soups in each class.) garnishes. Recipes for 1 litre consomme.
5. **Appetizers and salad** : Appetizers definition; classification with examples; ingredients used while preparing each class of appetizers.
Salad : Definition; classification and importance of salad :
Parts of salads, ingredients used for each part and types of salad.
6. **Sandwiches** : Definition; ingredients used; points to be observed during preparation; spreads; types of sandwiches; smorresbrod with five examples and ingredients used.
7. **Pasta Dishes** : Food included; shapes available; general rules for cooking. Five examples of dishes in which pasta are used
8. **Pastry** : Definition, types of pastry-puff, Danish, choux, short crust, flaky pastry.
9. **Potatoes** : Pre-preparation; methods of cooking; preparation of potato dishes.
10. **Beef, Veal, Pork Lamb** : Cuts, weight of cuts and uses, signs of quality, storage, Beef, Veal, Pork, Lamb factors to be considered while cooking; methods of cooking.
11. **Ice-Cream** : Definition; ingredients and their role; recipes of at least five ice-creams.
12. **Rechauffing** : Definition, purpose. Methods, general directions; rechauffing of meat, fish, chicken, vegetables, breads.

PRACTICAL - I - Food Science & Food Costing

PART A

1. a) Identification, weighing and measuring of all commodities in metric system
 - Cereals and cereal products
 - Legumes & pulses
 - Vegetables
 - Fruits
 - Milk and milk products
 - Fats and oils
 - Sugar and Jaggery
 - Spices
 - Animal foods (Meat, fish, poultry)
- b) Conversion tables to household utensils like spoon, katori, cup, glassed.
2. Format of indents
3. Writing work plans
4. Maintaining a recipe file
5. Preparation for recipe
 - A) Pre-preparation methods
 - i) Washing (Vegetables, fruits, cereals, pulses, meat, fish, chicken)
 - ii) Peeling (Vegetables and fruits)
 - iii) Paring (Fruits)
 - iv) Cutting (Cuts of vegetables)
 - v) Grating ((Vegetable)
 - vi) Grinding
 - vii) Mashing (Vegetables and pulses)
 - viii) Sieving (Flours)
 - ix) Steeping (Cereals, pulses, tamrind, lemon rind)
 - x) Evaporation (Milk and gravies)
 - xi) Marinating (Meat, fish, chicken)
 - xii) Sprouting (Legumes and cereals)
 - xiii) Blanching (Tomatoes)
 - B) Methods of mixing :-
 - i) Beating
 - ii) Blending
 - iii) Cutting
 - iv) Rubbing
 - v) Creaming
 - vi) Folding
 - vii) Kneading
 - viii) Rolling
 - ix) Pressing
 - x) Stirring
 - C) Methods of cooking -
 - i) Boiling
 - ii) Roasting
 - iii) Steaming
 - iv) Frying
 - v) Baking
 - vi) Grilling
 - vii) Broiling,
 - viii) Poaching
 - ix) Stewing
6. Preparation of foods
 - A) Cereals

- i) Wheat -Making different doughs
(Chapati, Puris, Paratha, Bhakari, Thepala)
- b) Standardised weights (Raw and cooked)
- c) Standard yield
- d) Indent Calculation for 100 portion
- ii) Rice - a) Boiled rice b) Fried rice c) Jeera rice
- B) Pulses a) Making different dals
- b) Soaking, germination and its effect on volume and cooking time
- c) Standard weights (Raw and cooked)
- d) Standard yield.
- C) Vegetables a) Preparation of vegetables
- b) Standard yield
- c) Indent for 100 portion
- d) Effect of heat, acid, alkali on colour and texture of vegetables
- D) Milk and Milk Products a) Preparation of paneer and khoa,
- b) Standard yield, standard weight
- E) Egg a) Characteristics of fresh and stale eggs
- b) Separation of yolk and white and its weights
- c) i) Beating of egg white, study of the stages of foams (soft peaks, stiff peaks, over beaten)
- ii) Factors affecting egg white foam-addition of salt, sugar, acid, water, yolk, milk and fat
- iii) Use of yolk as thickening agent
- F) Meat a) Cleaning of meat
- b) Standard yield
- c) Standard weight (Raw and cooked) boiling, roasting, baking
- d) Methods of mincing raw and cooked weight of mince meat
- e) Effect of tenderizers on cooking time
- G) Sugar a) Stages in sugar cookery with temperature
- b) Thread strength, crystallization
- 7. Detection of food adulteration at least ten commodities.
- 8. Market survey of different food commodities.

