FOOD PRODUCTION (GENERAL)

NSQF LEVEL - 3

TRADE THEORY

SECTOR: FOOD INDUSTRY

(As per revised syllabus July 2022 - 1200 Hrs)

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Directorate General of Training

DIRECTORATE GENERAL OF TRAINING
MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP
GOVERNMENT OF INDIA

NATIONAL INSTRUCTIONAL MEDIA INSTITUTE, CHENNAI

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FOREWORD

The Government of India has set an ambitious target of imparting skills to 30 crores people, one out of every four Indians, by 2020 to help them secure jobs as part of the National Skills Development Policy. Industrial Training Institutes (ITIs) play a vital role in this process especially in terms of providing skilled manpower. Keeping this in mind, and for providing the current industry relevant skill training to Trainees, ITI syllabus has been recently updated with the help of Media Development Committee members of various stakeholders viz. Industries, Entrepreneurs, Academicians and representatives from ITIs.

The National Instructional Media Institute (NIMI), Chennai, has now come up with instructional material to suit the revised curriculum for **Food Production (General) - Trade Theory NSQF Level - 3 (Revised 2022)** in **Food Industry Sector under Yearly Pattern.** The NSQF Level - 3 (Revised 2022) Trade Practical will help the trainees to get an international equivalency standard where their skill proficiency and competency will be duly recognized across the globe and this will also increase the scope of recognition of prior learning. NSQF Level - 3 (Revised 2022) trainees will also get the opportunities to promote life long learning and skill development. I have no doubt that with NSQF Level - 3 (Revised 2022) the trainers and trainees of ITIs, and all stakeholders will derive maximum benefits from these Instructional Media Packages IMPs and that NIMI's effort will go a long way in improving the quality of Vocational training in the country.

The Executive Director & Staff of NIMI and members of Media Development Committee deserve appreciation for their contribution in bringing out this publication.

Jai Hind

Addl.Secretary / Director General (Training)
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New Delhi - 110 001

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PREFACE

The National Instructional Media Institute (NIMI) was established in 1986 at Chennai by then Directorate General of Employment and Training (D.G.E & T), Ministry of Labour and Employment, (now under Directorate General of Training, Ministry of Skill Development and Entrepreneurship) Government of India, with technical assistance from the Govt. of Federal Republic of Germany. The prime objective of this Institute is to develop and provide instructional materials for various trades as per the prescribed syllabi under the Craftsman and Apprenticeship Training Schemes.

The instructional materials are created keeping in mind, the main objective of Vocational Training under NCVT/NAC in India, which is to help an individual to master skills to do a job. The instructional materials are generated in the form of Instructional Media Packages (IMPs). An IMP consists of Theory book, Practical book, Test and Assignment book, Instructor Guide, Audio Visual Aid (Wall charts and Transparencies) and other support materials.

The trade practical book consists of series of exercises to be completed by the trainees in the workshop. These exercises are designed to ensure that all the skills in the prescribed syllabus are covered. The trade theory book provides related theoretical knowledge required to enable the trainee to do a job. The test and assignments will enable the instructor to give assignments for the evaluation of the performance of a trainee. The wall charts and transparencies are unique, as they not only help the instructor to effectively present a topic but also help him to assess the trainee's understanding. The instructor guide enables the instructor to plan his schedule of instruction, plan the raw material requirements, day to day lessons and demonstrations.

IMPs also deals with the complex skills required to be developed for effective team work. Necessary care has also been taken to include important skill areas of allied trades as prescribed in the syllabus.

The availability of a complete Instructional Media Package in an institute helps both the trainer and management to impart effective training.

The IMPs are the outcome of collective efforts of the staff members of NIMI and the members of the Media Development Committees specially drawn from Public and Private sector industries, various training institutes under the Directorate General of Training (DGT), Government and Private ITIs.

NIMI would like to take this opportunity to convey sincere thanks to the Directors of Employment & Training of various State Governments, Training Departments of Industries both in the Public and Private sectors, Officers of DGT and DGT field institutes, proof readers, individual media developers and coordinators, but for whose active support NIMI would not have been able to bring out this materials.

Chennai - 600 032 **EXECUTIVE DIRECTOR**

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National Instructional Media Institute (NIMI) sincerely acknowledges with thanks for the co-operation and contribution extended by the following Media Developers and their sponsoring organisation to bring out this IMP **(Trade Theory)** for the trade of **Food Production (General)** under the **Food Industry** Sector for ITIs.

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NIMI records its appreciation of the Data Entry, CAD, DTP Operators for their excellent and devoted services in the process of development of this Instructional Material.

NIMI also acknowledges with thanks, the invaluable efforts rendered by all other staff who have contributed for the development of this Instructional Material.

NIMI is grateful to all others who have directly or indirectly helped in developing this IMP.

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INTRODUCTION

TRADE PRACTICAL

The trade practical manual is intented to be used in practical workshop. It consists of a series of practical exercises to be completed by the trainees during the course of the **Food Production (General)** trade supplemented and supported by instructions/ informations to assist in performing the exercises. These exercises are designed to ensure that all the skills in compliance with NSQF LEVEL - 3 (Revised 2022) syllabus are covered.

This manual is divided into fourteen modules. The fourteen modules are given below

Module 1	**Maintain cleanliness of kitchen, handling equipment and utensils safely**
Module 2	**Menu planning and menu engineering**
Module 3	**Various vegetable cuts**
Module 4	**Preparation of mise-en-place, Soup, Meat, Vegetable**
Module 5	**Plan and prepare basic Indian receipe**
Module 6	**Buffet / A la carte menu**
Module 7	**Garde Manger (Cold Food Production)**
Module 8	**Prepare mise - en - place, cook soup, meat vegetables**
Module 9	**Prepare exotic Indian Foods Plan Menu**
Module 10	**Garde Manger Of Various Food**
Module 11	**Carryout duties associated with preparation of meals (Fish cuts)**
Module 12	**Garde manager food production**
Module 13	**Bakery Foods - Sweet Dishes and Cold Deserts**
Module 14	**Prepare food in continental/Chinese kitchen foods)**

The skill training in the shop floor is planned through a series of practical exercises centred around some practical project. However, there are few instances where the individual exercise does not form a part of project.

While developing the practical manual a sincere effort was made to prepare each exercise which will be easy to understand and carry out even by below average trainee. However the development team accept that there is a scope for further improvement. NIMI looks forward to the suggestions from the experienced training faculty for improving the manual.

TRADE THEORY

The manual of trade theory consists of theoretical information for the Course of the **Food Production (General)** Trade Theory NSQF LEVEL - 3 (Revised 2022) in **Food Industry**. The contents are sequenced according to the practical exercise contained in NSQF LEVEL - 3 (Revised 2022) syllabus on Trade Theory attempt has been made to relate the theoretical aspects with the skill covered in each exercise to the extent possible. This correlation is maintained to help the trainees to develop the perceptional capabilities for performing the skills.

The trade theory has to be taught and learnt along with the corresponding exercise contained in the manual on trade practical. The indications about the corresponding practical exercises are given in every sheet of this manual.

It will be preferable to teach/learn the trade theory connected to each exercise at least one class before performing the related skills in the shop floor. The trade theory is to be treated as an integrated part of each exercise.

The material is not for the purpose of self learning and should be considered as supplementary to class room instruction.

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CONTENTS

Lesson No	Title of the Lesson	Learning Outcome	Page No
	Module 1: Maintain cleanliness of kitchen, handling equipment and utensils safely		
1.1.01	Introduction to Catering and Hotel Industry		1
1.1.02	Introduction of kitchen, objective of cooking career opportunities		3
1.1.03	Duties and responsibilities of kitchen service personnel, hierarchy of kitchen department		5
1.1.04	Small, medium and large equipment and their handling in kitchen, types of knives usage		7
1.1.05	First aids for cuts, burns and its important	1	11
1.1.06	Fire hazards, contents of first aid		14
1.1.07	Personal safety and industrial safety		18
1.1.08	Personal hygiene and sanitation		19
1.1.09	Hygiene rules		20
1.1.10	Food handlers hygiene protective clothing		21
1.1.11	Grooming and etiquettes, work area hygiene		22
1.1.12	Preparedness for emergency situation, waste mangement		23
	Module 2: Menu planning and menu engineering		
1.2.13	Classification of raw materials		24
1.2.14	Preparation of ingredients	2	25
1.2.15 - 17	Methods of mixing food, effect of heat on various foods		26
1.2.18	Weighting and measures, texture of food		28
	Module 3: Various vegetable cuts		
1.3.19	Culinary terms		29
1.3.20	French word basic food items	3	30
1.3.21 - 24	Cutting techniques		33
1.3.25	Yield management/waste control		34
	Module 4: Preparation of mise-en-place, Soup, Meat, Vegetable		
1.4.26	Layout of kitchen and different sections		35
1.4.27	Methods of cooking of special application of meat, fish, vegetable, cheese, pulse and egg	4	40
1.4.28 - 37	Conventional method of cooking		41
1.4.38	Non conventional methods Solar, Microwave and fast food cooking operation		45
1.4.39	Cuts of fish, meat etc.		46
	Module 5: Plan and prepare basic Indian receipe		
1.5.40	i Balancing of receipe		48
	ii Standardization of receipe		48
	iii Maintaining receipe files	5	48

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CONTENTS

Lesson No	Title of the Lesson	Learning Outcome	Page No
	iv Menu Planing		48
	v Brief study of portion control		52
	vi Purchasing specification, quality control, indenting & costing, rechauffe		53
	Module 6: Buffet / A la carte menu		
1.6.41	Egg structure and their correlation to heat	6	54
1.6.42	Various ways of cooking eggs with examples		55
	Module 7: Garde manger (Cold food production)		
1.7.43	Salad dressing and their calssification	7	57
	Module 8: Prepare mise-en-place, cook soup, meat, vegetables		
1.8.44	Basic stocks, aspic & jellies		58
1.8.45 - 46	Recipes required to produce 1 litre of different sauce	8	60
1.8.47 - 49	Soup definition, classification with example		62
1.8.50	1 Ltr consomme receipe for consomme		63
1.8.51	Effect of heat on difference vegetables, reaction with metal in acid/ alkaline medium		65
	Module 9: Prepare exotic Indian foods plan menu		
1.9.52	Larder organization & layout	9	67
1.9.53	Maintenance & upkeep of larder equipment & supplies		68
	Module 10: Garde manger of various food		
1.10.54	Classification of horsdoeuvre	10	70
1.10.55	Composition of salads and salad dressings		71
	Module 11: Carryout duties associated with preparation of meals (Fish & Meat cuts)		
1.11.56 - 57	Fish classification, scaling, cleaning and preparation		72
1.11.58 - 59	Cuts of beef, lamb, mutton, pork uses and weighing	11	75
1.11.60 - 61	Poultry classification, preparation, dressing, cuts and uses		77
1.11.62	Classfications of Game birds, Preparation and cuts, uses		79
	Module 12: Garde manger food preparation		
1.12.63	Cold buffets (sandwiches, canapes, left over food)	12	80
	Module 13: Bakery Foods - Sweet Dishes and Cold Desserts		
1.13.64	Characteristics & types of leavening/raising agent		83
1.13.65	Bread rolls and indian breads making	13	85
1.13.66	Recipes of short crust, puff, flaky, choux and danish pastry		86
	Module 14: Prepare food in continental / chinese kitchen foods		
1.14.67	Prevalling food standards in India		88
1.14.68	HACCP/ISO22001) (FSSAI) (Industrial visit/OJT)	14	90

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LEARNING OUTCOME

On completion of this book you shall be able to

S.No.	Learning Outcome	Ref. Ex.No.
1	Maintain hygiene and cleanliness of kitchen, kitchen equipments and cooking utensils following safety precautions.(Mapped NOS: FIC/N9416)	1.1.01 - 1.1.12
2	Work with head cook in menu planning and menu engineering. (Mapped NOS: FIC/N9417)	1.2.13 - 1.2.18
3	Undertake various vegetable cuts which will help in cooking to a specific perfection as desired by the Industry. (Mapped NOS: FIC/N9418)	1.3.19 - 1.3.25
4	Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff. (Mapped NOS: FIC/N9419)	1.4.26 - 1.4.39
5	Plan and prepare basic Indian food recipes. (Mapped NOS: FIC/N9420)	1.5.40
6	Prepare foods for breakfast buffet/ ala carte menu. (Mapped NOS: FIC/N9421)	1.6.41 & 1.6.42
7	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	1.7.43
8	Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff. (Mapped NOS: FIC/N9419)	1.8.44 - 1.8.51
9	Prepare exotic Indian foods and plan menu according to own judgment or as per instructions. (Mapped NOS: FIC/N9423)	1.9.52 & 1.9.53
10	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	1.10.24 & 1.10.55
11	Carry out duties associated with preparation of meals. (Mapped NOS: FIC/N9424)	1.11.56 - 1.11.62
12	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	1.12.63
13	Work in the bakery of various food preparing organizations and prepare various desserts and sweet dishes. (Mapped NOS: FIC/N9425)	1.13.64 - 1.13.66
14	Prepare foods in Continental/Chinese kitchen of various foods preparing organization. (Mapped NOS: FIC/N9426)	1.14.67 & 1.14.68

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SYLLABUS

Duration	Reference Learning Outcome	Professional Skill (Trade Practical) (With indicative hour)	Professional Knowledge (Trade Theory)
Professional Skill 40 Hrs.; Professional Knowledge 12 Hrs.	Maintain hygiene and cleanliness of kitchen, kitchen equipments and cooking utensils following safety precautions. (Mapped NOS: FIC/N9416)	1 Visit main kitchen and understand the process flow. (02 hrs.) 2 Visit various sections of kitchen in the institute. (02 hrs.) 3 Demonstrate & practice the kitchen operation process. (02 hrs.) 4 Identify kitchen service equipment. (04hrs.) 5 Familiarize & understand the usage of equipment & tools. (02 hrs.) 6 Practice safe methods of using the kitchen knife and hand tools. (04hrs.)	Introduction to catering/ hotel industry. Introduction of kitchen. Objective of Cooking An orientation programme on the course and related job/ career opportunities. Organizational hierarchy of Kitchen Department, Attributes, Duties and responsibilities of kitchen services personnel. Small, medium &large equipment and their handling in kitchen. Safety rules for using different types of knives & other equipment. (06 hrs.)
		7 Practice elementary first aid. (03hrs.) 8 Demonstrate safety practices to be observed in kitchen. (04 hrs.) 9 Practice use of personal protective dresses. (05hrs.) 10 Practice on hygiene/ cleanliness and procedure to maintain it.(3hrs.) 11 Practice disposal procedure of waste materials. (05hrs.) 12 Identify emergency exit route, practice firefighting and use of fire extinguishers. (04hrs.)	First-aid for cuts/ burns and its importance. Fire hazards, contents of first aid. Personal safety and industrial safety. Personal hygiene& Care of Skin, Hand, Feet, Food handlers. Hygienic protective clothing. Grooming and Etiquettes. Working area hygiene and its importance. Preparedness for emergency situations. Waste management. (06 hrs.)
Professional Skill 40 Hrs. Professional Knowledge 12 Hrs.	Work with head cook in menu planning and menu engineering. (Mapped NOS: FIC/N9417)	13 Identify/ familiarize commonly used raw vegetables. (5hrs.) 14 Demonstrate and identify commonly used pulses & fruits. (8 hrs.) 15 Demonstrate and identify commonly used Continental vegetables. (8 hrs.) 16 Demonstrate and identify commonly used spices, condiments & herbs. (6 hrs.) 17 Demonstrate and identify commonly used meat products. (8 hrs.) 18 Demonstrate/ video presentation on other raw materials used in kitchen. (5hrs.)	Classification of raw materials, Preparation of ingredients, Method of mixing foods, Effect of heat on various foods, Weighing and measures texture of food. (12 hrs.)

