

<b>Name of Faculty</b>	:	Faculty of Hospitality & Tourism
<b>Name of Program</b>	:	Diploma in Hotel & Tourism Management (DHTM)
<b>Course Code</b>	:	1DHT01
<b>Course Title</b>	:	Introduction to Food Production-1
<b>Type of Course</b>	:	Professional Core (PC)
<b>Year of Introduction</b>	:	2023-24

<b>Prerequisite</b>	:	Basic knowledge of English
<b>Course Objective</b>	:	The course aims to equip students with a comprehensive understanding of cookery and culinary practices. Through practical application, analysis, evaluation, and historical context, students will develop proficiency in various culinary techniques, principles of food production, and kitchen organization.
<b>Course Outcomes</b>	:	At the end of this course, students will be able to:
	CO1	Analyze, evaluate, and apply fundamental principles in cookery and culinary arts, fostering a deep understanding of historical context, kitchen organization, and essential culinary techniques.
	CO2	Remember and classify various vegetables, fruits, and sauces; understand the effects of heat, pigments, and cuts in vegetable cookery, and differentiate between types of stocks and sauces; apply techniques to prepare stocks, sauces, salads, and dressings; and evaluate the appropriate uses and quality of the final dishes.
	CO3	Analyze cooking aims, techniques, and textures; apply diverse cooking methods with precautions and food selection knowledge; classify and prepare various soups and their garnishes; and exhibit comprehensive understanding of egg cookery principles
	CO4	Identify and classify various cuts of meat and apply appropriate cooking techniques with menu examples; distinguish and categorize different types of fish, select fish and shellfish, and comprehend the effects of heat during fish cookery; and demonstrate a comprehensive understanding of rice, cereals, and pulses by classifying, identifying, and cooking them, highlighting their diverse varieties.
	CO5	Be proficient in recognizing and categorizing a range of commodities used in culinary practices, including shortenings (fats & oils), raising agents, thickening agents, sugar, milk, cream, cheese, and butter, demonstrating comprehensive knowledge of their roles, classifications, processing techniques, and various applications within food production.

**Teaching and Examination Scheme**

Teaching Scheme (Contact Hours)			Credits	Examination Marks				
L	T	P		Theory Marks		Practical Marks		Total Marks
SEE	CIA	SEE	CIA	Total Marks				
3	0	4	5	70	30	30	20	150

Legends: **L**-Lecture; **T**-Tutorial/Teacher Guided Theory Practice; **P**-Practical, **C** - Credit, **SEE** - Semester End Examination, **CIA** - Continuous Internal Assessment (It consists of Assignments/Seminars/Presentations/MCQ Tests, etc.)

**Course Content**

Unit No.	Topics	Teaching Hours	Weightage	Mapping with COs
1	<b>Introduction to Cookery and Culinary History</b> - Levels of skills and experiences - Attitudes and behaviour in the kitchen - Personal hygiene - Uniforms & protective clothing - Safety procedure in handling equipment - Origin of modern cookery  <b>Hierarchy and Kitchen Organization</b> - Classical Brigade - Modern staffing in various category hotels - Roles of executive chef - Duties and responsibilities of various chefs - Co-operation with other departments  <b>Culinary Techniques and Terminology</b> -List of culinary (common and basic) terms - Explanation with examples	06	13%	CO1
2	<b>Basic Principles of Food Production</b>  <b>VEGETABLE AND FRUIT COOKERY</b> A. Introduction – classification of vegetables B. Pigments and colour changes C. Effects of heat on vegetables D. Cuts of vegetables E. Classification of fruits	08	18%	CO2

	<p>F. Uses of fruit in cookery G. Salads and salad dressings</p> <p><b>STOCKS</b></p> <p>A. Definition of stock B. Types of stock C. Preparation of stock D. Recipes E. Storage of stocks F. Uses of stocks G. Care and precautions</p> <p><b>SAUCES</b></p> <p>A. Classification of sauces B. Recipes for mother sauces C. Storage &amp; precautions</p>			
3	<p><b>Principles of Food Production</b></p> <p>Aims &amp; Objectives of Cooking Food</p> <p>A. Aims and objectives of cooking food. B. Various textures C. Various consistencies D. Techniques used in pre-preparation. E. Techniques used in preparation.</p> <p><b>METHODS OF COOKING FOOD</b></p> <p>A. Roasting B. Grilling C. Frying D. Baking E. Broiling F. Poaching G. Boiling</p> <ul style="list-style-type: none"> <li>▪ Principles of each of the above</li> <li>▪ Care and precautions to be taken.</li> <li>▪ Selection of food for each type of cooking</li> </ul> <p><b>SOUPS</b></p> <p>A. Classification with examples B. Basic recipes of Consommé with 10 Garnishes C. Basic recipes other than consommé with menu examples</p> <ul style="list-style-type: none"> <li>▪ Broths</li> <li>▪ Bouillon</li> </ul>	10	22%	CO3

	<ul style="list-style-type: none"> <li>▪ Puree</li> <li>▪ Cream</li> <li>▪ Veloute</li> <li>▪ Chowder</li> <li>▪ Bisque etc</li> </ul> <p>D. Garnishes and accompaniments E. International soups</p> <p>EGG COOKERY</p> <p>A. Introduction to egg cookery B. Structure of an egg C. Selection of egg D. Uses of egg in cookery</p>			
4	<p><b>Principles of Food Production (cont'd)</b></p> <p>MEAT COOKERY</p> <p>A. Introduction to meat cookery B. Cuts of beef/veal C. Cuts of lamb/mutton D. Cuts of pork E. Variety meats (offals) F. Poultry (With menu examples of each)</p> <p>FISH COOKERY</p> <p>A. Introduction to fish cookery B. Classification of fish with examples C. Cuts of fish with menu examples D. Selection of fish and shellfish E. Cooking of fish (effects of heat)</p> <p>RICE, CEREALS &amp; PULSES</p> <p>A. Introduction B. Classification and identification C. Cooking of rice, cereals, and pulses D. Varieties of rice and other cereals</p>	09	20%	CO4
5	<p><b>Commodities</b></p> <p>i) Shortenings (Fats &amp; Oils)</p> <p>A. Role of Shortenings B. Varieties of Shortenings</p>	12	27%	CO5

