

FOOD PRODUCTION 1**(4 Credits)****(60 hours)****Objective:**

At the end of the subject, student will gain an insight into the organisation of a Professional kitchen, classify ingredients, the basic methods of cooking, and their application.

Contents:

1. Organisation of a Professional kitchen,culinary history, career opportunities.
2. Guidelines and requirements of personal hygiene and food safety standards, avoiding food contamination, uniform and protective clothing.
3. Usage of knives, hand tools, heavy equipment in the kitchen, setting up of a workstation, safety procedures in handling of equipment.
4. Vegetables-classification of vegetables, pigment and colour changes, effect of different cooking methods on vegetables, controlling changes in texture, flavor, nutrient loss, cuts of vegetables. Classical dishes made using vegetables.
5. Fruits-Classification, uses of fruits in cooking, usage of processed fruits.
6. Meats-Physical and chemical characteristics of meat, cuts of Chicken, Beef, Pork, Lamb, how to arrive at final yield after processing meats.
7. Eggs-Structure, classification and grading of eggs, selection, storage and uses
8. Usage of seeds, nuts and spices in food,
9. Cereals and their usage in food. Flours, pasta, breakfast cereals, rice products, selection of cereals and pulses.
10. Dairy products-usage of milk, cream, butter, ghee, cheese curd.
11. Cooking methods and their application.
12. Mother sauces and their derivatives.

Pedagogy: The systems thinking will be developed through lectures, tutorials, field work, outreach activities, project work, term papers, assignments, presentations, self-study, Case Studies etc . Sessions will be interactive in nature to enable peer group learning.

Suggested Reading:

1. Thangam E. Philip, Modern cookery, Orient Blackswan Private Limited, Fourth Edition, Vol.1
2. Modern cookery, Vol.2Thangam E. Philip, Orient Blackswan
3. Food Production Operations, P.Bali, Oxford