PART B

Note: Two serves to be prepared for each recipe

Indian Recipes :

1. Maharashtra and Goa :-

- Salty 1) Suralichi wadi 2) Usal
- 3) Kolhapuri chicken 4) Goan fish curry
- 5) Solkadhi 6) Wada bhat
- 7) Pav bhaji 8) Chakali
- 9) Wada pav 10) Sabudana khichadi
- 11) Sabudana wada

Sweet 1) Puran poli 2) Modak

3) Narali bhat 4) Karanji

2. South Indian :

- Salty 1) Idali, Wada, 2) Dosa sambar and chutney
- 3) Rassam 4) Murrkku
- 5) Uttapam 6) Tamarind rice

Sweet 1) Mysor Pak 2) Ven Pongal

3. Bangal :

- Salty 1) Bangali khichadi
- Sweet 1) Rassoghulla 2) Lavang latika
- 3) Ras-malai 4) Sandesh

4. Kashmir :

- Salty 1) Kashmiri pulao 2) Rogan ghosh
- 3) Dum aloo 4) Navratan kurma

- 5) Kaju curry 6) Veg. biryani
 5. Gujarat:
 Salty 1) Khakra 2) Bakarwadi
 3) Dhokala
 Sweet 1) Khandvi 2) Guaja
 6. Tandoori 1) Tandoori naan 2) Tandoori roti
 3) Tandoori chicken 4) Chicken tikka
 7. Mughlai Preparation 1) Mughlai biryani (Veg./ Non-Veg) 2) Murg mussallum
 3) Shahi tikka 4) Kabab
 5) Egg curry 6) Egg biryani
 8. Punjabi :
 Salty 1) Chhola bhatura 2) Palak paneer
 3) Malai methi 4) Alu Paratha
 5) Paneer tikka 6) Dal makhani
 7) Ragda pattis 8) Tomato omlet
 Sweet 1) Gajar ka halwa 2) Faluda
 3) Lassi
 Soup 1) Tomato soup 2) Palak soup
 3) Sweet corn soup 4) Hot and sour
 Chicken soup
 5) Mix Veg. soup

International recipes :-

1. Italy 1) Pizza 2) French beans with mushroom
2. China 1) Noodles 2) Chinese fried rice
- 3) Manchurian
3. U.S.A 1) Honey puffs 2) Hamburgers
4. Desserts 1) Puddings 2) Souffle
- 3) Fruit salad

Quantity Cookery : Preparation of five to six recipes for 25 persons.

THEORY - II - Hygiene Sanitation and Catering Management

PART A

Hygiene Sanitation and Catering Management

1. **Definition: Hygiene, health, sanitation**
2. **Personal hygiene :** Importance of personal hygiene and public health
3. **Food storage :** General guidelines for food storage; storage of specific foods
4. **Pest control :** Importance of pest control; classification of pests
5. **Food spoilage :** Definition, causes, classification of food according to food spoilage; conditions that could lead to food spoilage; signs of spoilage in fresh, dry and preserved foods; preventive measures
6. **Food borne illnesses:** Definition; mode of transmission; agents involved in a food born illness; general symptoms and preventive measures
7. **Sanitation of the cooking place (kitchen):** Ventilation; lighting; floors; walls; ceiling, layout of kitchen, planning of kitchen, cleaning procedure, cleaning of other premises and surroundings; development of cleaning schedule

8. **Cleaning agents:** Detergents and sanitizers; their important properties
9. **Dish washing:** Methods and procedures of drying, dishwashing unit and its arrangement, storage of cleaned and dried dishes.
10. **Equipments:** Types and uses of equipments in cookery; general guidelines for cleaning equipment; equipment requiring special attention.
11. **Electricity:** Electricity conductors; definition of Ohms, Watts, Volts, Ampere; safety precautions while using electrical equipments; fuses; wiring of plug; meter reading; stabilizers etc.
12. **Garbage:** Classification of waste (Solid, Liquid and Gases) methods of disposal.
13. **Cooking fuels :** Types and properties, advantages and disadvantages.
14. **Fire precautions:** Causes of fire; types of extinguishers and their use; preventive measures.
15. **Safety and security :** Importance of safety; causes of accidents, safety procedure.