	<p>C. Advantages and Disadvantages of using various Shortenings. D. Fats &amp; Oil - Types, varieties</p> <p>ii) Raising Agents A. Classification of Raising Agents B. Role of Raising Agents C. Actions and Reactions</p> <p>iii) Thickening Agents A. Classification of thickening agents B. Role of Thickening agents</p> <p>iv) Sugar A. Importance of Sugar B. Types of Sugar C. Cooking of Sugar - various</p> <p>v) Milk A. Introduction B. Processing of Milk C. Pasteurisation - Homogenisation D. Types of Milk - Skimmed and Condensed E. Nutritive Value</p> <p>vi) Cream A. Introduction B. Processing of Cream C. Types of Cream</p> <p>vii) Cheese A. Introduction B. Processing of Cheese C. Types of Cheese D. Classification of Cheese E. Curing of Cheese F. Uses of Cheese</p> <p>viii) Butter A. Introduction B. Processing of Butter C. Types of Butter</p>			
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Suggested Distribution of Theory Marks Using Bloom's Taxonomy						
Level	Remembrance	Understanding	Application	Analyse	Evaluate	Create
Weightage	20	35	20	10	10	5

*NOTE: This specification table shall be treated as a general guideline for the students and the teachers. The actual distribution of marks in the question paper may vary slightly from above table.*

**Suggested List of Practicums**

Sr. No.	Name of Practicum	Teaching Hours
1	<ul style="list-style-type: none"> <li>• Equipment Identification and Handling: Students identify and describe various kitchen equipment, demonstrating their proper use and handling.</li> <li>• Kitchen Etiquette and Knife Handling: Students learn and practice proper kitchen etiquette, including knife handling skills.</li> </ul>	4
2	<ul style="list-style-type: none"> <li>• Vegetable Classification: Students learn about different vegetable types and their classification.</li> <li>• Vegetable Cuts: Students practice various vegetable cuts like julienne, brunoise, mirepoix, etc.</li> </ul>	4
3	<ul style="list-style-type: none"> <li>• Identification and Selection of Ingredients - Qualitative and quantitative measures.</li> <li>• Market survey/tour</li> </ul>	4
4	<ul style="list-style-type: none"> <li>• Salad Dressing Preparation: Students prepare different types of salad dressings.</li> </ul>	4
5	<ul style="list-style-type: none"> <li>• Stocks: Students learn about different types of stocks like white, brown, fish, and fungi, and prepare them.</li> </ul>	4
6	<ul style="list-style-type: none"> <li>• Students explore and practice fundamental cooking methods such as blanching, concasse preparation, boiling, frying, braising, and starch cooking.</li> </ul>	4
7	<ul style="list-style-type: none"> <li>• Basic Mother Sauces: Students understand and prepare basic mother sauces like béchamel, espagnole, velouté, hollandaise, mayonnaise, and tomato.</li> </ul>	4
8	<ul style="list-style-type: none"> <li>• Egg Cookery: Students practice various egg cooking techniques, including boiled, fried, poached, scrambled, omelette preparation, and en cocotte.</li> </ul>	4
9	<ul style="list-style-type: none"> <li>• Simple Salads and Soups: Students prepare a variety of simple salads and soups like cole slaw, potato salad, green salad, fruit salad, and consommé.</li> </ul>	4
10	<ul style="list-style-type: none"> <li>• Simple Potato and Vegetable Preparations: Students learn and practice different potato and vegetable preparations, including baked potatoes, mashed potatoes, French fries, boiled vegetables, glazed vegetables, and fried vegetables.</li> </ul>	4

11	<ul style="list-style-type: none"> <li>Demonstration and Preparation of 5 Simple Menus: Students observe a demonstration of a simple menu and then prepare it themselves cooking techniques like Roasting, Grilling, frying etc.</li> </ul>	20

#### Suggested Learning Websites

Sr. No.	Name of Website
1	www.chefsteps.com
2	www.ciachef.edu
3	www.thespruceeats.com
4	www.foodnetwork.com
5	www.serious-eats.com
6	www.epicurious.com

#### Reference Books

Sr. No.	Name of Reference Books
1	"The Professional Chef" by The Culinary Institute of America - Publisher: Wiley
2	"On Cooking: A Textbook of Culinary Fundamentals" by Sarah R. Labensky, Alan M. Hause, Priscilla A. Martel - Publisher: Pearson
3	"Culinary Artistry" by Andrew Dornenburg and Karen Page - Publisher: Wiley
4	"Modernist Cuisine: The Art and Science of Cooking" by Nathan Myhrvold, Chris Young, and Maxime Bilet - Publisher: The Cooking Lab
5	"The Flavor Bible: The Essential Guide to Culinary Creativity, Based on the Wisdom of America's Most Imaginative Chefs" by Karen Page and Andrew Dornenburg - Publisher: Little, Brown and Company
6	"The Science of Good Cooking" by Cook's Illustrated - Publisher: America's Test Kitchen