

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI**

1	Name of Syllabus	<b>C. C. IN Cookery (for the hearing impaired) (401205)</b>						
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 = 400 sqfeet 2) Class Room = 200 sqfeet <b>TOTAL = 600 sqfeet</b>						
8	Entry Qualification	S.S.C.						
9	Objective Of Syllabus/ introduction	This cookery course has been specially designed for the Hearing Handicapped students. The students develop a professional competence in culinary skills necessary for commercial food production operation.						
10	Employment Opportunity	The students can be self-employed or work on salary with Caterers, Hoteliers, in restaurants etc.						
11	Teacher's Qualification	Diploma or Certificate Course in Concern Subject.						
12	Training System	<b>Training System Per Week</b>						
		Theory		Practical		Total		
		6 hrs		18 hrs		24 hrs		
13	Exam. System	Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Mini. Marks
		1	<b>40120511</b>	Basic of Cookery	TH-I	3 hrs.	100	35
		2	<b>40120512</b>	Commodities	TH-II	3 hrs.	100	35
		3	<b>40120521</b>	Indian Dishes	PR-I	6 hrs.	200	100
		4	<b>40120522</b>	Continental, Chinese, Patisserie	PR-II	6 hrs.	200	100
				Total			<b>600</b>	<b>270</b>

## **SYLLABUS :- COOKERY FOR HEARING IMPAIRED**

### **THEORY - I ( BASIC OF COOKERY)**

Aims and objects of Cooking.

Classification of raw materials

Preparation of Ingredients. (Recipes)

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

Conventions and non-conventional methods of cooking.

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 settings, sensory evaluation of recipes

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

Quality Control: Quality control methodology; food adulterants as a public health hazard; simple tests in the detection of common food adulterants.

Sauces:

Description and uses of the following: Recipes and quantities required to produce 1 liter of the following: Tomatoes sauce, Veloute sauce and Mayonnaise sauce with the necessary precautions to be observed while preparing these, with minimum five derivatives of each.

Soups, Stock: Definition, Classification with examples in each group.

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

Pulses: Methods of cooking with time and temperature

Pastry: Recipes of short crust pastry, Danish pastry and varieties.

Bread Making and cakes

Hierarchy of Staff

## **THEORY - II - COMMODITIES**

Cereals: Uses of wheat, rice, maize, barley, bajra

Breakfast cereals: Uses and storage of cornflakes

Farinaceous: uses in cookery – noodles, spaghetti, macaroni etc.

Uses of pulses

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

Dairy Products: Uses and storage of milk, Types and uses of butter, classification and uses of cream.

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

Fats and oils: uses

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

Food flavors, essences and colors.

Methods of food preservation: Knowledge of long term and short term methods.

Visits to market to study selection of commodities.

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

## **PRACTICAL - I INDIAN DISHES**

Rice	6 Varieties
Flour dishes	5 Varieties
Dal	5 Varieties
Vegetable	15 Varieties
Chutney	5 Varieties
Raita	5 varieties
Egg dishes	5 varieties
Fish dishes	5 varieties
Meat dishes	5 varieties

Chicken dishes      4 dishes

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

Snacks                      10 varieties

Sweets                      4 varieties

Special dishes of festivals – 2 festival menus

## **PRACTICAL - II CONTINENTAL , CHINESE, PATISSERIE**

### **CONTINENTAL :-**

**Stock :-** White stock, brown stock, fish stock, vegetable stock and emergency stock

**Sauce :-** Veloute sauce, Tomato sauce, white sauce and Mayonnaise sauce with 2 derivatives of each.

Mint sauce, Horse radish sauce.

**Gravies :-** Brown gravy (thick and thin)

### **Soups :-**

Purees	2 varieties
Cream	4 varieties
Veloute	2 varieties
Broth	2 varieties
Cold soups	2 varieties

### **Fish :-**

Baked	2 varieties
Grilled	1 variety
Shallow fried	1 variety
Deep-fried	2 variety
Poached	1 variety

### **Chicken and Meat**

Stews	1 variety
Casserole	1 variety
Roast	1 variety
Braised	1 variety
Grilled / Fried	2 varieties
Chicken sautés	5 varieties

**Entrees :** 3 varieties

**Vegetables :** Preparation and cooking of vegetables in season and their accompaniments – 5 varieties

**Potatoes :-** 4 varieties

**Egg, Cheese and Farinaceous dishes :-** Omelettes, Soft-boiled eggs, hard-boiled eggs, fried eggs.

**Italian Pasta –** 2 varieties

**SWEETS:**

Mousse	2 varieties
Soufflés	2 varieties
Baked	2 varieties
Steamed	2 varieties

**CHINESE**

Soups	2 varieties
Noodles & Rice	4 varieties
Chicken	2 varieties
Meat	1 variety
Prawns	2 varieties
Fish	1 dish

**PATISSERIE :**

Yeast goods	3 varieties
Cookies and Biscuits	6 varieties
Fatless sponge	
Genoese sponge	
Butter sponge	
Fruit Cake	
Muffins	
Short crust pastry and Danish Pastry	- 2 Variety

## LIST OF EQUIPMENT :

The following is the minimum list of equipment required to set up the cookery course

Sr. No.	Item Description	QTY	Sr. No.	Item Description	QTY
1	Burners	10	14	Small Oven (domestic)	2
2	Refrigerator	1	15	2 ltrs Pressure Cooker	10
3	Mixer / Juicer	1	16	Frying Pans	5
4	Aqua Guard	1	17	Nonstick Pans	5
5	Scale 1 Kg 5 gms. (Counter)	2	18	Flat Frying Spoon	2
6	Colander (Big)	2	19	Racks or Cupboards	
7	Aluminum Vessels 9" – 8" – 6" with lids	5 each	20	Cooking Spoons, Flat Perforated ladles	10 each
8	Working tables	10	21	Garbage Bins	10
9	Steel Glasses	10	22	Cake Tins (round 6" inches)	
10	Steel Katori	15	23	Wet Grinder	1
11	Steel Plates	15	24	Wall Clock	1
12	Office Table	1	25	Karai	10
13	Aluminum Sauté pan	10	26	Pakkad	10

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