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Professional Skill 100 Hrs. Professional Knowledge 24 Hrs.	Undertake various vegetable cuts which will help in cooking to a specific perfection as desired by the Industry. (Mapped NOS: FIC/N9418)	19 Practice the julienne cuts of vegetables & prepare a dish. (18 hrs.) 20 Practice the jardinière, brunoise cuts of vegetables & prepare a dish. (18 hrs.) 21 Practice the Macedoine cuts of vegetables & prepare a dish. (18 hrs.) 22 Practice the Payssane cuts of vegetables & prepare a dish. (16 hrs.) 23 Practice the Mirepoix cuts of vegetables & prepare a dish. (10 hrs.) 24 Practice the shredding cuts of vegetables & prepare a dish. (10hrs.) 25 Demonstrate and practice other cuts of vegetables used in the kitchen. (10hrs.)	Culinary terms French word for basic food items. Cutting techniques. Yield management/Wastage control (24 hrs.)
Professional Skill 90 Hrs.; Professional Knowledge 30 Hrs.	Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff. (Mapped NOS: FIC/N9419)	26 Practice cooking methods: Boiling - potatoes & rice. (06hrs.) 27 Practice cooking methods: Blanching-tomatoes, vegetables. (06hrs.) 28 Practice cooking methods: Sautéing – vegetables. (08hrs.) 29 Practice cooking methods: Frying-Shallow and deep frying. (06hrs.) 30 Practice cooking methods: Fat frying e.g. fritters, patties etc. (06hrs.) 31 Practice cooking methods: Steaming – rice & pudding. (06hrs.) 32 Practice cooking methods: Stewing-mutton & vegetables. (06hrs.) 33 Practice cooking methods: Poaching-fish & egg. (04hrs.) 34 Practice cooking methods: Roasting/searing -potatoes & chicken. (5hrs.) 35 Practices cooking methods: Grilling – vegetables& fish. (8 hrs.) 36 Practice cooking methods: Braising – chicken& vegetables. (8 hrs.) 37 Practice cooking methods: Baking – potatoes& vegetables. (08hrs.)	Layout of the Kitchen and different Sections. Methods of cooking with special application of meat, fish, vegetables, cheese, pulses and egg etc. Conventional & non-conventional method of cooking: - Solar cooking - Microwave cooking - Fast food operation Variety of fish, meat & vegetable. Cuts of fish, meat etc. (30 hrs.)

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		38 Practice cooking methods: Microwave – rice & vegetables. (08hrs.) 39 Practice cooking methods: Broiling of spices, grinding processes. (5hrs.)	
Professional Skill 110 Hrs. Professional Knowledge 24 Hrs.	Plan and prepare basic Indian food recipes. (Mapped NOS: FIC/N9420)	40 Prepare and practice different menus. (110 hrs.) (i) Dal -05 variety (ii) Vegetables-10 variety (iii) Chutney-05 variety (iv) Raita-05 variety (v) Rice-05 variety (vi) Indian Bread-05 variety	Balancing of recipes Standardization of recipe Maintaining recipe files Menu planning Brief study of Portion control Purchasing specification, quality control, indenting & costing Rechauffe. (24 hrs.)
Professional Skill 20 Hrs.; Professional Knowledge 06 Hrs.	Prepare foods for breakfast buffet/ ala carte menu. (Mapped NOS: FIC/N9421)	41 Prepare and practice the Breakfast -egg preparation: (12hrs.) (i) Boiled (ii) Omelet (iii) Poached (iv) Steamed (v) Fried (Sunny side up) (vi) Scrambled etc. 42 Practice egg cookery including classical preparation. (8Hrs.)	Egg Structure and their correlation to heat. Selection of quality Various ways of cooking eggs with examples in each. Method &prevention of blue ring formation. (06 hrs.)
Professional Skill 20 Hrs.; Professional Knowledge 06 Hrs.	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	43 Prepare different types of Simple Salad - 05 varieties. (20Hrs.)	Salads and their classification Accompaniments & Garnishes. (06 hrs.)
Professional Skill 110 Hrs. Professional Knowledge 36 Hrs.	Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff. (Mapped NOS: FIC/N9419)	44 Prepare different stocks: (10hrs.) (i) White stock, (ii) Brown stock (iii) Fish stock 45 Demonstrate& prepare Basic mother Sauce along with 5 derivative of each. (25hrs.) 46 Prepare &practice compound butter- 3 Nos. (5 hrs.) 47 Prepare & practice Soups- 5 Nos. (5 hrs.) 48 Prepare & practicePurees- 2 varieties. (5 hrs.) 49 Prepare & practice Cream - 3 varieties. (5hrs.)	Basic stocks, Aspic & jellies. Roux blanc, Roux blonde, Roux burn. Recipes and quantities required to produce 1 ltr of stocks white & brown. Recipes required to produce 1 ltr of the different sauce with the necessary precaution to be observed while preparing. - Bechamel Sauce - Tomato sauce - Veloute sauce - Espagnole sauce - Hollandaise sauce - Mayonnaise sauces

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		50 Prepare & practice International soups – 5variety. (5 hrs.)	Soup:- definition, classification with example in each group, Recipe for one litre consomme, 10 Nos popular consommes with their garnishes. Famous national soups of some countries. Butter: History, types, butter making procedure. (22 hrs.)
		51 Prepare and practice cooking: (i) Vegetables - 10 varieties. (30hrs.) (ii) Potatoes - 10 varieties. (20hrs.)	Vegetables: Effect of heat on different vegetables Reaction with metal, In acid/ alkaline medium. Method of cooking of different vegetables. (14 hrs.)
Professional Skill 40 Hrs.; Professional Knowledge 12 Hrs.	Prepare exotic Indian foods and plan menu according to own judgment or as per instructions. (Mapped NOS: FIC/N9423)	52 Prepare and practice Festive Menus based on regional cuisine -05 Nos. (20 hrs.) 53 Prepare and practice - Ethnic royal Cuisine-05 varieties (20 hrs.)	Larder organization & Lay-Out. Larder control, maintenance& upkeep of Larder equipment & supplies.(12 hrs.)
Professional Skill 20 Hrs.; Professional Knowledge 06 Hrs.	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	54 Prepare and practice different Compound salad - 5 varieties (10hrs.) 55 Prepare & practice Salad dressing - 05 varieties. (10hrs.)	Classification of *Horsdoevure*. Composition of salads and salad dressings. (06 hrs.)
Professional Skill 120 Hrs. Professional Knowledge 36Hrs.	Carry out duties associated with preparation of meals. (Mapped NOS: FIC/N9424)	56 Demonstrate various cuts of fishes. (10 hrs.) 57 Prepare and practice fish dishes. (25hrs.) (i) Snacks - 4 Nos. (ii) Indian main preparation– 4 Nos. (iii) Continental preparations - 4 Nos.	Fish classification, scaling, cleaning & preparation. Basic cuts and its uses & storage. (12 hrs.)
		58 Demonstrate various cuts: (20 hrs.) (i) Lamb, (ii) Mutton 59 Prepare and practice meat dishes. (20 hrs.) (i) Indian - 4 Nos. (ii) Continental - 4 Nos. (iii) Snacks - 4 Nos.	Butchery cut of beef, Lamb, Mutton &Pork, its uses and weight.(12 hrs)
		60 Demonstrate cuts of chicken. (10hrs.) 61 Practice preparations of Chicken. (25hrs.) (i) Indian - 5 Nos. (ii) Continental - 5 Nos. 62 Demonstrate poultry and Game bird. (10hrs.)	Poultry: Classification Preparation, dressing & cuts with its uses. Classification of game birds. Preparation and cuts with its uses. (12 hrs.)

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Professional Skill 20 Hrs.; Professional Knowledge 06 Hrs.	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	63 Practice preparation of the following: (i) Sandwiches -10 varieties (ii) Canapés -10 varieties. (20 hrs)	Assembling of: - Cold buffets - Sandwiches - Canapés Proper storage of leftovers. Classification of Cheese and their uses. Variety of pasta and their cooking methods. (06 hrs.)
Professional Skill 70 Hrs. Professional Knowledge 18 Hrs.	Work in the bakery of various food preparing organizations and prepare various desserts and sweet dishes. (Mapped NOS: FIC/N9425)	64 Prepare and practice various type of Bread and Bread rolls. (10hrs.) 65 Prepare Soup Sticks/ Garlic breads/ Cheese sticks. (10 hrs.)	Characteristics & types of Leavening/ Raising agent. Theory of bread Making Bread rolls, Bread Slices, Indian Breads. (06 hrs.)
		66 Prepare and practice of: (50 hrs.) (i) Pastries (ii) Jam tort (iii) Lemon Tort (iv) Swiss roll (v) Puff (vi) Pastries/Vegetables (vii) Patties (viii)Cookies (ix) Cakes	Recipes of Pastry; - Short crust pastry, - Puff Pastry, Flaky Pastry, - Choux Pastry, - Danish pastry and their derivatives. Kitchen stewarding & upkeep of equipment& its role. (12 hrs.)
Professional Skill 40 Hrs.; Professional Knowledge 12 Hrs.	Prepare foods in Continental/Chinese kitchen of various foods preparing organization. (Mapped NOS: FIC/N9426)	67 Identify Pasta and prepare Farinaceous dishes. (20 hrs.) (i) Spaghetti - 2 varieties (ii) Marconi - 2 varieties (iii) Penne - 2 varieties 68 Prepare and practice Chinese dishes. (20hrs.) (i) Soups - 4 Nos. (ii) Noodle & rice - 4 Nos. (iii) Meat dishes - 2 Nos. (iv) Vegetables - 2 Nos.	Prevailing food standards in India. Food adulteration as a public health hazard. Sample tests in the detection of common food. HACCP/ISO22001 (12 hrs.)

Project work/ Industrial visit

Broad Areas:

a) Prepare special meals/medical meals for people under medical restrictions.

b) Prepare special menu for special festive occasions with an ethnic touch.

c) Plan & prepare different types of Oriental/ Continental food according to own judgement.

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Introduction to Catering and Hotel Industry

Objectives: At the end of this lesson you shall be able to

- **understand different types of food**

Introduction:

A hotel is an establishment that provides food and accommodation. It is a large institution with accommodation, restaurants, bar, swimming pool, air-conditioned rooms, banquet halls, travel agency, beauty salons, outlets, gym, bank, post office, and all facilities. A hotel company mostly accommodates foreigners accommodation and meals are catered to them. In a 5 star hotel the following deparments can be found.

The key departments of a hotel are.

1 Reception

2 Catering and culinary

3 Restaurant Management Department

4 Department of Health and Welfare

5 Department of Engineering

6 Department of Human Resource Development

7 Department of Purchase

8 Department of Administration

9 Department of Finance

10 Sales and Promotion Department

11 Raw materials storage department

1 Reception

The main function of this department is to welcome the guests to the hotels and record their arrival the rooms allotted to them and their account cases. This department also provides all necessary assistance to the guests.

Fig 1

2 Catering and Culinary Department

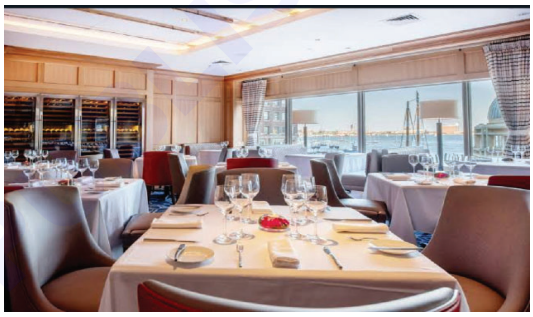
The chefs working in this department prepare different types of national cuisine to the guests.

3 Restaurant Management Department

Different national cuisines prepared in the kitchen will be served according to the guests' preferences

Fig 2

Fig 3



4 Department of health and welfare

Cleans all staff uniforms and guest clothes in the hotel

Fig 4

5 Department of Engineering

This department takes care of repair of electrical appliances, refrigeration equipment and machinery in the hotel.

6 Department of human resource development

This department carries out the important work of recording the attendance of employees. It works with concern for the welfare of the employees. The activities of students coming for training are also supervised by this department.

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7 Procurement Department

The main task of this department is to procure the necessary materials for all other departments in the hotel.

8 Department of Administration

This department does the complete management of hotel. The department works to support the hotel security. The main tasks of this department are to protect the belongings of the hotel, the security of the guests arriving at the hotel and checking the staff after work.

9 Department of Finance

Daily budgeting details of the hotel are maintained by this department.

10 Sales and Promotion Department

This department is responsible for the sales of rooms and food within the hotel and takes steps to increase sales. It is the department that provides suitable ideas for management to make profit.

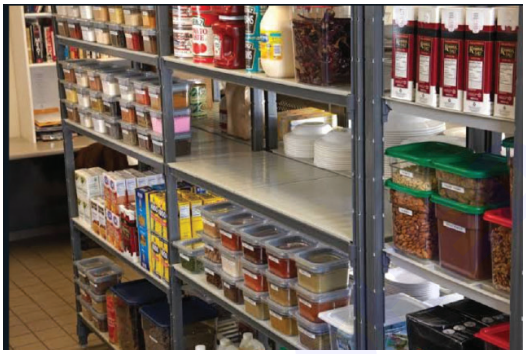
11 Storage department

Raw materials (perishable and dry goods) required by the hotel will be stored and maintained by this department

Raw material supply room

Raw materials (perishable and dry goods) are the department that maintains and supplies the raw materials required in the hotel.

