

**BHARATHIAR UNIVERSITY : COIMBATORE****DIPLOMA IN KITCHEN AND CATERING OPERATIONS**  
(School of Distance Education)**DURATION: 1 YEAR****ELIGIBILITY: 12<sup>th</sup> PASS****For the Candidates admitted from the year 2010-2011****SCHEME OF EXAMINATIONS**

	SUBJECT AND PAPER	EXAMINATIONS	
		DURATION	MARKS
Paper I	Introduction to cookery	3	100
Paper II	Indian Cookery	3	100
Paper III	Bakery and confectionary	3	100
Paper IV	Quantity cooking	3	100
Paper V	Introduction to Garde Manger(Theory)	3	100
Paper VI	Practical Cookery	3	100
	Total		600

**Paper I - Introduction to cookery**

**Unit 1 Cookery**

- Levels and skills in the kitchen
- Personal hygiene
- Food contamination
- Chef cloths and protective wear
- Knives and handling
- Workstations
- Safety procedures
- Classical brigade of the kitchen
- Coordination with other departments
- Equipments and fuels used

**Unit 2 Kitchen organization**

- General layout of kitchen in various organization
- Layout of receiving areas
- Layout of storage areas
- Layout of service and wash-up
- Layout of butchery
- Layout of garde manger
- Show kitchens
- Classical French brigade
- Duties and responsibilities of various chefs

**Unit 3 Food Production Operations**

- Vegetable cookery
- Classification of fruits
- Stocks
- Soups
- Sauces
- Salads
- Meats
- Fish and shellfish
- Eggs
- Cereals and pulses

**Unit 4 Methods of cooking**

- Methods of heat transfer
- Concept of radiation
- Wet and dry methods
- Blanching
- Poaching
- Boiling
- Steaming
- Stewing

**Unit 5 Methods of cooking Dry**

- Braising
- Roasting
- Grilling
- Sautéing
- Frying

**Reference**

**Theory of cookery – Krishna Arrora**

**Paper II - Indian cookery**

**Unit 1 Basic Masalas**

- Blending of spices and concept of masala
- Different methods used in Indian cooking
- Composition of different masalas
- Varieties of masalas available in regional areas
- Special masala blends
- Masalas and pastes
- Dry and wet masalas
- Storage of masalas
- Masalas by regions

**Unit 2 Regional Indian Cuisine**

- Introduction to regional styles
- Factors affecting eating habits
- Differentiation in regional cuisine
- Cooking from different states under: geographical region, historical location, seasonal availability of raw materials, special equipments and fuels, staple diet, specialty cuisine.
- Equipment used in Indian cooking
- Religious influences in Indian cooking
- Techniques used in Indian cooking
- Concepts of slow and organic foods
- Influence of the invaders and travelers on Indian cuisine

**Unit 3-- regional cooking form the following regions**

- Andhra Pradesh
- Bengali& North Eastern states
- Goa
- Karnataka
- Kashmir
- Kerela

- Maharashtra
- Punjab
- Rajesthan
- Tamilnadu
- Uttar Pradesh

#### **Unit 4 Basic Indian Gravies**

- Introduction
- Gravies and curries
- Regional gravies
- Preparation of gravies
- Practical preparation of Indian gravies:
  - Makani
  - White gravy
  - Brown gravy
  - Kadhai gravy
  - Green gravy

#### **Unit 5 Commodities and usages in Indian kitchen**

- Introduction
- Scouring agents
- Coloring agents
- Thickening agents
- Tenderizing agents
- Flavoring agents
- Aromatic agents
- Spicing agents

#### **Reference**

**Food production operations- Pravinder S Bali**

### **Paper III - Bakery and confectionary**

#### **Unit 1 Bakery and pastry**

- Introduction
- Ingredients
- Raising agents
- Fats and oils
- Usage of fats and oils in bakery
- Mike and dairy products
- Cream
- Sugars
- Butter and its composition
- Flour and gluten

