

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI.

1	Name of Syllabus	C. C. IN COOKERY (401201)							
2	Max.Nos of Student	25 Students							
3	Duration	1 year							
4	Type	Part Time							
5	Nos Of Days / Week	6 Days							
6	Nos Of Hours /Days	4 hrs.							
7	Space Required	1) Workshop = 300 sqfeet 2) Class Room = 200 sqfeet TOTAL = 500 sqfeet							
8	Entry Qualification	S.S.C.							
9	Objective Of Syllabus/ introduction	Students acquire knowledge and ability to master various skills in the preparation of Indian. Continental and Chinese dishes by employing good work habits, appropriate cooking techniques, tools and equipment in a manner to prevent nutritional and material loss, waste and damage. They also develop the right attitudes to the craft.							
10	Employment Opportunity	The students can be self-employed or work on salary with Caterers Hoteliers, in restaurants etc.							
11	Teacher's Qualification	Diploma in Hotel management and Catering Technology or Bachelor degree in Hotel Management and Tourism study or Degree in Hotel management and Catering Technology or Graduate with 1 year Craft Cookery course							
12	Training System	Training System Per Week							
13	Exam. System	Theory		Practical		Total			
		6hrs		18hrs		24hrs			
		Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Mini. Marks	
		1	40120111	Basic of Cookery	TH- I	3 hrs.	100	35	
		2	40120112	commodities and Hygiene	TH- II	3 hrs.	100	35	
		3	40120113	Larder	TH- III	3 hrs.	100	35	
		4	40120121	Indian Dishes	PR- I	3 hrs.	100	50	
		5	40120122	Continental dishes	PR-II	3 hrs.	100	50	
		6	40120123	Larder	PR- III	3 hrs.	100	50	
		Total					600	255	

Cookery

Theory - I - Basic of Cookery

Classification of raw materials.

Preparation of Ingredients.

Methods of mixing food, movements in mixing, weighing and measuring.

Texture of food.

Culinary terms.

Methods of Cooking with special application to meat, fish, vegetable, soup, cheese, pulses and egg cookery. Conventional and non-conventional methods of cooking; solar cooking, microwave cooking etc. Fast food items.

Selection and identification of varieties of fish, cuts of meat and vegetables available in the local market.

Accompaniments and Garnishes.

Reheating of food.

Balancing of recipes, standardization of recipes, maintaining recipe files, standard setting, sensory evaluation of recipes.

Menu planning, principles and application.

Portion control, standard portion sizes, necessity for control, brief study of how portions are worked out.

Invalid cookery.

Kitchen organization.

Quality Control: Purchasing specifications, quality control methodology; prevailing food standards in India; food adulterants as a public health hazard; simple tests in the detection of common food adulterants; Essential Commodities Act – ISI, Agmark.

Recipes and quantities required to produce 10 liters of stock – chicken. White and brown.

Description and uses of the following :- Roux blanc, Roux blond and Roux brun. Recipes and quantities required to produce 1 liter of the following :- Béchamel sauce, Tomato sauce, Veloute sauce, Espagnole sauce and Mayonnaise sauce with the necessary precautions to be observed while preparing these, with minimum five derivatives of each.

Soup :- Definition, Classification with examples in each group, composition, recipe for 1 liter consommé, popular consommés with 10 garnishes, classical soups.

Farinaceous dishes :- Types of; recipes and methods of cooking with examples.

Vegetable :- Colour reaction of different types of vegetables to acid, alkali and metals; methods of cooking different vegetables with emphasis on cooking asparagus, artichokes, leek, Brussels sprouts.

Pulses :- Methods of cooking with time and temperature.

Pastry :- Recipes of short crust pastry, Puff pastry, Flaky pastry, choux paste, Danish pastry and varieties.

Methods of Cooking "Fruit Compotes" in general.

Recipe and method of plain Ice cream.

Theory II - Commodities and Hygiene

Cereals : Importance, structure of grain, growth and climate, methods of processing, products and uses – wheat, rice, maize, oats, barley, ragi bajra, storage.

Breakfast Cereals : manufacture, use and storage of cornflakes, puffed rice, pressed rice.

Farinaceous :- Methods of manufacture, types, description, uses in cookery- noodles, ravioli, cannelloni, lasagna, spaghetti, macaroni etc.,

Pulses :- Growth and cultivation, production and uses.

Fresh Fruits and Vegetables :- Non-botanical classification of fruits and vegetables, description and use of common and less common fruits and vegetables, colour pigments, flavor constituents and composition, availability (with local names) and uses (scientific aspects).

Dairy products :- Composition, processing, classification, uses and storage of milk; manufacture, classification and uses of cheese; manufacture, types and uses of butter; manufacture, classification and uses of cream.

Raising agents :- Types, constituents, uses in cookery and bakery.