Fig 5



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Introduction of kitchen, objective of cooking career opportunities

Objectives: At the end of this lesson you shall be able to
- **Different types of kitchen and their functions**
- **Fields in which trainees can work after the completion of training**
- **Duties and characteristics of trainers.**

Introduction to the kitchen

In star hotels, the kitchen is a place where chefs can prepare a variety of food in a clean and hygienic manner. Various national dishes are prepared and served to the customers in the restaurant.

1 Indian cuisine (Fig 1)

Indian food is prepared and served in the restaurants. South Indian, North Indian and Mughal cuisines are served in this kitchen sub-division. Non-vegetarian and vegetarian dishes are also prepared and served.

Fig 1

2 Continental kitchen (Fig 2)

Western cuisine is prepared and served in the restaurants.

Fig 2

3 Chinese cuisine

All Chinese food is prepared and served in the restaurants.

4 Garde manger (Fig 3)

In this kitchen, cold dishes are prepared and served with vegetables, fruits and meats.

Fig 3

5 pantry

Cold and hot drinks are prepared in this kitchen. Sandwiches will also be made and prepared.

6 Butchery (Fig 4)

At this place, the various types of meat and fish required for all the cooking sections are cut as per requirement and delivered to the respective kitchens.

Fig 4

7 Bakery and Confectionery

Various types of bread, biscuits, buns, cakes and puddings are made in this bakery. Confectionery is where all types of cold food are prepared.

Fig 5

Purpose of Cooking-Introduction

1 Using raw ingredients adds flavour to food.

2 Ingredients gives us a balanced meal.

3 Preserves the nutritional quality of the food.

4 Different types of food can be prepared using the same ingredient.

5 Preserves food from spoilage.

6 Eases the digesting process

7 Destroys invisible bacteria and viruses in food.

8 Helps serving food in different colours and flavours.

9 Enhances the taste and aroma of food.

After joining the course trainees visit the nearest star hotel and learn about all the departments in the hotels career Opportunities- Trainees have the opportunity to work in the following fields of their choice after successfully completing the training.

1 Commercial Catering

Restaurants, wedding canteens and fast foods

2 Transport catering

Railway catering, aircraft catering and ship catering.

3 Welfare Catering

Canteens in schools, colleges and factories kitchen Organization Chart A chart about the details of the top and bottom decision makers working in a hotel company.

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Duties and responsibilities of kitchen service personnel, hierarchy of kitchen department

Objectives: At the end of this lesson you shall be able to

- **Duties and characteristics of trainers.**

Service head chef Duties and Responsibilities of Kitchen Service Personnel

The Head chef is responsible for:

1 The overall operation of the food production department.

2 Operating the kitchen facility for management staff and staff.

3 Developing new menus and working methods.

4 Developing a good working relationship with staff and guests.

5 Evaluating work and staff performance and ensuring maximum utilization of resources.

6 The use and maintenance of state-of-the-art equipment. Further, he must also be a good administrator.

7 Supervising all food production operations.

8 Checking and ensuring the quality of food.

9 Preparing income and expense statements.

10 Selecting suitable staff, hiring and firing.

11 Providing proper training to the staff as required.

12 Coordinating with management to meet employee needs and making decisions to improve company quality and standards.

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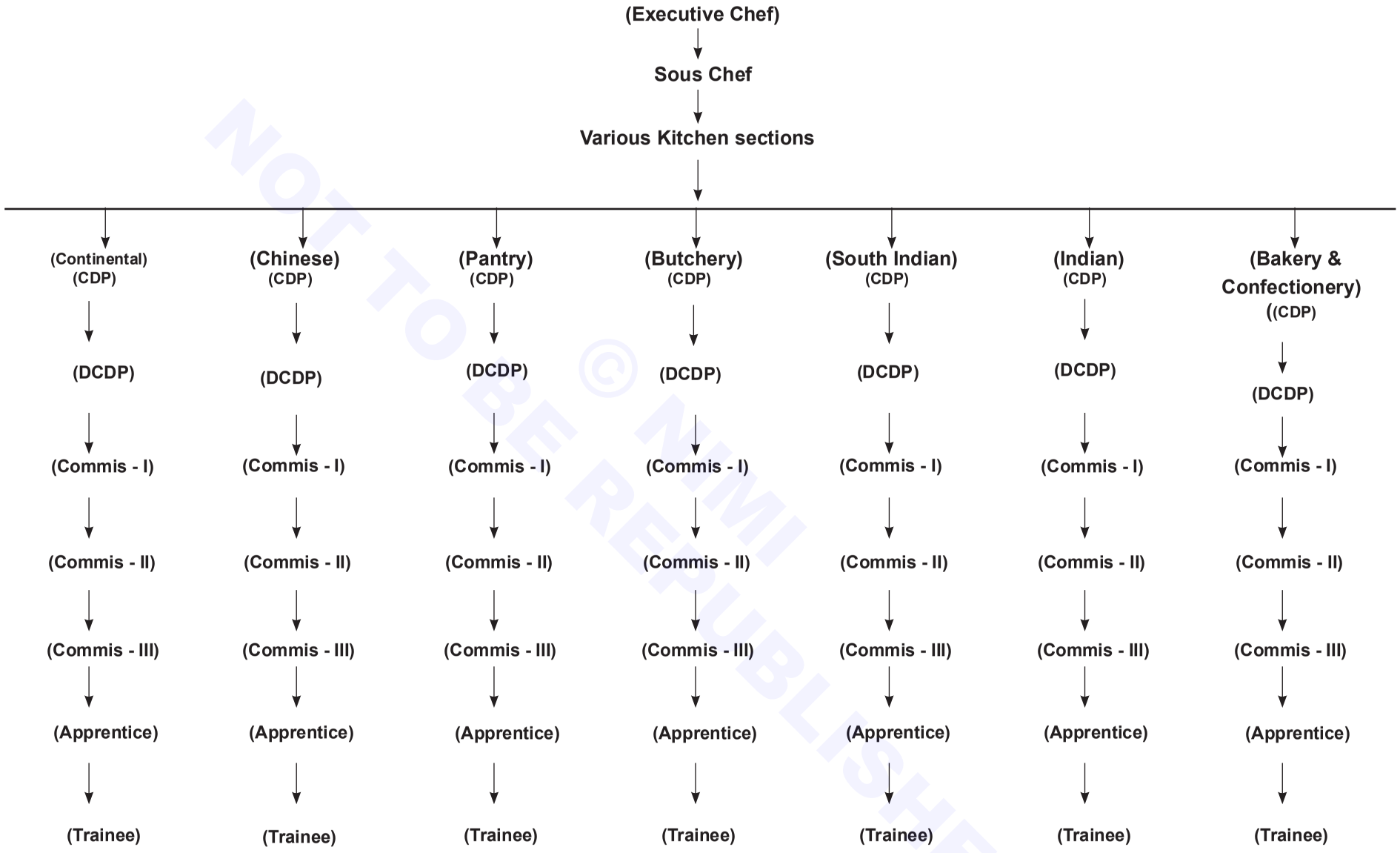
(Organizational Hierarchy of kitchen department)



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Small, medium and large equipment and their handling in kitchen, types of knives and usage

Objectives: At the end of this lesson you shall be able to
- **Handling of various types of machinery and equipment**
- **Safe handling of blades.**

Small and large machines that can be used in manufacturing are classified as follows.

1 Large equipment

2 small equipment

3 small appliances

1 Large equipment :

Cooking stove and cooking range (Fig 1)

These ovens can be used to cook small quantities of food as well as large quantities of food. The fuel for this is gas and electricity.

Fig 1

Bainmarie (Fig 2)

This type of machine keeps the food warm for a long time. In this machine, the water is heated through the tube installed at the bottom and the steam released in keeps the food warm in the upper vessel. The fuel for this engine can be either gas or electricity.

Fig 2

Steamer (Fig 3)

This machine can be used to boil milk, vegetables and pulses especially in industrial canteens and hotel canteens. The steam required for this machine is obtained through a pipe through a boiler and then goes to a steamer to heat the food in it.

Fig 3

Deep Fat fryer (Fig 4)

This machine is powered by electricity. The food can be fried by pouring the required amount of oil and heating it to a suitable temperature. Also, this machine can grind a small amount of food. The amount of oil that can be used in this engine is high.

Fig 4

Hot plat and grill plat (Fig 5)

You can use the machine to cook dosa, pan cakes, vegetables and meats. Vegetables, meat and fish can be cooked using the grill plate. Foods cooked on this grill plate will show the griller's cooked mark.

Fig 5

Refrigerator (Fig 6)

Milk, vegetables, fruits and meats can be stored safely in the refrigerator. These are available in the market in different sizes and dimensions.

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Fig 6

Walk in cooler and deep freezer (Fig 7)

These types of coolers and dip freezers are found in every star hotel kitchen. It involves the preservation and use of cooked and uncooked foods of daily use. Cooked vegetables, uncooked fish can be kept in the refrigerator.

Meat varieties are kept in special rooms.

Fig 7

Working table (Fig 8)

These tables can be used to cut fruits, vegetables and meat in the kitchen using a cutting board. These are unique tables that are designed using stainless steel.

Fig 8

Tilting Grinder (Fig 9)

All grinding materials that can be ground in the kitchen using in this machine. It is powered by electricity.

Fig 9

Electric potato peeler (Fig 10)

This machine can be used to peel large quantities of potatoes. This machine works on electricity. Using this machine a large amount of potatoes can be peeled in a short time. This reduces our time. We do not need to hire separate staff for this work.

Fig 10

Large Baking oven (Fig 11)

Baking and roasting of bread, cake, biscuit, pastry, vegetables, meat can be done using this machine. This machine works on both gas and electricity.

Fig 11

Dough maker (Fig 12)

This machine can be used to make large quantities of chapatti dough, parrota dough and bread dough. This machine can be powered by electricity.

Fig 12

(Tandoori pot) (Fig 13)

Tandoori type dishes and Indian roti type dishes can be prepared using this pan. The heat of this pot is provided by charcoal.

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Fig 13

Bread slicing machine (Fig 14)

All kinds of breads can be cut using this machine. This machine can be powered by electricity.

Fig 14

Meat mincer (Fig 15)

Using this machine we can cut the boneless and skinless meats into the small size as we need.

Fig 15

Stroage rack (Fig 16)

Dry and all types of raw materials can be safely stacked using this equipment.

Fig 16

Safe handling of different types of knives. (Types and Applications of Knives)

Wavy serrated edge (Fig 17)

The teeth (points) of this type of knife are large. These are used to cut soft materials. Examples bread, sausage and tomatoes.

Fig 17

Straight edge (Fig 18)

These knives are used to cut raw meat, salmon, fish, nuts and fruits. Specially designed stones can be used to sharpen these. These types of knives are widely used in the kitchen. These knives should always look sharp.

Fig 18

Granton edge (Fig 19)

A knife with long blade and little holes. When cutting meat and fish using such a knife, the fat and juices of the meat remain in the holes in the knife. This makes it easier to cut. The following types of knives can be used as per requirement.

Fig 19

Paring knife (Fig 20)

These are only used to cut the skin of fruits in circular shape. These are small in size. These knives are available in the market in various forms.

Fig 20

Birds beak knife (Fig 21)

These are used to peel apples and oranges. They are also used for various types of carving.

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Fig 21

Clip point knife (Fig 22)

This type of knives are used especially to remove the eyes of potatoes, and, the olives (small bits). Apart from these, they are used to gemoue the skin of fruits and vegetables.

Fig 22

Boning knifes (Fig 23)

These types of knives are used to separate the meat from the bones. Apart from this they are used to cut fish, poultry and to separate their meats. These types of knives are available wide, solid and sharp. The sharp part of this knife is very useful for cutting the main parts of the meat.

Fig 23

Chef knife (Fig 24)

These types of knives are more useful for the kitchen. This knife is mostly used to cut fruits and nuts. Chef knives are wide, sharp and pointed. This makes it easy to mince fruits and meats. The handle is solid and heavy. This knife is easy to handle. A variety of chef knives come in a range of buff and metal-colored blades and handles. These types of balusters protect us from hand slips.

Fig 24

Carrving and slicing knife (Fig 25)

These types of knives are mostly used for cutting. E-type knives are long and have sharp pointed blades. Only the roast, bib, and fillet knives have rounded edges. These knives are 8 to 14 inches long, flatter and sharper than chef knives. The flat sharp edges of this knife are prone to blunting when cutting with a chopper or chisel. A sawing motion should be used when using this knife. Long knives are used to cut meat long and clean. Some types of carving and sculpting knives are granton-edged.

Fig 25

Bread knife (Fig 26)

These knives are thick and can be used for cutting bread slices. These types of knives have 8 to 9 inch serrations that are sharp. These sharp tooth-shaped blades can be used to cut fruits and nuts apart from bread.

Fig 26

Cleavers (Fig 27)

These types of knives have a broad and flat design. They are used for cutting meat and poultry with bones. Since cleavers are heavier, they are used for chopping rough food. Although its heavy-duty, sharp blade isn't used for sculpting, its tough, broad nature is useful for mincing meat and garlic.

Fig 27

Maintenance of Blades

1 Use a sharp knive and sharpen before starting work.

2 Knives should be used as per requirement.

3 Knives should be cleaned with disinfectant after use and kept in a safe cover.

4 Do not keep the knife in a high place.

5 Do not use a damaged blade.

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First aids for cuts, burns and its importance

Objectives: At the end of this lesson you shall be able to
- **Explain what is first aid**
- **List the main objectives of first aid**
- **Describe the basics of first aid**
- **Describe how to administer first aid to a victim who needs first aid**

First aid is defined as immediate care and support given to a seriously injured or ill person to save life and prevent further deterioration. Its aim is to move the vulnerable person to a safe place and take every possible opportunity to make him or her as comfortable as possible and help them to go to a hospital. First aid is an immediate life-saving procedure using every available opportunity.

Through the early days of joining schools, colleges and factories at a young age, imparting knowledge and skills in first aid now very important. Inculcating these types of habits at an early age helps in developing good healthy habits among people.

First aid operations mostly consist of simple basic life saving techniques that an individual can acquire through good training

The primary objectives of first aid can be summarized into three important concepts.