PART B

1. **Hospitality Industry:** Introduction; definition; types of catering establishment; Characteristics and functions of each
2. **Organization :** Definition; types of organizational structure and their relative advantages and disadvantages
3. **Hotel organization**
 - a) Organization Chart 5 Star
 - 3 Star
 - 2 Star
 - Restaurant
 - Motel
 - Dhabas
 - Industrial Canteen
 - Ship
 - Airline
 - Railways
 - Cafeteria
 - Fast food Centres
 - Bars
 - b) Duties and responsibilities of each personnel of the above listed organizations
 - c) Kitchen Organization
 - Kitchen organization chart - 5 Star, 3 Star, 2 Star, restaurant, motel, Industrial canteen, cafeteria, fast food centers, ship, airlines, railways
 - d) Duties and responsibilities of each employee in above types of kitchen
4. **Planning :** Definition; importance, advantages and disadvantages
 - a) Location
 - b) Sources and finance
 - c) Types of restaurant
 - d) Equipment
 - e) Staff
 - f) Menu
5. **Recruitment of personnel:** Factors to be considered while planning staff: Types of service ,Finances

Anticipated turnover
Legal aspects
Criteria for selection
Job description, staff salary
6. Delegation : Importance
Definition of authority and responsibility
Importance of authority and responsibility
7. Motivation : Importance of human factor in management;
motivation; leadership; communication.

PRACTICAL - II - Hygiene Sanitation and Catering Management PART A

1. List of small and large equipments and tools used in catering industry
2. Diagram of each equipment, handling and operation of equipments
3. List of cleaning agents: for different surfaces; use and handling of cleaning agents
4. Cleaning procedure -
 - i) Personal ii) Equipment iii) Surrounding
5. Basic repairs of electrical appliances used in the kitchen
6. Demonstration of operation and maintenance of all equipments
7. Demonstration of fire extinguishers
8. Demonstration of first-aid for minor cuts and burns
9. Market survey of available catering equipments
10. Name of manufacturers; specification and cost
11. Visit to food service centers and catering institutes; evaluate layout and storage area
12. Disposal of garbage visit to i)
Effluent treatment plant
ii) Composting
iii) Vermiculture
iv) Recycling unit

PART B

1. Preparation of organization chart: 5 Star, 3 Star, 2 Star, restaurant, industrial canteen, ship canteen, airline canteen, railways canteen etc.
2. Preparation of organization chart of kitchens in: 5 Star, 3 Star, 2 Star, restaurants, cafeteria, fast food centers, ship canteen, railway canteen, industrial canteen, airline canteen, dhabas.
3. Preparation of project report of: 5 Star, 3 Star, 2 Star, restaurant, industrial canteen.
4. Visit and report writing of kitchen, front office, room service, dining hall, store room and bar of 5 Star, 3 Star, 2 Star, hotels, cafeteria, restaurant, industrial canteen, dhaba, fast food centers.

THEORY - III

Cookery

PART A

1. **Aims and objectives of cooking foods:** Effect of cooking on food
2. **Raw material :** Classification and care of raw materials
3. **Cooking terms :** Indian terms used in cookery
4. **Menu planning :** Definition; types; factors to be considered while menu planning
5. **Cereals and pulses :** Commonly used cooking methods for cereals and pulses.
List of five fermented and non fermented foods
6. **Vegetables :** Methods of cooking; points to be considered while cooking roots and tubers, leafy vegetables and other vegetables; list of at least ten Indian preparations of commonly used vegetables.
7. **Fruits :** Composition; classification of fruits
8. **Milk :** Preparation of different products of milk like curd, khawa, paneer, condensed milk, ice cream, cheese etc. List of ten preparations of milk and milk product
9. **Egg :** Function and importance in cookery; method of cooking; boiling, poaching, and frying. List of ten preparations of egg.
10. **Meat :** Definition; quality of meat; method of cooking. List of ten Indian preparations
11. **Fish :** Classification of fish; cuts of fish; criteria for selection of fresh fish, types of fish used in various preparations. List of ten fish preparations.
12. **Poultry :** Classification; cuts of chicken and their uses; signs of quality. List of ten indian preparations
13. **Spices :** Types of spices and condiments; its importance in cookery
14. **Salads :**
 - a) Importance of salad; parts of a salad; underline, body, dressing and garnish. Ingredients used for each part, types of salads. List of five indian and five international salads.
 - b) Dish decoration