Fats and oils :- Source, processing, uses, ghee and margarine – manufacture and uses.

Herbs, spices and condiments :- Classification, description and uses of different types, specifications; procurement and storage.

Tea, Coffee, Cocoa : Growth and cultivation, processing, storage, types of tea and coffee, manufacture of chocolate and cocoa powder.

Food flavors, essences and colours.

Methods of food preservation :- Long term and short term methods.

Convenience foods :- range and role of convenience foods, its advantages and disadvantages.

Sugar, preserves and confectionery gums.

Visits to market to study selection of commodities.

Assignment on collection of samples of cereals, pulses, condiments and spices.

Theory - III - LARDER

Eggs :- Structure, selection and quality of; various ways of cooking eggs with example in each method; preservation and storage.

Objectives

Students acquire knowledge of the various function of the Larder and the food production carried out there; Develop skills in the use, care and control of equipment. They will acquire knowledge on proper storage and effective control of some very valuable, but perishable items; preparation and assembly of items such as Hors d'oeuvres, salads, cold buffets etc. They develop mastery in the skills involved in butchery, butter sculptures, vegetable carving and ice sculptures.

Theory

Larder work – Its functions and management.

Larder control – Cleanliness of larder and control of larder equipment and supplies.

Hors d'oeuvres and Salads :- Description of various types of Hors d'oeuvres – Hors d'oeuvres varies, Hors d'oeuvres froid singulier and Hors d'oeuvres chaud with examples.

Classification and description of various salads :- simple or plain salads – Simple vegetable salads; Compound salads Fruit-based, vegetable-based, meat-based and fish-based compound salads with examples.

Fish :- Types, recognition, presentation, cleaning, cleaning, preparation, basic cuts and its uses and storage.

Butchery :- Joining of beef, lamb and mutton and pork, different cuts with its uses and weights, meat preservation – salting, smoking and freezing of meat; bacon, gammon and hams.

Poultry and Game :- Poultry :- Age, quality, market types, preparation, dressing and cuts with its uses; Game :- Furred game and feathered game, preparation and cuts with its uses; Poultry and Game – methods of cooking; polling, poaching, grilling, roasting, frying with proper accompaniments.

Principal offal's used in Cookery.

Assembling of a cold buffet, sandwiches and canapés, use of leftovers. forcemeat stuffing and marinades.

Decorative work including butter sculpture, ice carvings and vegetable carvings.

PRACTICAL - I Indian Dishes

Indian :-

Rice	08	Varieties
Flour dishes	05	-- “ --
Dal	05	-- “ --
Vegetable	10	-- “ --
Chutney	4	-- “ --
Raita	3	-- “ --
Egg dishes	5	-- “ --
Fish dishes	05	-- “ --
Mat dishes	02	-- “ --
Chicken dishes	06	-- “ --

Tandoori dishes – Tandoori chicken, Tandoori fish, naan, Kulcha, Tandoori roti, Sheekh Kabab, Boti Kabab.

Snacks - 10 varieties

Sweets - 10 -- “ --

Special dishes of festivals – 15 festival menus.

N.B. : Dishes should be representative of all parts of India with special emphasis on Regional / State cuisine.

Practical – II Continental dishes

Continental :-

Stock :- White stock, brown stock, chicken stock, pot liquor and Hollandaise sauce and Mayonnaise sauce with 2 derivatives of each; Compound butters – 3 varieties.

Mint sauce, Horse radish sauce, Bread sauce and Apple sauce.

Gravies :- Brown gravy (thick and thin)

Soups :-

Purees	2	Varieties
Cream	4	-“-
Volute	2	-“-
Broths	2	-“-
Bisques	1	Variety
Consommés	2	Varieties
Cold soups	2	-“-
Potages.	2	-“-

Fish :-

Baked	2	Varieties
Gilled	2	-“-
Shallow fried	2	-“-
Deep fried	3	-“-
Poached	2	-“-

Chicken and Meat :-

Stews	1	Varieties
Casseroles	1	-“-
Hot pots	1	-“-
Roast	1	-“-
Braised	2	-“-
Grilled / Fried	2	-“-
Chicken sautés	4	-“-

Entrees :-

Vegetables :- Preparation and cooking of vegetables in season and their accompaniments – varieties as required

Potatoes – 10 varieties

Egg, Cheese and Farinaceous dishes :

Omlettes, Soft boiled eggs, hard boiled eggs, fired eggs, Spaghetti and macaroni dishes – 2 varieties each

Sweets :-

Mousse	2	Varieties
Soufflés	2	-“-
Baked	2	-“-
Steamed	2	-“-

Chinese :-

Soups	2	Varieties
Noodles & Rice	2	-“-
Chicken	2	-“-
Pork	2	-“-
Meat	2	-“-
Prawns	2	-“-
Fish	1	Dish

Patisserie :-

Pastry	2	Varieties
Yeast goods	2	-“-
Cookies and Biscuits	5	-“-
Small cakes	2	-“-
Fatless sponge		
Genoese sponge		
Butter sponge		
Fruit cake		
Fruit loaves		
Muffins.		