- **Save Life -:**

If the patient is breathing, the first aider should place the person in the recovery position i.e the patient lying on one side. Doing so will have the effect of clearing the tongue from the throat. By doing this, the unconscious patient will be able to keep any food item stuck in the throat from entering the stomach, removing the cause of suffocation and making him/her alive. A foreign object can reach the throat and block the airway, causing difficulty breathing, commonly known as choking. The first aider is taught to handle this situation by slapping the patient on the back and rubbing the abdomen. Once the airway is open, the first aider should check if the victim is breathing.

- **Prevent further harm:**

This involves removing the person from danger while applying pressure to stop the bleeding and providing appropriate first aid to prevent further deterioration of the patient/or/victim's condition. This is to prevent the situation from getting worse.

- **Promote Recovery:**

First aid also includes starting treatments to heal and recover from an injury or illness. Sometimes, this includes treatment (first aid) of minor injuries such as plastering.

Training (Fig 1)

Fig 1

Action Through Life Experiences We may know the basic rules of applying pressure to a bleeding wound and applying an adhesive bandage over a wound, but life-saving first aid requires practice and learning to perform life-saving techniques efficiently. This is especially important in Cardio Pulmonary Resuscitation (CPR) for the treatment of life-threatening injuries, and Training for this type of practitioner is essential. In many countries, advice is given over the phone while the patient is being taken into the ambulance. It is important to get medical information for regular refresher training to stay up to date with process changes in changing circumstances while learning and training is for certification. provided by organization such as Red Cross and St. John First aid training is often Ambulance.

ABC of first aid (Fig 2)

ABC stands for (Airway/Airflow) (Exhalation/Breathing) and Circulation.

Fig 2

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- **Airway**

First attention should be paid to ensure that the ventilation/airway is unobstructed. Obstruction (suffocation) is life-threatening.

- **Breathing (Fig 3)**

If breathing stops, the victim may die quickly. So helping to breathe is an important step.

Fig 3

- **Circulation**

Blood circulation is very important to keep human alive. First aiders are now trained in left-handed methods of direct chest compressions.

There are certain rules one should follow while giving first aid.

There are some basic rules when teaching and training students in the first aid approach to the victim.

Not to get panic :

Humans err on the side of feeling riotous, exacerbating the situation. Fear also causes mistakes First aiders need to remain calm and approachable. Too many mistakes can happen if the first aider is in a state of panic . This can make it difficult to help victims. Emotional attitude always leads to wrong actions. So be calm and observe the given situation. A quick and confident approach will limit the effect of the injury.

Call Medical Emergencies:

Call for medical help as quickly as possible. The right approach can save lives.

Surroundings play vital role :

Different environment requires different approach. Therefore the first aider must be aware of the situation. In other words, the first aider must make sure that the environment is safe, knowing that no one will be injured and that there will be no one else to help.

Do not harm :

Most of the time, overzealous first aid can make the situation more complicated. For example, giving water to an unconscious person, wiping away clotted blood, trying to fix broken parts, mishandling injured parts, etc. can worsen the situation. Most of the time patients die due to wrong first aid. Even if they hadn't, they would have survived. Do not evacuate injured persons unless the situation so warrants. If the patient has suffered a back, head or neck injury, ambulating the patient may result in excessive risk. So sometimes it is better to keep the patient lying where he is without taking him/her anywhere.

This doesn't mean you shouldn't do anything, but you should make sure trained first-aiders know and act safely. A first aider should not engage in that action if he does not feel confident that what he is doing is right. Therefore handling an unconscious person requires great care, trying to remove embedded objects (knives, nails) from the body can pose a high risk (for example increased bleeding) and it is always best to call for help.

Reassurance :

Talk to the victims in support and instill confidence in them

Stop the bleeding :

If the patient is bleeding, apply pressure to the injured area to stop the bleeding.

Golden hours :

Hospitals in India offer the best treatments for traumatic medical problems such as head injuries, multiple debilitating conditions, heart attacks, strokes, etc. But vulnerable patients often do not receive such medical advice in a timely manner. The risk of death is high in the first 30 minutes.

This 30 minutes is precious time. If an affected person receives medical treatment within this time, known as the Golden Period, he/she will pass the critical period. Giving first aid is also simple and saves lives. It is best to travel in a safe vehicle and go to the nearest hospital as soon as possible. If the person reaches the clinic within a short period of time, the chances of getting good treatment increases.

Maintaining the Hygiene:

Most importantly, the first aiders must wash their hands before administering first aid to the patient, keep their hands dry, or wear gloves to avoid contamination.

Cleaning and Dressing:

Clean the wound thoroughly before applying the bandage. Wash the wound gently with clean water.

Not to use local medications on cuts or open wounds :

Instead of helping, they irritate the tissue. Simple dry cleaning or washing with water and applying some type of bandage will help.

(Cardio - Pulmonary Resuscitation) can be life sustaining:

It can be used to sustain life. If a person has been trained and a person is struggling to breathe, the trained person can start the first aid in case of asphyxiation. However, unless someone is trained on the left, that person should not attempt it. Because he may aggravate the injury/condition. But some people do it wrong. This treatment is difficult to perform in crowded places. Ignorant bystander treatment of the victim will not result in any life-saving events.

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Instead it is like normal chest compressions. Second, doing the right things in the wrong places is very difficult. But if done carefully and by skilled first aiders, it can keep the victim's vital organs oxygenated until the medical team arrives.

Declaring Death :

It is not correct to declare the victim dead at the scene of the accident. This declaration should be done by well-qualified doctors.

How to report an emergency?

It may seem like a simple act to inform others in a critical moment but its difficulty is known only when one really tries to communicate in such a time. There is a sense of shock at the scene of the accident. A large crowd will be present at the scene of the accident to cheer on the victim rather than lend a helping hand. This is common in roadside accidents. Passersby don't want to help. So it is very difficult to give first aid to the injured person in such situations. First aiders have to multitask. Controlling the crowd, informing the rescue team and calling an ambulance have to be done at the same time. Mobile phones are very helpful in such times. Below are some ways to approach this problem.

Assess the urgency of the situation If you are reporting an emergency, make sure it is indeed an emergency. You are in an emergency if a situation is life-threatening or extremely damaging.

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Fire hazards, contents of first aid

Objectives: At the end of this lesson you shall be able to
- **Knowing about fire hazards**
- **Knowledge of fire extinguisher use.**

(A fire):

If you are reporting a fire report, what type of fire and where it occurred

Describe where exactly. Also let us know if anyone has already been injured or if anyone is missing.

(A life):

Life-threatening medical emergency: In this case, explain how the event happened and what kind of symptoms the patient is now exhibiting.

(Emergency) - (Call emergency service) :

Emergency numbers vary. Call 100 for Police & Fire (Fire Station). Call 108 for an ambulance.

Provide information about your location:

The emergency dispatcher will first ask you where you are so that emergency services can arrive as quickly as possible. Give exact street address. If you are not sure of the exact address please provide approximate details.

Give the dispatcher your phone number :

It is very important to give the helper your phone number so that they can call you back if needed.

Describe the nature of the emergency :

Be calm and clear in your voice why you are calling an emergency dispatcher. Give the most important details first. Then answer the questions asked by the teacher as accurately as possible.

Do not hang up the phone:

Do not put the phone down yourself unless they tell you to put it down and then follow the instructions given to you.

Basic first aid :

Basic first aid is the assessment and disclosure of a person's need for breathing, a heart attack, allergic reaction, or other emergency. Basic first aid includes determining the victim's physical condition and appropriate treatment.

Important Guidelines for First Aiders

Evaluate the situation :

Are there any situations that make the first aider uncomfortable? First aiders should be very careful in fire, poison gas accident, collapsing buildings, electrocution or similar situations. Don't rush into it, get caught and die.

Remember A-B-C:

ABC in first aid are three important factors that a first aider should consider.

- **Airway:**

Ensure that unobstructed ventilation is available to the affected person.

- **Breathing:**

Check if the affected person is breathing well.

- **Circulation :**

The affected person should be observed for a good pulse in the pulse points.

Avoid moving the victim

Avoid moving the affected person when not necessary also when he/she is not in danger. Moving a vulnerable person to and fro is often dangerous. That too especially if there is a spinal cord injury.

Call Emergency Service:

Call for help or tell someone to get help as soon as possible. If you are alone at the scene of the accident, get the victim to breathe properly before calling for help and making appropriate arrangements. Do not leave the affected person alone. Stay close to him/her

Determine responsiveness

Determining whether the affected person reacts appropriately to our action

If a person faints, try to wake him/her up by shaking them and talking to them.

If uncooperative and still unconscious, carefully roll the victim onto his or side (recovery position) and open his mouth to open the airway.

- Keep the head and neck straight.
- Roll them very carefully onto their backs holding their heads.
- Hold the pulse and open the airway.

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Looking, listening and feeling for signs of breathing

- The casualty's chest rises,

Focus on the descent and note the sound of the breathing.

- If casualty is unable to breathe see below.
- If the casualty is breathing but unconscious, roll the head and neck to one side with the body. Sampling it helps to flush the mouth, prevent sticking out the tongue, or induce vomiting to clear airway obstruction.

Check the victim's circulation

Check the casualty's pulse by looking closely at his/her complexion, the artery is a good location, which is the area below the collar bone on either side of the neck, and if the casualty has no pulse, start implementing left-handed therapy.

Treat bleeding, shock and other problems as needed :

After making sure the casualty is breathing, pulse, and stable, the next priority should be to control bleeding, especially for those with head injuries and to prevent electrocution.

Treat shock:

Shock can also cause loss of blood from the body. Body and mind should be protected without frequent worries. A person suffering from trauma often has an icy cold skin, mental strength and weakness, and pale skin around the face and lips. A trauma victim can be life-threatening if left untreated. Trauma is the result of someone suffering serious injuries or a life-threatening emergency.

Choking victim :

Airway obstruction can cause death or permanent brain damage within minutes.

Treatment of burns caused by fire:

Clean first-degree and second-degree burns with cold water and by scrubbing. Do not use creams, butter or any other ointments or creams. Also do not peel off the overlying skin attached to the burn. Any level burns can be covered with a clean cloth. Remove clothing and gold jewelry from burns. But don't try to remove the bandages that are firmly stuck to the burns.

Treatment for head injuries :

Check the victim for signs of trauma if they hit their head.

Common Symptoms: Amnesia, dizziness, paralysis, malaise, lethargy.

Treat a spinal injury victim:

If a severe spinal cord injury is suspected, the head, neck, or hindquarters should not be moved unless there is a real danger.

Stay with the victim until help arrives :

Remain calm with the casualty until helpers arrive.

Unconsciousness (COMA):

The state of unconsciousness without self-remembering is referred to as coma. This is a very dangerous condition where the patient lies completely unconscious in bed unable to hear any calls and not even feel external stimuli. But the basic heartbeat, breathing, and blood circulation may still be active or they may also be inactive. If no one gives any treatment to these patients, it can even lead to their death.

This condition is caused by the disruption of normal brain function. There are many reasons for this.

- Shock (heart shock, loss of energy due to nerve shock)
- Head injury (trauma to the brain to accelerate compression shock
- Asphyxia Obstruction of the airway
- Extreme body temperature (hot, cold)
- Myocardial infarction is shock to the heart
- Paralysis is a nervous system accident
- Bleeding (loss) Anemia
- Dehydration (diarrhea and vomiting)
- Diabetes (low or high blood sugar)
- Blood pressure is too low or too high.
- Excessive consumption of alcohol and drugs
- Poisoning (poisonous gases, venomous stings)
- Occurrence of epilepsy
- Mania (emotional seizure, psychological effect)

The following symptoms may appear after a patient is unconscious.

- Confused mood
- Drowsiness
- Headache
- Slurred speech or symptoms of paralysis in moving parts
- Gentle head scratching
- Loss of bowel or bladder control
- Very fast heartbeat
- Thick maze

First aid treatment

- Call the emergency number.
- Check the patient's airway, breathing and pulse frequently. Begin resuscitation with breathing exercises if necessary.
- If the person with spinal cord injury is breathing and lying on their back, carefully roll them onto one side. It's better to be on the left. Bend the top of the leg so that the hips and knees are vertical. Slowly tilt

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the head back to open the airway. If breathing or heartbeat stops at any time, roll him/her onto their back and begin left side treatment.

- A person with a spinal cord injury needs to assess the actual condition very carefully. Roll the person over so that their entire body is on one side at the same time as they vomit. While rolling him in this way, his neck and back should be supported so that his head and body are facing the same direction.
- Protect the casualty in slightly warm conditions until medical help arrives.
- Try to stop the victim from falling if you see him fainting. Lay him face down on the floor and hold his leg up above floor level.
- If fainting occurs due to hypoglycemia, give him some sweets to eat. Or give them something to drink if they regain consciousness.

Fig 16

Don't do these things

- Do not give food or drink to an unconscious person.
- Accident victims should not be left alone to help.
- A pillow should not be placed under the head of an unconscious person

Do not attempt to revive unconscious persons by hitting them in the face or splashing water on them.

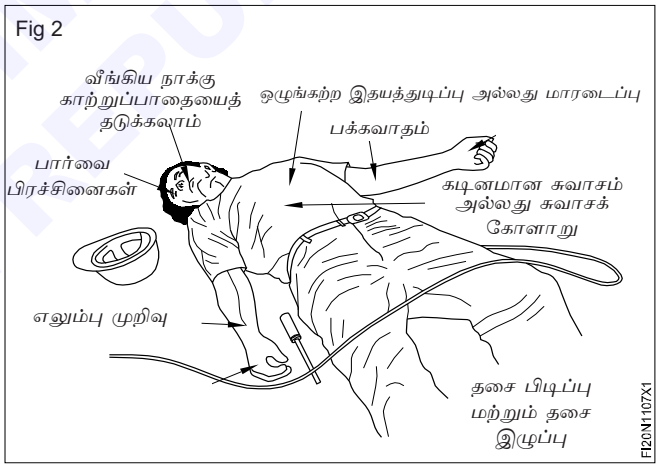
Positioning an unconscious person on their back, and with the tongue hanging down the back of the throat, can obstruct the airway and be life-threatening.

The cause of unconsciousness should be investigated only after making sure that breathing has taken place. If the injuries are minor and allow, he/she should be placed in the recovery position shown in Figure 2, with the neck extended until the accident. They should never be given any oral food or snacks.