**Unit 2 Breads**

- Understanding baking
- Temperature and time
- Equipments used in baking
- Faults in bread making
- Forming shapes
- Procedures
- Ingredients
- Action of ingredients
- Working techniques
- Points to be followed in bread making

**Unit 3 Cakes and sponges**

- Pastry techniques
- Sifting
- Whisking
- Folding
- Blind baking
- Rolling
- Laminating
- Docking
- Creaming

**Unit 4 Bakery**

- Bread baking
- Forming loaves
- Panning
- Proofing
- Specialty breads
- Rolls
- Breadsticks
- Droughts
- Sponges
- Kautex
- Cakes
- Croissants
- Muffins
- Brioche
- Cookies

**Unit 5 Pastries**

- Puff pastries
- Choux pastry
- Short crust

- Sweet paste
- Marzipan
- Filo pastry
- Almond past
- Butter cream
- Lemon cream
- Touille paste

**Reference**

**Professional Baker-George Rudolth**

**Paper IV - Quantity food production**

**Unit 1 Menu planning**

- Basic principals of menu planning
- Special emphasis of Quantity food production
- Planning menus for various categories such as: Industrial, Hospital, Institutional, Outdoor parties, Theme dinner
- Parameters of Quantity food menu planning
- Types of menu
- Wine and food paring
- Menu balancing
- Menu used as control tool
- Functions of menu

**Unit 2 Indenting**

- Principals of indenting
- Quantities/portion for bulk production
- Practical difficulties involved for indenting
- Conversion of recopies for indenting purpose
- Preparation of indent sheets

**Unit 3 Volume feeding**

- Institutional and industrial feeding programmed
- Banquet & Buffet production
- Quantity food production
- Banquet set up

**Unit 4 Costing**

- Introduction
- Basic costing
- Food costing
- Food cost control
- Problems related to food costing
- Importance of food costing

**Unit 5 Quantity production**

- Preparation of Indian sweets
- Indian chats
- Indian snacks
- Indian salads
- Indian soups
- Different Indian rice preparations
- Tandoori preparations

**Reference:**

**Food preparation course -Lynne Baltzer**  
**Modern cookery 1 and 2- Thangna Philip**

**Paper V - Introduction to Garde Manger**

**Unit 1 the cold kitchen**

- Layout of typical larder with equipments
- Hierarchy of larder staff
- Duties and responsibilities of larder chef
- Larder terms
- Larder control
- Layout of the garde manger
- Use of refrigerators and freezers
- Use of deep freezers
- Types of deep freezers
- Larder control

**Unit 2 Larderchef**

- Sections of larder
- Functions of larder
- Cold sauces
- Salads
- Cuts of vegetables
- Cuts of fish, chicken, cuts of mutton, preparation of steaks
- Cold cuts
- Aspic jelly
- Pates
- Terrines
- Ballontie
- Gallontine

**Unit 3 Larder Kitchen**

- Preparation of ballontines
- Preparation of tereines
- Preparation of pates

- Preparation of gallontine
- Preparation of fruits
- Specialty cuts
- Hours d oeuvres
- Salad dressings
- Force meats
- Mousses and mousse lines

#### **Unit 4 Charcuterir**

- Cuts of pork
- Sausages
- Gammons
- Bacon
- Pork preparations
- Methods of preparations of sausages
- Forcemeats
- Meat quenelles

#### **Unit 5 Butchery**

- Beef-
- Skeletal formation
- Jointing
- Use of joints
- Veal
- Preparation of veal
- Lamb and mutton
- Dissection and use of joints
- The offal's

#### **Reference Books:**

The larder Chef-M J Leto

#### **Paper VI - Practical Cookery**

- Cuts of vegetables
- Cuts of meats
- Cuts of fish
- Stock preparations
- Preparation of mother sauces
- Compilation of 5 course menus (10)
- Garnishing and presentation
- Indian regional cooking form all states
- Bakery and its applications

#### **Reference**

- 1) Professional Chef- Arvin Saraswat