PRACTICAL - III LARDER

Preparation of various simple salads and compound salads.

Simple salads 5 varieties

Compound salads :-

Fruit – based	2	- “ -
Fish – based	2	- “ –
Meat based	2	- “ –
Vegetable – based	2	- “ –

Preparation of salad dressings – minimum 3 varieties.

Fish Mongery to include demonstration and practice of cleaning and basic cuts of locally available fish and shell fish (for e.g. Rock fish, Sole Seer, Pomfret, Mackerel, Indian Salmon, Crabs, Prawns and Lobsters).

Butchery Work :- (Field Trip)

- Beef :- Demonstration and practice of jointing of beef carcass (on the job).
Demonstration and practice of cleaning of undercut, cutting into various steaks, beef roll.
- Lamb & Mutton :- Demonstration and practice of jointing mutton carcass (on the job) - Demonstration and practice of mutton chops, crown roast, deboning of mutton leg and shoulder, curry cuts and boti kababs.
Demonstration and practice on the preparation of Dumbha (on the job).
- Pork :- Demonstration and practice of jointing pork carcass – (on the job).
Demonstration and practice of pork chops, deboning of pork leg, Roast suckling pig (hot and cold), carving of leg of ham.

Poultry :- Demonstration and practice on basic cuts.
Boneless (continental)
Indian curry cuts.
Gala tine.
Derby chicken.
Ballotine and jambonneau
Chicken chops
Roast chicken.

Demonstration of cold cuts such as terrines, stuffed shoulder, and leg of mutton, chicken loaves, pate. Demonstration and practice of ice soccles, vegetable carvings and aspic jelly. Demonstration of butter sculpture.

COMMODITIES

Objectives

Students develop an intelligent interest in the basic commodities – both raw and processed, generally used in catering. They develop discriminating appreciation of the qualities and standards of these commodities and their suitability for various purposes.

RESOURCE MATERIAL

1. Arora, K(1977) Theory of Cooking, Frank Bros & Co. Delhi.
2. Escoffier(1979)The complete guide to the Art of Modern Cookery virtue and Co.Ltd., Surrey.
3. Holliday, E.G. and Noble, I.T. (1959) How's and Why's of Cooking.
4. The University of Chicago Press, Chicago.
5. Huges, O. and Bennion, M. (1970) Introductory Foods. The Macmillan Co. Ltd., New York.
6. Lundberg, D.E., Kotschaver L.H. and Casserani, V. (1970) Understanding Cooking, Arnold – Heinemann, India.
7. Phillip T.E. (1981) "Modern Cookery for teaching and the Trade vol. I, Orient Longmans Ltd, Bombay.
8. Saulnier L. (1914) "Le Repertoire de la Cuisine" Leon Jaggi and Sons Ltd, London.
9. Lato, M.J. and Bode H. (1975) The Larder Chef, Heinemann Ltd., London.
10. Phillip T.E. (1981) "Moderns Cookery for Teaching and the Trade, Vol .I., Orient Longmans Ltd., Bombay.
11. Small, M. and Quin, M. (1979) Buffets and Receptions. Virtue & Co. Ltd., London.
12. Leto, M.J. and Bode, H. (1975) The Larder Chef, William Heinemann Ltd., London.
13. Philip T.E. (1981) "Modern Cookery for Teaching and the Trade Vol. I., Orient Longman Ltd., Bombay.
14. Philip T.E. (1982) "Modern Cookery for Teaching and the Trade Vol. II., Orient Longman Ltd., Bombay.
15. Arora, K. (1977) Theory of Cookery. Frank Bros & Co., New Delhi. Phillip, T.E. (1981)

16. Modern Cookery for Teaching and the Trade Vol. I., Orient Longmans Ltd, Bombay.
 17. Phillip, T.E. (1982) Modern Cookery for Teaching and the Trade Vol. II, Orient Longmans Ltd, Bombay.
 18. Davis B. (1978) Food Commodities. William Heinemann Ltd., London.
 19. Hughes, O. and Bennion (1970) Introductory Foods, The Macmillan Co. New York.
 20. Packham G.C. (1964) Food Preparation. The MacMillan Company, New Youk.
 21. Pyke M. (1964) Food science and Technology. William Clowes and Sons Ltd., London
- N.B.: Aid can be sought in making learning more lasting by using visual aids such as charts, slides, films, flannel graphs, demonstrations, experiments and field visits.

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