How to identify an unconscious and injured person :

- Alcohol consumption can be detected by signs of drinking, such as empty bottles or alcohol breathalyzer.
- Symptoms for people with epilepsy include compulsive seizing from others, drooling around the mouth, or a general disheveled appearance.
- People with insulin resistance can also be diagnosed with insulin shock. (How to diagnose and treat insulin shock will be discussed later).
- Overdosing on drugs or we need to know of the victim is has taken less than the prescribed dose. That is, not taking the correct dosage as advised by the doctor
- Physically injured by trauma? Also we need to know. Whether the victim is physically injured by trauma
- We must obeserve the Signs of infection such as redness seen around the wound and red scales we must check it.
- Are there signs of envenomation around the wound, an empty pill bottle or a snakebite wound?
- It should also be considered that people with psychotic trauma may sometimes develop a psychotic state.
- Stroke, especially in older adults, should also be considered.
- Determine the nature of the disease from the above and treat accordingly.

Fig 2



Loss of fluid from the body is the worst. This loss can affect blood pressure. At the same time the blood flow is damaged and the remaining blood flow is directed to the brain which is the most important organ. So the blood is pumped out of the body to other parts of the body. This causes the victim's skin to turn pale and feel very cold (ice-cold). As blood flow slows down, so does oxygen reaching the brain.

Use and Types of Fire Extinguishers in the Food Industry It is essential for all employees working in the food industry to know how to prevent emergency fire and how to use all types of fire extinguishers. At least 6 times a year, employees must undergo mock training in the use of fire extinguishers. All fire extinguishers must be date coded after use. All fire extinguishers shall be in red with additional colour as per UN specifications.

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1 Foam Cream

Foam does not extinguish fires Fire is extinguished by creating a blanket of foam over the fire. It is especially good for fighting fat fires. Because the fire stops burning in the foam state. Natural material fires can also be extinguished using this fire extinguisher.

Fig 3

2 Carbon di oxide

This fire extinguisher is black in color. It is used to extinguish fire caused by liquids and fire caused by electricity.

Fig 4

3 Dry Powder

This type of extinguisher uses bicarbonate of soda based powders. It is used in most of the fire extinguishers. These dry powder fire extinguishers can be used to extinguish grease fires and electrical fires.

Disadvantage- This type of fire extinguisher has low cooling capacity.

Fig 5

4 Fire Hoses

This type of fire hose is not a fire extinguisher installed in every guest room and kitchen it can be used to extinguish the fire in case of excessive fire spread.

Fig 6

5 Water Sprinkling system

These types of fire extinguishers are installed in all rooms and kitchens in the hotel and automatically spray water through overhead hoses when the temperature reaches eg 75°C (167°F). In this way the fire can be controlled.

Fig 7

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Personal safety and industrial safety

Objectives: At the end of this lesson you shall be able to
- **Personal safety and workplace safety.**

Personl safety and safe handling of the work area while the individual is working in the kitchen are very important. The following are some points to keep in mind while working

1 When cleaning a machine, one must know how to clean it.

2 Cleaning tobe done by using gloves and protective equipment.

3. Do not touch the machine while it is in use and do not pick up the food inside.

4 Electrical machines should be unplugged when cleaning.

5 Use a cloth, small knife, needle, or brush to remove debris from the cutting machine. Do not clean by hand.

6 Check whether the power supply is off or on before starting the electrical machines.

7 Do not operate electrical appliances with wet hands when in use or when connected.

8 After knowing whether the electrical connection equipment is installed properly, it should be operated.

9 Dress appropriately for work Don't wear inappropriate clothes to work because inappropriate clothing can cause a risk of machine lint.

10 Use the machine according to the specific application.

11. Large utensils and small items should be stacked separately. Because if you put everything in one place, it will fall.

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Personal hygiene and sanitation

Objectives: At the end of this lesson you shall be able to

- **Cleanliness of artist and hygiene of work place**

Introduction

Cleanliness and hygiene

Every person working in a restaurant should be well aware of cleanliness and hygiene. Because the customers who come to the five-star hotel are provided with quality food and accommodation very elegantly. In this case the personal cleanliness of the person working and the cleanliness of the room where he/ she works is considered to be of utmost importance.

Hygiene in Culinary Arts

Sanitation is a way of life and a quality of life found in a house, a farm, business and industry, a environment, and a clean society. Being a living system it must come from people's minds. It is nurtured by experience and grows as a duty and a model in human relations.

Important reasons for our involvement in healthcare

1 We distribute many types of food to customers.

2 It is the responsibility of every employee engaged in the art of cooking to reasonably and appropriately maintain the highest standards of hygiene.

3 High quality hygiene protects the health of customers and employees.

4 Universal Law of Universal Welfare

Methods are expected to conform to the highest hygiene standards.

We should observe the following high standards of hygiene.

1 should bathe daily

2 Keep fingernails trimmed and clean

3 Wear a clean uniform.

4 Keep the hair short.

5 Avoid wearing rings on your fingers, watches or other accessories on your wrists.

6 Cuts, abrasions should be kept waterproof.

7 Do not eat, drink, spit, smoke or chew tobacco in the food preparation area.

8 Do not sit lie down or lean on the table while preparing food.

9 Cover your sneezes and coughs with a tissue in the food preparation area. Then wash your hands with water.

10 You should tell your superior if you are not feeling well. May work or take leave as per the doctor's advice.

11 Wash hands regularly with antiseptic. Work with gloves.

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Hygiene rules

Objectives: At the end of this lesson you shall be able to
- **Necessity of wearing clean clothes at work place**
- **Working in kitchen wearing protective clothing**

fssai

Food Safety Standards Authority of India

Code of Health Regulations

Hygiene Rule Codes		Hygiene Rule Codes	
1	Food cart should be kept clean and free from insects.	Wash hands frequently when handling food and raw materials	6
2	Menu and license visualised	Plastic bandages should be used when working with cuts on hands	7
3	Expired raw materials and processed foods should not be used.	People with fever and illness should not handle food	8
4	food should be preserved in cool condition	Use separate cloths for dry and wet table wiping	9
5	Must wear clean clothes and work in the kitchen	Use dustbins accordingly to dispose waste materials in the kitchen	10

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Food handlers hygiene protective clothing

Objectives: At the end of this lesson you shall be able to
- **Necessity of wearing clean clothes at work place.**
- **Working in kitchen wearing protective clothing**

Chef coat and pant (Fig 1)

Every cook working in the kitchen must wear a chef coat, because while working there is a possibility of splattering hot objects on them. The chef coat and pant must be a white colour garment made of cotton fabric.

Fig 1

Apron, Duster and chef cap (Fig 2)

In the kitchen, the chef wears is the chef's apron, which serves as a heat sink and It should be made only in cotton. Use a duster to clean hot pans and food items for safety.

A hat is a device that a chef uses to keep his/her/hair from falling into the food while cooking. A single-use cap should not be reused.

Fig 2

Scarf (Fig 3):

A cotton cloth used around the neck of a food artist. They use it to keep our sweat from getting into our food. Chefs wearing sashes look good too.

Fig 3

Safe footwear (Fig 4)

While working in the kitchen you should definitely wear these teal shoes for safety reasons. Because it protects their feet is safe if hot material/ they hit any they hit any or hot material food falls on the foot while working.

Fig 4

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Grooming and etiquettes work area hygiene

Objectives: At the end of this lesson you shall be able to
- **Need to keep kitchen clean and hygienic**

Introduction

It is necessary to maintain the cleanliness and hygiene of the work area while working in the kitchen.

1. Come to work dressed up appropriately.
2 After coming to work, or after entering the kitchen, the hand should be cleaned first.
3 He should work knowing that all the raw materials required for his work are correct. If the ingredients are not right then the head chef should be consulted.
4 Check whether all the utensils used for cooking are clean, otherwise they should be cleaned and used.
5 After arriving at work, approach the head of the department and get the food preparation orders for the day and prepare accordingly.
6. Keep the work area clean.
7 Food should be prepared hygienically.
8 Chimneys should be checked daily to ensure they are working properly.
9 Once in a week after completion of work all raw materials, machinery and utensils should be disposed of and then sprayed with pest spray and then cleaned by the housekeeping staff.
10 Drainage should be cleaned twice daily.
11 The floor should always be kept clean.

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Preparedness for emergency situation, waste mangement

Objectives: At the end of this lesson you shall be able to
- **Know how to act in emergencies.**
- **Extraction and disposal of kitchen waste.**

Introduction: All employees working in the hotel industry should be familiar with emergency operations. Following are the emergency situations

1 Bomb threat is a state of emergency

2 Fire threat emergency

3 Deaths of hotel occupants

4 Accident emergency

5 Emergencies of disease and epidemics

6 Damage to property caused by guest or miscreant

7 Handling drunken guests.

Every employee should act according to the training given by the Human Resource Development Department in case of any emergency mentioned above.

Waste Management

Introduction:

Every food pantry employee should be aware of waste management. Because waste can be sorted and disposed of only if you know about the waste management.

Types of Waste Management

1 Solid Waste (Recycling)

2 Liquid waste (recycling)

1 The following solid and liquid materials can be recycled: eg vegetables, fruits, meat, oil and foodstuffs.

2 The following solid materials cannot be recycled. plastic bottles and covers.

The following are the colors of plastic dustbins that can be used for disposal of solid waste.

1 **Green plastic dustbin:** Vegetables, fruits, meats and food waste should be put in this colored dustbin. to show that it can be recycled.

2 **Blue plastic bin:** Non-recyclable plastic bottles, cans and plastic covers can be placed in this bin.

3 **White plastic dustbin:** Broken glasses and pieces of ceramic plates can be put in this type of dustbin. These can be recycled.

4 **Yellow plastic dustbin:** Metal cans can be placed in this dustbin.

colour coded dustbins

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Classification of raw materials

Objectives: At the end of this lesson you shall be able to
- **To learn about the nature of perishable and non-perishable ingredients.**

Raw materials that can be used to make food can be divided into two types,

1 Perishable goods

2 Non-perishable items

1 Perishable goods

Raw materials are perishable products such as vegetables, fruits, dairy products and meats. They have low or high moisture content and should be stored safely in the refrigerator. Because these can easily cause bacteria and microorganisms to spoil the food. So the above mentioned raw materials should be kept in proper cold condition. These should be procured only as per requirement.

2 Non-perishable items

These types of raw materials are pulses, grains, rice, oil, spices and spices that we use every day. These should be procured properly sealed and stacked in special containers and envelopes. When we use perishables or non-perishables, we should use the first things we get.

(ii) How to preserve raw materials for cooking by salting, pickling, dehydrating, vacuum packing, fermenting, cooking, freezing.

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Preparation of ingredients

Objectives: At the end of this lesson you shall be able to
- **Learn how to prepare ingredients for cooking.**

Raw materials can be prepared in the following ways.

Raw materials for cooking such as vegetables, fruits and meat should be thoroughly washed cleaned. This is because the nutrients, vitamins and minerals in the food dissolve in the water. So the raw materials should be washed first and then used as per requirement. We have to prepare different types of ingredients to make different types of food.

1 **Mise en place:** It is essential for making a meal Preparing and keeping all the raw materials is called Mishampla. Examples include chopping vegetables, chopping meats, grinding and marinating.

2 **Wash the vegetables:** Raw materials that can be used for cooking must be washed before cooking. Because there is a possibility of invisible impurities in the raw material.

3 **Bling:** (Peeling) Peeling off the soil, spoiled and inedible parts of vegetables is called bling.

4 **Baring:** The process of removing the outer skin from an apple with a special paring knife is called paring.

5 **Cutting:** (Cutting) Cutting vegetables and meat into small pieces with a knife is called cutting. Vegetables and meats can be cut into very small pieces with a chopping knife. Or cut with a mechanical chopper. Dicing is cutting into small cubes.

6 **Mirepoix:** The name for cutting or slicing these vegetables as per our needs is Mirepoix.

7 **Mincing:** Mincing is the process of cutting meat and vegetables into very fine pieces.

8 **Meringue:** Mix eggs and sugar a well-beaten mixture is called meringue.

9 **Mandoline:** A mandoline is a device that can cut vegetables and fruits into balls and batons.

10 **Macedoine:** Cutting vegetables and fruits into 6 to 8 mm pieces is called macedoine .

11 **shredding:** Slicing vegetables and meat into very thin lengths is called shredding .

12 **Slicing:** Vegetables and fruits are chopping very thinly is called slicing .

13 **Sitting:** Green chilies, fenugreek seeds if they are scratched lengthwise internally called sitting.

14 **Grating:** Grating is the particle obtained by rubbing coconut, carrot and lemon on a finely perforated metal plate.

15 **Grinding:** A grinder is used to grind spices, coffee beans and rice using a machine or a grinder.

16 **Mashing:** Crushing the boiled starchy material is called mashing.

17 **Puree:** The juice obtained by boiling vegetables and meats is called pureeing

18 **Pressing:** The process of separating liquids from boiled solids by applying pressure is called pressing . An example is Paneer.

19 **Sieving:** A wire rod is used to remove impurities from flour products. It also helps the food by mixing the air while mixing the ingredients.

20 **Skimming:** Cream is prepared from milk by skimming method.

21 **Rendering:** Rendering is the process of extracting only the fat from the meat.

22 **Filtering:** The process of removing solids from a food and filtering the liquid is called pulverizing a cooking technique that turns something into a fine powder

23 **Evaporation:** Evaporation is the process of heating food to remove moisture from it.

24 **Homogenization:** It is to remove the fat in cream. Cream is pumped through a machine fitted with a small hole to remove the fat.

25 **Emulsification:** The process of mixing a liquid with a fine solid is called emulsification.

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Methods of mixing food, effect of heat on various foods

Objectives: At the end of this lesson you shall be able to
- **Learning about mixing foods and how they change with heat**

Method of mixing foods

1 Beating (Fig 1)

In this process, liquids can mix with each other. As air is added during mixing, the ingredients mix well with each other. An example is beating eggs

Fig 1

2 Blending (Fig 2)

Mixing two or more raw materials together is called blending. An example is a batter that can be made by mixing flour and water

Fig 2

3 Cutting (Fig 3)

The method is to mix flour and butter with a knife. Examples are pie and biscuit dough

Fig 3

4 Creaming (Fig 4)

Mix butter and sugar by friction using a wooden spoon. This method is used for making cakes. Example is cake mix

5 Folding (Fig 5)

The method of mixing liquids and solids together from top to bottom is called folding. An example is sponge cake

Fig 4

Fig 5

6 Kneading (Fig 6)

The process of folding and stressing the addition of flour is called knitting. Example is making bread dough.

Fig 6

7 Stirring (Fig 7)

Stirring is the process of frying vegetables by heating them in oil.