PART B

1. Importance of costing in food processing, unit establishment and food cost control

Definition

Objectives

Obstacles and phases of food cost Control

2. Cost Control System : Basic operating elements (operating activities)

Purchasing

Receiving

Storing and issuing

Preparing

Selling

3. Elements of cost

Analysis of cost

Cost dynamics

4. Control of labour cost and overhead : Nature of labour cost; classification of overhead

5. Unit costing : To achieve designed gross profit percent, sales mix percent unit cost, sales mix

6. Standard costing :Definition; pre-requisites for standard costing; standard cost and standard costing

7. Selling price control system : Cost of production, Break even analysis, Marginal cost

8. Costing system of cookery products :

Special problems of costing applied to a cookery/ bakery and confectionary unit.

Studies of waste cost control.

9. Budget : Definition, objectives, classification and types of budgets and budgetary control.

10. Data processing of cookery/bakery and confectionery unit :

Importance; kinds of records; rules of generalization; laws governing foods and bakery service establishment. Financial data. Establishment data.

11. Preparation of cash book and subsidiary books :

Cash book, sales book, purchase book, petty cash book, journals, ledger, trial balance, financial statement (profit and loss account).

12. Preparation of other records : Stock registers, pay roll.

13. Maintenance and upkeep : Documents, vouchers and other registers.

PRACTICAL - III

Cookery

PART A

1. Wheat and Jawar : a) Chappati b) Phulkas c) Paratha d) Stuffed parathas (Potato, Radish, Cauliflower) e) Bhakari f) Moglai Paratha g) Puries h) Missie Roti i) Thalpath.
2. Rice: Boiled rice, Lime rice, Khichadi, Vegetable pulao, Tomato Rice
3. Pulses: Masala dal, Sukhadhal, Amti, Fried Dhal, Pithale
4. Vegetable: Bhindi fry, Cabbage Curry, Cauliflower Curry, Veg. potato and onion bhajia, Brinjal Bharta, Brinjal curry, Aloo mutter, Mix vegetable.
5. Meat: Mutton khorma, Mutton curry, Mutton chilli fry, Minced balls, Kheema
6. Poultry and egg: Chicken curry, Chilli chicken, Egg omlet, Boiled egg, Egg bhurji
7. Fish : Masala fried fish, Fish cutlet, Fish curry
8. Sweets : Gulabjamun, Balushahi, Jellabi, Basundi, Shreekhand, Besan burfi, Laddu
9. Snacks : Phoa, Upma, Sheera, Potato vada, Pakoda, Samosa, Dhahivada, Masala vada, Sandwiches
10. Cucumbers : Onion cucumbers, Tomato cucumbers, Cabbage salad, Cucumber salad, Carrot salad
11. Raitas : Palak raita, Potato raita, Boondi raita, Ridge gourd raita.
12. Curry powders : Garam masala, Goda masala, Sambar powder, Curry powder, Panipuri, Chat masala etc.
13. Chutneys : Mint, Coconut, Garlic, Mango, Tamarind, Khajoor chutneys etc.
14. Beverages : Tea, Coffee, Milk shakes, Sarbat etc.