Fig 7

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The change that occurs when heat is applied to food

1 Cooking various foods causes the heat to soften the carbohydrates in the nutrients. Encased in starch granules. These starch particles cannot be digested. So heating salt it and then the starch is released.

2 When sugar is heated it undergoes various states. Specifically at 163° C it caramelizes.

3 Protein foods tend to curdle when heated. For example, when we poach an egg, first the white of the egg is cooked and then the yolk is cooked. The reason is the protein found in egg whites.

4 When heat is applied to foods containing butter, the butter melts little by little. So fatty foods should not be heated at high temperature for any reason. Also cutlets with bread crumbs should be filtered and used after frying in oil. Because if we reheat the oil without filtering it, the oil will be charred.

5 Mineral-rich food does not undergo excessive transformation when heated. But use as much liquid as possible

6 Foods rich in vitamin E are especially susceptible to conversion when heated. We can avoid these defects if we cook properly. Vitamin A and E do not undergo any change on heating. Vitamin A changes in it when cooked in high heat.

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Weighting and measures, texture of food

Objectives: At the end of this lesson you shall be able to
- **Knowledge of quantity and cook ability of food**

Weight plays an important role in the art of cooking. It is necessary to know the weight and quantity of the food especially when serving food in bulk and in night restaurants. Serving the right amount of food using sustainable ingredients is important

Weighing machines, measuring jugs, cups and spoons are used to measure the correct amount of solids and liquids. Weighing machine can measure grams and ounces.

Serve properly cooked foods using cup sizes and spoon sizes.

Nature of food

Texture is a term that describes the nature of cooked food. It depends on the ingredients we use, the way we mix and cook them.

Form and gloss

Form and Gloss Biscuits and Pastries Mixing right amount of butter with maida flour results in soft and chewy biscuits and pastries. This is because the rising agent creates air bubbles and makes the food soft

Short and crumbly:

This character is similar to the form and gloss character mentioned above. But this dish needs a little extra butter to be added. Example is short bread

Sponge

Soft and malleable because it changes due to the addition of air. Examples are swiss roll and sponge cake

Light and even

In this diet the holes are high and normal in size. The nature of this dish is not difficult. The nature of this dish is not that of a short crust pastry or a sponge cake.

Examples are Madeira Cake, Quinn Cake

Flaky

This character is suitable for butter and gas lumps that we can add to food. A layer caused by butter. For example puff

Puff pastry

Puff and pastry are some of the erratic foods where the course holes are more and more irregular. Food will shrink. Because this dish is made with too much raising agent and too little liquid, it is a wrong dish.

Tough

A dish will have a tough texture due to tough ingredients. This is because of the tendency to have too much liquid during preparation and not mixing properly. This inaccuracy is also caused by adding too little butter.

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Culinary terms

Objectives: At the end of this lesson you shall be able to
- **Indian cooking technical words**

Ways of cutting vegetables in different ways Culinary technical terms

In culinary arts While working in a hotel, the staff use different types of and French words in Indian cooking style. These technical terms are helpful when used briefly.

Following are Indian cooking words

1 Adrak - Ginger is known as Adrak in Hindi language. Their aroma adds to the flavor when added to the masala.

2 Aloo – Potato is called Aloo in Hindi.

3 Aniseed is called aniseed.

4 Atta – Wheat flour is called atta.

5 Pineapple - Also known as pine apple.

6 Anda - An egg is called an anda.

7 Almonds – Almonds are called almonds.

8 Bhuna – Chopped vegetables are called bhuna.

9 Belan – The roller pin to roll the chapatti is called Bailan.

10 prutah - Aborigine is roasted directly on the fire, peeled, finely chopped and cooked, it is called prutah.

11 Bhajee - Raw vegetables and cooked vegetables are called bhajee.

12 Bagher - Using hot ghee, cumin seeds, mustard seeds, whole coriander or eggplant stirring and serve.

13 Bhathuras - It is a dish made from a fermented dough mixture rolled into a stick, fried in oil and served with large chickpeas.

14 Biriyani - A very popular Indian dish. It is a dish prepared with rice and vegetables or meat and each layer is cooked and served in its own way. Saffron flowers are sprinkled in the milk for fragrance. At least 10 types of decorative items will be added to the top.

15 Chapatti (or) Phulkha - Chapatti is a dish that can be cooked and served hot using wheat flour mixed with water. These can be cooked with oil or served without oil. Phulka is a dish that can be cooked like chapathi but roasted directly on the fire and served.

16 Cheela A mixture of chickpea flour or ground dal. It can be cooked and served as dosa.

17 Kokum - A dry fermented tamarind is used while preparing charcoal type emulsions. Especially Goan cuisine uses dried fruit for sourness

18 Curry powder - All kinds of spicy and aromatic spices are a mixture of spices that are heated, ground and powdered and added to broths.

19 Dahi Bhalla - A ball of gram flour is fried and then served in a curd flavuored with spices.

20 Dhansak - It is a type of Parsi dish. This dish consists of pulses, meat, vegetables, green vegetables, spices and pulses. This dish is served with rice.

21 Do pyaz - These types of dishes are made with meat. It is a Mughal dish. This dish can be prepared by frying half of the big onion and keeping it aside and half of the small onion chopped and mixed with spices.

22 Dum - They make dishes especially biryani in this own way. In their own way, they heat the charcoal and when the kangu comes, they finish the biryani and covered it on top.

23 Garam masala - Aromatic, ground bark, cinnamon, rice leaves, cardamom, and anise are used in cooking.

24 Kheema - Finely ground meat with skin and bones removed is called kheema.

25 Kheer - Kheer is a dish that can be made using milk with semolina or rice and cashew nuts.

26 Khoa. A curdled milk mixture. Gulab jamun and burpees can be made using khoa.

27 Kabargah - This is a Kashmiri dish that can be made using a variety of meat.

28 Kabab - A tandoori pot dish consisting of skinned and boneless meat skewered with required spices.

29 Machher jhol - It is a type of bengali broth type dish. It is a dish that can be served by frying the fish first and then dipping it in gravy.

30 Nargisi Kofta curry - A dish made of finely ground meat and spices, with a boiled egg in the middle and then fried and served with gravy.

31 paneer - It is a made from curdled milk.

32 Rogan josh - A spicy stew of bone-in mutton cooked with spices.

33 Zarda - A sweet pulao type dish. It is the last one that can be served

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French word basic food items

Objectives: At the end of this lesson you shall be able to
- **Learning French technical terms**

1 **Abats:** Abdomen, head, thorax, abdomen and kidneys are called appendages.

2 **Aging:** Cold cooking is to enhance the tenderness and flavour of meats.

3 **A la carte:** A la carte is the name given to choosing the food and ordering it according to our choice.

4 **Anglaise:** Anglaise cooking is a method of cooking food using water, eggs and breadcrumbs.

5 **Appetizer:** Appetizer dishes are served first. These types of foods should be appetizing. Examples are fruit juice, cherry, cocktail and mocktail. These dishes should be served chilled.

6 **Aromates:** Vegetables such as carrots, collard greens, onions, celery, and aromatics are used in food for flavouring purposes.

7 **Aspic:** Aspic is a mixture obtained by boiling bones thoroughly, draining and filtering. These are used to make garnishes for cold dishes.

8 **Au bleu:** In French cooking, if the meat is not cooked properly, it is called au bleu. It has another meaning which is the method of cooking in a dis stock.

9 **Au four:** A method of cooking food in an oven.

10 **Au gratin:** Dishes are cooked in salamander with only breadcrumbs, cheese and butter as sauce.

11 **Baba:** A type of cake that can be made using yeast. This cake should be prepared by pouring rum and then soaked in rum and served with fruit and cream.

12 **Bain marie:**

It is a kind of machine. The water in it is heated and the steam enters the food placed directly above them, keeping them hot.

13 **Barbecue:**

It is a type of cooking method. At parties, whole mutton or chicken fillets are seasoned and skewered directly to the guests and served with sauce.

14 **Barding:**

Fat from pork, directly from lamb It is made with meat, poultry or fish. Because it preserves the meat from drying out

15 **Barquette:**

A boat-shaped tart is a led pastry. These should be filled with filling and served.

16 **Batter:** A mixture of flour and water. Sometimes we mix egg in it.

17 **Bechamel:** This is a basic sauce. It should be made with flour, butter and milk.

18 **Beurre fondue:** Panto melted butter is called Piero Panto.

19 **Beurre noisette:** Heat the ghee moderately and turn it into a nut colour

20 **Beurue manie:** Mix equal amounts of flour and butter. This mixture can be used as sauce and soup thickener.

21 **Beurre Noir:** Heat the butter to a dark brown color

22 **Bisque:** It is a thick sauce. This type of food is a product containing sea tail food.

23 **Blanching:** Blanching is the process of soaking tomatoes and carrots in hot water for a while and then taking them out to remove the skin

24 **Bouillon:** It is a type of soup. This soup is more like a consommé than other soups. But it is less fragrant than prat soup.

25 **Boullabaise:** This is a type of French stew. This stew is a dish made with different types of sea life spices. This dish can be served with curry bread.

26 **Bortsch:** This soup is an unfiltered soup. Bitrate and duck meat are used to make this soup. This soup is popular in Poland and Russia.

27 **Bouquet garni:** Fragrant ingredients such as celery, parsley, bay leaves, thyme, and brinjal leaves are wrapped in thin cloth and placed in boiling soup or stock. These aromatic ingredients are used to make soups and stocks. Then the cloth can be removed.

28 **Buffet**: Cooked food is displayed in front of the guest and served according to the guest's choice. Various types of food are garnished in this buffet style.

29 **Canape:** It is a hand-sized dish that looks good on toasted or unbaked slices and garnishes well. These types of food should be served first.

30 **Carte du jour:** Today's menu

31 **Cannelloni :** This is a national dish. You can put the meat in this pasta dish and pour sauce and cheese on top and serve.

32 **Capon:** Smaller male chickens are raised in a non-breeding manner and prepared for cooking. This type of chicken is very tender.

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33 **caviar Sturgeon:** The embryonated eggs of species of fish are called caviar. This can be served with a first course and sandwich.

34 **Chateau briand:** The headpiece of the beef roasted is called chateaubriand. These types of meats can be cooked and served by grilling and frying.

35 **Chaudfroid:** A type of food made from aspic or gelatin. These are used to prepare cold food.

36 **Chiffonade:** Chopping lettuce and chervil leafy vegetables into very long slices is called chiffonade.

37 **Chinois:** A hump-shaped filter is called chinois.

38 **Coagulation:** Coagulation is the process by which proteinaceous foods solidify when heated. For example, when frying an egg, the white is cooked first.

39 **Consomme:** A mild soup made using beef and bones.

40 **Court Bouillion:** A type of fish that has less odor is used in this stock. This stock is used is this to cook the fish

41 **Croquettes:** Boiled meat, potato, vegetables, mashed with thick white sauce, rolled into balls, with egg and bread crumbs, fried in oil and served.

42 **Croutons:** Small pieces of bread can be cut in various ways, dipped in oil and served as a garnish for soup.

43 **cuisine:** Culinary arts, cooking

44 **Darne:** Darne is the name given to cutting large round fish with bones

45 **Demi glace:** A pre-made brown sauce heated and reduced by half is called Demi glace.

46 **Duram wheat:** Wheat that is high in protein. This type of wheat is used to make pasta and Semoline.

47 **Docking:** The process in which pastries are baked by pricking the dough all over with a yarle to make small holes. This will allow the water vapor in the pastry to escape and the pastry will be cooked well.

48 **Emulsion:** Oil in liquid form is mixed with egg yolk. Examples are mayonnaise, Hollandaise sauce.

49 **Entree:** The first type of meal that can be served before the main course

50 **Entremet:** Desserts that can be served on a French menu.

51 **Estouffade:** Brown stock

52 **Espagnole:** Basic brown sauce

53 **Farci:** A stuffing that can be placed in food.

54 **Farinaceous:** Pasta dishes are served with sauce.

55 **Fillets:** Cuts of meat (fish, poultry, meats) with skin and bones removed are called fillets.

56 **Florentine:** Basil is called florentine in French

57 **Foie gras:** Liver of duck or water fowl

58 **Fond de cuisine:** Kitchen stock

59 **Frappe:** Some are frozen soft drinks and desserts.

60 **Fritters:** Vegetables and meats are dipped in flour and served.

61 **Galantine:** Marinated chicken, mutton and fish meats, vegetables, eggs and spices can be rolled in thin cloth, tied, boiled and served cold as a salad.

62 **Garnish:** Garnish is the name for decorating food items (vegetables and fruits can be used)

63 **Gelatine:** Gelatin is a protein extracted from cow's feet. They are used as a setting agent to prepare cold food.

64 **Gherkins:** Small cucumbers are marinated in salted water and served with salads.

65 **Goulash:** Onions and tomatoes made using beef are the only dishes that can be mixed with paprika powder.

66 **Gratinate:** Cooking salamander with sauces that can be baked.

67 **Horsdoeuvures:** Small dishes are served as the first course in a French menu. These types of foods trigger hunger and cravings when eaten first.

68 **Indienne**: Cooking and serving Indian style food is called Indienne

69 **Isinglass:** A type of gelatin is called Isinglass (These are used to extract food)

70 **Junket:** These types of foods are easily digestible. Especially given to children and patients. Milk is essential to make this dish. This food is processed by adding rennet protein.

71 **Mirepoix:** Choppred carrots, onions, celery with thyme and brinjal leaves to cooked to it to add flavour to the food.

72 **Matignon:** Cook the food with chopped vegetables and pork if needed. Cooking this way enhances the flavour of the food.

73 **Mise en place:** Preparation of all the ingredients. (before cooking)

74 **Mono sodium glutamate:** Its other name is known as Chinese salt. The addition of this Chinese salt enhances the taste and aroma of the food.

75 **Mousse:** This type of dish is a sweet cold dish made with cream, egg white gelatin and sugar. It is a dish that can be made using eggs, cream, gelatin and spices to make different types of meat dishes.

76 **Panada:** Thick white sauce

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77 **Parmesan:** It is an Italian cooking cheese. Especially pasta dishes can be made using this cheese.

78 **Paysanne:** The pods are cut into round or triangular shape called Paysanne

79 **Pimentos:** Red and yellow umbrella peppers are called Pimentos.

80 **Poisson:** Fish dishes are called poisson in French.

81 **Quenells:** Dumplings are smaller in size. These are dishes that can be boiled with fish, chicken and mutton. These are used to garnish food.

82 **Rechauffe:** Reheated food.

83 **Royal:** A dish that can be made with eggs and a little stock. This dish can be used to garnish consommé soup.

84 **Zabaione:** It is a cold sweet dish. This dish can be prepared by adding eggs, sugar, and cream.

85 **Souffle:** A sweet custard cooked in a soft salty baking method.

86 **Supreme:** Supreme is the name given to the boneless and skinned long flat fish and the meaty part of the cod.

87 **Table d hote:** This is a type of fixed menu. with fixed price.

88 **Terrine:** Finely chopped mold cooked food. Serve chilled.

89 **Troncon:** It is the part that chops fish with bones.

90 **Vol au vent:** A smaller type of filling are puff pastries.

91 **Wok:** A cast iron utensil used in Chinese cuisine. Rice and noodles can be cooked in it.

92 **Zuppa:** It's a yam soup.

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Cutting techniques

Objectives: At the end of this lesson you shall be able to
- **Learn about cutting vegetables for different types of dishes**

In European and French cooking, vegetables are cut as follows.

Brunoise (Fig 1)

A small circular 13mm square cutting method. Such cuttings can be used as a garnish for consommé soups.

Fig 1

Chiffonade (Fig 2)

Cut spinach and lettuce leaves into thin strips. These are put under the salad. It can also be used to garnish soups.

Fig 2

Jardiniere (Fig 3)

This type of cutting method is long thin batten type cutting. They are 2 long, 3 wide and 3 thick.

Julienne (Fig 4)

Fig 3

The method is to cut into 4 lengths as thin as long matchsticks. These are used as garnish for many kinds of soups.

Macedoine (Fig 5)

Fig 4

These are four sided equal dices type cutting method. These are 0.5 srm and circular in shape, slightly larger than a brunais cut.

Matignon (Fig 6)

Fig 5

Vegetables, especially onions, carrots, and celery, are cut into small pieces and cooked in butter, bacon, thyme, and brinjal leaves, along with wine. This way the meats with the pods will smell good when cooked colours are also available.

Fig 6

Mirepoix

The meat will be delicious if you saute onions, celery, carrots, cut into small pieces in butter and roast them along with other types of meat. Available in colour and fragrance. Paisani This type of cutting is available in square, triangular and circular shapes. These can also be cut into 1 or 2 thick slices.

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Yield management/waste control

Objectives: At the end of this lesson you shall be able to
- **To understand revenue or profit and increase investment.**
- **Yield management as a specific inventory focused branch of revenue management involves the control of inventory.**

Yield in culinary terms refers to how much of a finished or processed product you will have. Professional cooking should always specify a profit. Yield can refer to the amount of material that can be used after processing. For example you can prepare a recipe for carrot soup. The recipe requires 1 kg of carrots that you buy. However, only 800 grams of carrots should be used after peeling them and cutting them as necessary.

Objectives of yield management

1 Establishing a standard for the size and number of portions available from a particular food

2 To establish a standard against which operational results can be compared and by which production departments can measure performance

3 Help with menu costing and pricing

4 Assist in converting forecast requirements into raw material requirements.

Importance of production

1 To determine product price

2 Predict the first size and ordering levels.

3 Establishing standard cooking and portion sizes

4 To set control standards

5 Comparison of vendor price and quality

6 Forecasting the use of raw materials.

Waste control

Understanding what kitchen waste management is.

1 Controlling waste Proper data planning Effective supervision and proper maintenance of records.

2 As with any restaurant the following three factors

- Proper use of payroll
- Proper use of materials
- Store and stock control

Proper use of payroll

- More or less staff as needed
- Job Description Work Schedules
- Communications from the administrator
- Department of Personnel Counseling, Regulation, Labour Saving Equipment.

Proper use of materials

- How to supply raw materials
- Standardized sorting
- Quality procurement specification
- Buy only raw materials suitable for the season.

Store and stock control

- Records of goods in and out
- Quality and quantity control.
- Proper handling and storage
- Give only correct dose

Chopping Board

A chopping board is the most basic and essential process for chopping and slicing raw food items a go-to tool for the kitchen. A common way to reduce food safety hazards is to use colour-coded labels. The leaf is an essential component of food preservation and the colours mean they're easy to spot in a busy kitchen. As a food handler you need to know which colour cutting board to use for which food items.

Types of Chopping Boards and Their Uses There are different chopping board colors for food preservation

1 Green coloured cutting board for vegetables and fruits

2 Red coloured cutting board for meat

3 Brown cutting board for cooked meat and poultry

4 Blue Chopping Board for Seafood

5 White Chopping Board for dairy and bakery products.

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Layout of kitchen and different sections

Objectives: At the end of this lesson you shall be able to
- **various types of kitchens in catering factories and star hotels are arranged in a designated format**

A kitchen is a room or part of a room used for cooking and food preparation in a residential or commercial establishment. Star hotels have a separate kitchen designed for this purpose.

Design and layout of the chosen kitchen needs to have enough space to accommodate the machinery and equipment. Then you have to research and decide which part of the kitchen should go where. A rough sketch and blue print of the appliances location in the selected kitchen. It should be known whether the necessary water pipe and electricity facility are is in place.

Infrastructural facilities should be divided into two. First of all, the location to fit each machine, work table and hand wash in the kitchen For example, for Indian and Tandoori kitchen salad and sandwich making infrastructure should be designed.

Second, get the raw materials. It also includes space for storing, prepping, preparing meals, and washing large dishes, especially employees need to allocate rest room, office room, in the proper infrastructure.

The first and second infrastructure facilities can be taken up together. Many people have doubts about this. The designer can sometimes do the first infrastructure alone and the second infrastructure will be done later or in addition.

Concepts of layout

- Materials and preparation
- Machinery and equipment
- Employees
- Interior comfort of work place

Ingredients and Preparation of dishes is done in a simple manner, and handlinges it includes of raw materials.

Design and infrastructure of the kitchen is to protect from moisture, dust and weathering.

For easy calculation of raw material storage room, waste and unwanted material storage should be located near the kitchen.

Machines and equipments :

- Adapting the machine to the application specified in the design.
- Using all types of machines as much as possible.
- To clearly specify the mechanism of handling of machines in all types of kitchen infrastructure.
- Specifying the mechanism of transfer of machines from one place to another in the kitchen infrastructure.
- Allowing necessary space for workers to work between the machines.
- Facilitate adequate ventilation in the kitchen and release of internal heat.

Workers

- A diagram of the kitchen should clearly indicate to employees how to evacuate in case of danger.
- Providing adequate lighting,in all rooms to facilitate the work of the employees.
- Provide ventilation in the work area as required and arrangement for internal heat to escape.
- The diagram should be clear. It should not be distracting.
- Designing the workplace according to the height of the employees.
- Provide enough space for employees to work.

Movement

- Sufficient facility for personnel to go and work with materials should be indicated.
- Adequate space for entry and exit from outside should be indicated.
- Avoidance of unnecessary delay in inbound and outbound of goods.

Layout configuration

Machines and workspaces can be set up in straight-line or overlapping Straight-line conversion codes, chart symbols can be set in the following different ways. This method is very easy method. But this method can be set up with limited machinery and space. In this way, objects can also be placed near walls, or in an island form.

('L' shape arrangement)

It will have more machines and facilities than the single straight line arrangement mentioned above. In this way the format can be divided into two sections. In two types of design emerge in this method. Some machines can be fitted in the first design and some machines in the second design.

(U shape arrangement)

This code applies to small kitchens, where one or two

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workers work in small spaces, where as this design is not suitable for workers to work in a straight line.

Parallel design (back-to-back): In this method, two machines can be mounted in parallel in a straight line, as if connected back to back. We can arrange accommodation. In some places, a small wall will be constructed in the middle of the parallel space, in which there will be a place for washing dishes and for mechanical maintenance.

(Parallel arrangement face to face)

In this method, two machines can be placed opposite to each other in a straight line. This method can be used in many hotel companies with a little space between these straight lines. In this way, two facilities can be provided for cleaning utensils. While setting up the main kitchen, you should decide in advance how much space you need to set up the kitchen. Accordingly, the amount of space required for food preparation can be calculated using the following percentage method.

Estimated percentage of production/Space for functional areas

- Raw material receiving room 5%
- Food preservation room 20%
- Pre-preparation room for raw materials 20%
- Cooking room 12%
- Baking room 10%
- 5% of dishwashing room
- 16% in/out space
- Waste storage room (dry and wet) 5%
- Staff room 5%

2% (Miscellaneous)

By knowing well about kitchen design, we can prepare and serve quality food in an easy way. If we know about the following triangular arrangement, we can handle the kitchen easily.

- Food maintenance
- Cooking area/preparation
- Cleaning

  Food Care (Raw Materials) Food care and food serving can be done well if the kitchen refrigerator, hot food keeping machine, drawers, stacking boxes. Pantry and cabinets Lacy Sazan Swing Out Pantry to be properly organized.

  Cooking Area/Working Area All cooking stoves (small and large) (LPG/HPG) required for cooking should be in proper working order. The interval between taking cooked foods is also very important. All equipment should be arranged in such a way that it can be easily picked up and handled. Towel rods and pot racks should be stored in an easily accessible location for use.

  Cleaning space for large utensils and small utensils Space for cleaning large utensils should be provided. Small appliances should have facilities for cleaning. As get rid of useless items and put them in separate garbage. Sink waste space and dish space should be appropriate for the work area. The cabinet should be suitable for storing the above items.

  Task triangle shape.

- According to the work triangle design, there are three main areas to keep in mind, appliances Bridge Stove Hull Sink.
- A work triangle should not be less than 4 feet and not more than 9 feet.
- Microwave should be placed near the refrigerator.
- Width of footpath should be minimum 42 inch . because it is suitable for carrying large machines.
- Place prepared food on the counter and serve at least 15 inch from the stove on both sides. 18 inch counter can be attached to the bridge. The handle can also be placed in the same area.
- It is better to place the food preparation area in the space between the refrigerator and the cleaning area. On the other hand, the distance between the food preparation area and the cooking stove is greater.
- It is better to set up a work space with low height. Setting 7 to 8 at wrist height.
- Two food processors, work space refrigerator, oven counters can be used by both.

  Kitchen Design (Home Use)

- This can be called a linear (or) pullman kitchen.
- These types of single line kitchens are good for setting up in small and apartment homes.
- This type of kitchen can be installed in newly constructed small houses.
- Small movable tables can be set up for eating.
- Can be modified with an island-shaped kitchen. This type of kitchen can be installed in small multi-room apartments.
- Kitchen can be designed in any room, and dishwashing room can be set up in the room in between. The disadvantage is that it takes longer to move from one room to another. So the sink can be placed in the middle of the rooms.

Galley kitchen

- Excess space can be used in this design method. Advanced chefs will love this design. In this way there is space to work on the preparation of raw materials in two rows. But this method cannot work if there is a pavement as it may affect traffic.
- Two rows of cupboards and drawers should be attached as required. Also an important point to be

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noted in this type of kitchen design is that the cleaning area and the cooking area should be arranged in the same row. Because there is a possibility of danger while cleaning hot utensils. Kitchens with this design are easy to handle. A person is comfortable to work with this design.

The L shape kitchen (Fig 1)

This design is very popular. It is perfect for a family kitchen. This style is perfect for handling guests with ease. Table and chairs can be set up in the kitchen.

In this way, the kitchen to be designed where two walls are attached.There is space to go from one place to another and work. Also, the dishwashing area, the stove and the refrigerator are separated from the food preparation area. This design is a simple method. Large machines can be fitted where we need them to be the design of the work space is integrated with each other and can be changed whenever needed.

Fig 1

The U shape kitchen (Fig 2)

This design is a method of building along long walls. It provies good space to work. In this design, the refrigerator, stove and dishwashing area can be spaced separately as needed. If there is a kitchen in this structure, the employees can work with full dedication and open mind. A kitchen with this design help us cook a variety of dishes well and easily.

Fig 2

- The working space will be longer.
- It is an efficient design according to the work triangle design.
- We can easily remove a row and turn it into a giant space.

  An island-shaped kitchen is a popular kitchen now a days. But this design requires enough space. The kitchen can be located in the dining room or utility room according to this design. The cook can easily prepare and serve food according to the guests' preferences. The vessels can be easily cleaned.

The G shaped kitchen

In this form the kitchen looks like a 'M' shape linking to the kitchen. A small shaped wall is located.

An 'A' shaped kitchen has plenty of space to work with.

These types of kitchens are suitable for cooking for large families linking to the kitchen. In this 'A' shaped kitchen, many people can work in unison. We can also make various arrangements for serving food. Scheduling of sub-level tasks like space for cleaning large utensils and small items and to be cleaned separately. A 3-compartment sink and drain should be used for cleaning large and small dishes. Also soiled utensils should be handled separately. Large utensils and small utensils should be kept separately for cleaning. Large dishes in particular require separate cleaning space. Apart from this, small appliances should also have facilities for cleaning. Clean heavily soiled or soiled dishes using hot water, soap or soapy oil and plain water and clean dishes separately. Machines can be used to clean dirty and oily dishes hard-edged dishes. Work with non-slip flooring throughout the kitchen. Also white coloured tiles can be installed on all four sides of the wall to a height of 8 feet. The space required for the kitchen is 10x10 feet. The use of a grinder is very essential in Indian cooking. Grinders play an important role in grinding vada and coconut, dosa flour etc. At least two grinders are necessary in small restaurants. Because if one fails, the other can be used to speed up the work without interruption. The size of the grinder chamber is 10x4 feet. Non-slip pads should be installed on the floor. White panels should be fixed at a height of 8 feet on all four sides of the room. Chef 's Room The chef's room is located in the middle of the kitchen where all the kitchen staff can see the work. A few kitchens are located near the commercial road. Because of how many raw materials are in stock. It will be enough to know if they are being used properly. The average size of this room is '10x10' feet. Also imported raw materials are, for example, automotive products, spices and grape wines. Chef 's Pantry This is a tiny pantry in a kitchen. This room will be under the supervision of the Head Clerk. The store room in this small kitchen is called the sap larder where the day's produce from the main trade route is stored. The ingredients kept in this room can be taken by the chefs at any time. Do not store too many raw materials in this room.

Kitchen design

The infrastructure and design of the kitchen depends on the company. It is also subjects to availability. The cooking room can be divided into three categories.

- Procurement, preparation & maintenance of raw materials
- Cooking food
- Clean and serving the prepared food.