PART B

1. Market survey : To know various bakery/cookery raw materials
 2. Preparation of purchase order based on the quotation collection:
 - (a) Market survey as per required materials
 - (b) Quotations, compiling, analysis, preparation of comparative statement item wise
 - (c) Finalizing and executing purchase orders
 3. Receiving cookery/bakery materials as per specifications:
 - a) Lay down S.P.S. for all the items
 - b) Check against S.P.S.
 - c) Take necessary steps to receive
 4. Storing and issuing:
 - a) Make necessary arrangements to store received bakery and confectionery raw material and its issuing pattern
 5. Indenting :
 - a) Prepare indent for the cookery/ bakery and confectionery material
 - b) Receive the indent as per specification
 - c) Make records
 6. Calculation of portion sizes for cookery products
 7. Calculation of standard cost, actual cost, variance and selling price for every cookery / bakery product
 8. Preparation of cash book and subsidiary books, sales book, purchase book, journals, ledger, trial balance, financial statements (Profit and loss financial account)
- Note :** To be demonstrated with the help of tally package, cash book and petty cash book. Problems are to be taught manually.
9. Visit to various catering industries.
 10. Implant training in any one of the catering industries for cost control procedures
 11. Preparation of project report for capacity of production of twenty varieties for 100 in quantities

List of Equipments

No.	Name of Equipment	Qty.
1.	Work table with Marble tops/Kadappa	10
2.	Gas Ranges	5
3.	Refrigerator	1
4.	Demonstration Table with mirror	1
5.	Cupboards	2
6.	Wooden rack	1
7.	Pressure cooker	2
8.	Steamer	2
9.	Sinks	4
10.	Garbage bins	4
11.	Pan balance with weights -1kg, 500 g, 200 g, 100 g, 50 g.	2
12.	Food mixer	1
13.	Grinding stones	4
14.	Mincer	1
15.	Tin opener	1
16.	Hot water geyser	1
17.	Stock pot	2
18.	Coffee Filter	1
19.	Food Crusher (Anjali)	5
20.	Set of brass vessels - 5 Nos. 14", 12", 10", 8" and 6" diameter	10 sets
21.	Set of lids of fit brass vessels	10 sets
22.	Thali	10
23.	Flat frying spoon	10
24.	Perforated frying spoon	10
25.	Round spoon	10
26.	Wooden spoon	10
27.	Fish slicer	10
28.	Rubber spatula	10
29.	Wooden spatula	10
30.	Tongs (Kitchen)	10
31.	Rolling pin	10
32.	Steel bowls 2 Nos. 8" and 10" diameter	10 sets
33.	Chopping board	10
34.	Set of knives	10
35.	Peeler	10
36.	Deep frying pan (Kadhai)	10
37.	Frying pan	10
38.	Sauce pans	10
39.	Containers for storing spices, herbs	20
40.	Set of sieves	10
41.	Egg beater	10
42.	Whisk	10
43.	Aluminum basin	10
44.	Soup strainer	10
45.	Measuring jars	10
46.	Measuring spoons	10
47.	Tava	10
48.	Scrubbers	10
49.	Greater	10
50.	Katori	20
51.	Duster	20
52.	Table cloth with table mats	1 set
53.	Salad plates	2

54. Salad bowls	2	
55. Sauce bowls	1	
56. Sauce ladles	1	
57. Rice plates	2	
58. Tray	2	
59. Soup bowls with under plates	2	
60. Serving spoons and forks	6	
61. Tea pot	1	
62. Milk jugs	1	
63. Sugar tongs	1	
64. Sugar bowls	1	
65. Cups and saucers	2	
66. Tongs for picking up food		2
67. Tea strainer	1	
68. Teaspoons	6	
69. Juice Glasses	2	
70. Ice-cream cup	2	
71. Soup plates	10	
72. Soup spoons	10	
73. Knife and fork	6	
74. Egg container	2	
75. Dessert knife and forks	2	
76. Full plates	1	
77. Half plate	1	
78. Dinner plates	12	
79. Glasses	12	
80. Deep freezer capacity 100 liter	1	
81. Food processor	1	
82. Measuring cups	1 set	
83. Serving bowls, different sizes	4	
84. Food adulteration kit	1	
85. First aid Box	1	
86. Tandoor	1	
87. Microwave oven with cooking vessels	1	
88. Tharmas steel - 25 cups capacity	2	
89. Idli stands	4	
90. Dosa tawa	2	
91. Tomato slicer	2	
92. Egg slicer	2	
93. Apple cutter	2	
94. Computer with multimedia and internet facility	1	

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