There are three major specialties in the way the food served to the workers on the snack road in the factory

- Procurement of raw materials.
- Preparation of raw materials
- Serving prepared food. While designing the kitchen cabinet the following important aspects should be considered.
- The choosing Place to establish the hotel.
- What kind of customers to expect. (Domestic) Abroad/Middle People/Rich/Company Executives
- What type of food is served (North Indian/South Indian/Chinese/Western)
- Knowing when the business is high (Winter/Monsoon) Expansion of the business includes consideration of the key aspects mentioned in the current practice of food preparation, serving and administration.
- Engaging in business on a large scale
- Ease of implementation
- Avoid pre-prepared processed food products as much as possible. Before installing a hotel kitchen the following important features should be considered.
- What kind of food to prepare
- How many employees will be employed
- The time when the main meal and the snack are served.
- Can ready meals be used? Or is the food freshly prepared and served?
- Employee be specific about the following:

  Do they get incentives separately if they work on periodicals and chief guest shows? It should be decided before hand.
- Minimize the size of the kitchen as much as possible and the serving room should accommodate more customers. At the same time, the kitchen should be large enough because the workers need a place to work, not only to carry the goods.

Accommodation

When building a new hotel, the size of the kitchen should be 25% to 33% of the size of the serving area. As much as possible 75% percentage should be reserved for serving area. When installing the kitchen, it should be installed without any wear and tear. Otherwise mistakes will happen while serving food.

Customers should allocate an average dining room space of 10/12 square feet per person. At the same time 21/24 square feet per person should be allotted for kitchen. Also 1/4 of the total space in the kitchen should be counted as a store room for raw materials.

Recepit of raw materials preparation & Maintenance

The place where raw materials are received from outside should be large and sufficiently close to the goods road. All the goods should be checked and received by one of the workers from the outside and then sent directly to the goods road. Dry and cold, readily available items should be individually identified and stored safely.

Deliver quay

A separate platform should be set up for the loading and unloading of raw materials from vans and trucks at the delivery point. Adequate lighting, space and water for cleaning, all Check if the draws are working and be ready.

Gas bank

Store new gas cylinders separately and used cylinders separately outside. In some hotels it is necessary to set it at least 150 yards away from the kitchen due to large consumption.

Garbage disposal

Separate dustbins should be used for dry and wet waste disposal. Garbage should be collected in a wet dustbin and kept in a cool place. If this is done, the room with the trash can should be cleaned twice a day. Then spray the insecticide. Then you can sprinkle scented liquids on top

Central stores

The room should be 70L when storing dry material. shelves or pallets can also be used to protect food items of lower weight. If shelves are to be used do not place any object on the floor. Keeping things at least 8 feet off the floor allows for easy room cleaning. Do not place the shelf against the wall. A minimum of 2 spaces is required.

The cold room

A variety of perishable foods should be stored in the refrigerator. Cold room can be divided into two types.

- Breezer cold room temperature is low
- The temperature of the walk-in cold room is 35°C.

The following are the temperature ranges to be maintained during cold storage of the following items

- Meat 01°C
- Fish 23° C
- Milk and milk based foods
- Pods and Fruits Pod preparation room

The following works will be done here

- Washing and cleaning of nuts and fruits with water
- Scaling and scaling of skin
- Various types of cutting (or) chopping as required

Prepare cold processed meats in air-conditioned rooms or if it is a small hotel set aside a separate section in the meat cutting area.

Butchery

Separate meat types, fish types, pork meats are prepared in this type of air-conditioned room and

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separate the bones from the meat. Smaller chopping, equipped with automatic cutting tools. The meat cutting room should normally be located near the main kitchen.

Small pantry in kitchen:

Located very close to the kitchen. But a separate small warehouse should be air-conditioned, lighted and equipped with necessary machinery.

The cooking area

In this room, raw ingredients and pre-cut foods are cooked and kept ready for serving.

This method of cooking ranges from small to large quantities. Different types of food are prepared here in different quantities.

A main kitchen should also have a baking oven especially for making cakes and puddings and a pantry for making cold and hot drinks.

The bake shop

It is good for business if a variety of bakery products are produced and sold. Especially desserts are biscuits, cakes, cold and hot puddings. Smaller hotels have a small bakery space in the kitchen for products. But in big hotels they reserve a separate room for this purpose. Two separate rooms are reserved for making bakery products.

Room for making hot bakery products

A large baking oven with electric (or) gas can be found in this room. It has one layer, two layers or three layers. The oven is adjustable for easy handling. There will also be dough mix racks for bread and cake making, and food processing machinery.

Room for making cold stuff

It is Air-conditioned throughout. Also, refrigerators, marble tables, and ice cream machines are used to prepare cold products. Food processing machines are also available to prepare all types of cream cakes and puddings.

Pantry:

The place serves easy-to-make meals, especially juices, sandwiches, bottled drinks, tea, coffee and ice creams. There will be toasters and fruit juice making equipment for quick preparation.

Main kitchen

This space is the lifeblood of the kitchen. This is the biggest room. There will be separate kitchens at different locations to prepare different national dishes. There are separate kitchens for preparing South Indian, North Indian Tandoori, Western, Chinese and Italian cuisines in particular.

- Roasting and baking
- Frying as suitable for the above mentioned method of cooking food, there are separate machines for it. (bain marie) hot foods, these types of bain marie are used to keep the food warm. The internal heat must be set to escape as required. Also use well-lit non-slip floors and easy-to-clean walls.

Serving and cleaning area

- Space between kitchen and restaurant should be arranged for serving.
- Dirty small machines should be properly cleaned.
- Prepare and send cleaned machines to kitchen and restaurant.
- Food processing area should be kept clean.
- Prepared food should be served on time.
- Setting up a proper payment gateway.

After taking the food list from the customers, the waiters should write it down and give it to the clerk in the kitchen, and the maitre?? should receive it and read it in a clean way for all the staff in the cooking room to hear and read the notes mentioned in it. A total of three cards are found in Onjabal. One in the kitchen and the other in the cashier, prepare the bill and one slip stays in the book itself. Because the slip will be used for auditing later, the waiter will have the bill ready while the guests are eating.

After the customers have finished their meal, the receipt bill is issued and the payment is received and paid from the customer. A payment stamp will be placed on the bill.

Method of cleaning: Small and large vessels require dedicated space for cleaning. Because cleanliness and hygiene are important in this place. A Kitchen Stewarding Officer will be in charge of the dirty utensils cleaning room. He will have several cleaning staff under him.

- First collect soiled used items from kitchen and place in drawers for machine cleaning or hand cleaning.
- Secondary washing, soaking, and cleaning with soap or steam
- Thirdly return the cleaned utensils and appliances to the tray and return to the kitchen.

Utensils with very dirty melted oil paste should be cleaned by soaking them in hot water. To kill invisible germs in utensils, at least boil water at 180°C for 10 seconds and then clean it. In small restaurants, waiters are assigned to clean the dishes by hand. But the cleaning process is the same as always. Separate men are appointed to clean dirty utensils by soaking them in soapy water and then washing them in hot water.

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Methods of cooking of special application of meat, fish, vegetable, cheese, pulse and egg

Objectives: At the end of this lesson you shall be able to
- **Learn how to cook foods in a special way**

Infra red Cooking cooks meat, fish, and other ingredients in a dry heat mode. When the food to be cooked is cooked over or under the hot rods, the heat is even and the food is cooked. The heat of this type of food is cooked by convection and radiation. The heat rays emitted by the hot wires feed the silk is being cooked. The heat emitted by infrared rays is slightly longer and shorter than radio waves and microwaves. Infra-red rays are very fast-dissolving. And food is cooked faster with these rays. Meat, fish, nuts, cheeses, pulses and eggs can be easily cooked with infrared rays.

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Conventional method of cooking

Objectives: At the end of this lesson you shall be able to
- **to learn about conventional and unconventional methods of cooking**

1 Water medium working

- Boiling
- Poaching
- Steaming
- Stewing
- Braising

2 Dry medium of cooking

- Bakin
- Broiling 3 (Fry medium)
- Roasting
- Grilling
- Frying

Conventional and non conventional Method of cooking

Boiling (Fig 1)

It is a method of cooking with water, milk or stock court broth. The prepared ingredients can be cooked using the water mentioned above, the food becomes fragrant, tender and easily digestible as it is boiled. When broiling meats, the intense heat in them renders them silky and tender. Boiling the ingredients at low heat will yield more of the soluble gelatins in old curries. It heats up the meats Tenderizing the meat, cooking meats at low temperatures preserves the protein content of the meat without hardening. Benefits of Boiling Method

Fig 1

Advantages of boiling

- Older, tougher, less expensive meats and game breeds cook more easily and are more flavorful when cooked this way.
- Large quantities of food can be cooked and served in this method. Cost of fuel is also low.
- Nutritious fragrant stock produced by this method does not require much labour.
- Can cook food slowly using low heat.
- Cooking meats in this way makes the meat tender easily.

Poaching (Fig 2)

Fig 2

This method can be cooked in two ways.

Shallow poaching

Sliced fish and chicken can be cooked in this method using a little water stock or milk. Under no circumstances should the water reach boiling point.

Deep Poaching

In this method, the eggs can be made using a special utensil. Apart from this, poultry and fish can be cooked in this way. This method of cooking allows the meat to cook more easily.

Slow poaching uses low heat to cook food items in the oven or on the stove. Deep-blanching involves cooking in water at very low temperatures without boiling.

Stewing (Fig 3)

Fig 3

This method uses a small amount of water or stock to cover aged meats or tough parts of the meat and cook them easily at low temperatures.

By cooking in a closed vessel at a low temperature, the connective tissues in the meat are heated and chemically transformed into sticky gelatins and the nutrients in the meat separate and become easily digestible meat. In this process, heat transforms the protein from hard to soft. For cooking in stewing mode, the temperature should be at least 82C.

Boiling and steaming

Food pellets can be cooked in two different ways in this method.

Cooking directly with steam

Direct steaming (Fig 4)

Fig 4

Indirect steaming

Benefits of cooking with steam Cooking with high temperature steam causes food to burn easily. It is better to cook in this way as the canteen and hostel workers have to cook a lot of food. Food cooked this way is nutritious, flavourful and easily digestible. Separate boilers are found in the restaurant for cooking in this method. If the water in these boilers is heated well and reaches boiling, point the index value in meter gauge exceeds 100 °C, once the required amount of steam is available, open the valve and the steam will gradually heat up on the cooking layers through the pipe. This method of food preparation is good for patients.

Braising (Fig 5)

Fig 5

It is a mixture of water and oil. A separate vessel can be covered and cooked for this. Meat and vegetables can be cooked. Food cooked in this way will be delicious and fragrant.

Dry heat methods

1 Baking (Fig 6)

In this method, silk food is cooked on the food by heating dry air in a baking oven. You can make cakes,

Fig 6

biscuits and bread in this way. In the baking process, the yeast and baking powder contained in the bread and biscuit dough are subjected to heat and a chemical change takes place, turning the green food mixture into an edible food. Sweet and savoury dishes can be cooked in this method. Prepared by the baking method, bakery foods are visually appealing and delicious. In this method, the food should be cooked at the right temperature with the right amount of ingredients. The oven needs to be at different temperatures to make buns, biscuits and cakes.

2 Broiling (Fig 7)

Fig 7

It is a dry cooking method. In this method, the meat is cooked directly on the wire or iron plates by heating (in ovens) with very little oil on the wire or plates. This method can cook tender meats and fish.

Medium of fat

1 Grilling (Fig 8)

Fig 8

This method uses gas curry and logs as fuel while cooking on hot oiled rods. This method cooks small tender pieces of meat so that the flavours are preserved

and the meat is cooked well. Do not use whole mutton or beef in this method. Grilling does not release much of the meat's juices. So cooked food is tasty and fragrant.

2 Frying (Fig 9)

Fig 9

Cooking using less oil

Cooking with too much oil

Cooking with little oil In this method, heat a hot pan or an iron plate, add a little oil and fry the food once it is hot. or saute. This method cannot extract the oil added to the food.

Deep fat frying (Fig 10)

Fig 10

Cooking using too much oil. In this method, the required amount of oil is poured into the pan or pans and fried food types can be mixed with breadcrumbs or flour and fried. Frying food in this way makes it look beautiful and smell good. In this method, ready-made foods can be fried, and the oil can be kept at the required temperature and vegetables, eggs, meat and fish can be fried. Currently, there are many electrical appliances that can be used to cook food. Each time used oil should be kept separately in filter containers after completion of work.

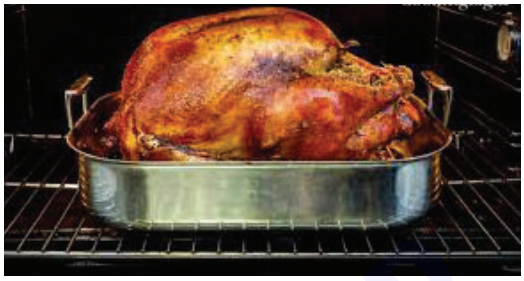
Roasting

Meat, poultry, game, or fish can be cooked using less oil. A hot wire or wooden grill is a method in which the heat of the charcoal can be placed directly on top of the meat. Roasting method can be divided into four types.

- Spit roasting
- Tandoori roasting
- Oven roasting
- Pot roasting

Spit roasting (Fig 11)

Fig 11



The heat is applied directly to the already seasoned meat, which cooks the meat both inside and out. For the meat to be cooked well, a little oil should be applied on top of the meat.

Tandoori roasting (Fig 12)

Fig 12

Small pieces of spiced meat. Especially chicken, fish and game birds are cooked in this way. Special pot-shaped stoves are heated by burning wood logs or burning coals, and cooking meats skewered on a long wire at a high temperature. Cooked this way the food will be delicious.

Oven roasting (Fig 13)

Fig 13

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Large meats with spices can be cooked in this way. Place the meat on a tray in a hot oven and roast with the nuts. Pellet roasting meat in a hot oven heats up the fat and juices in the meat and cooks the meat. When roasting beef, mutton and wild fowl, especially when roasting lightly, a little blood pink blood should be sprinkled on it and cooked in the spit roasting method. Beef, mutton and game meat cooked medium will reveal a little deep pink blood when poked, while medium rare roasts will reveal pale pink blood when poked.

One should be careful not to waste too much juice once the roasted meats are removed from the oven, the stuffed threads should be removed and served. It is best to take the red meat steaks out of the oven and keep them in a slightly warm place and cut them in front of the guests.

Sauces to Serve with Roasted Meats Heat the sauces in a roasting pan and serve the meats as well. Heat the drippings in a roasting pan and pour the sauce over the meat. This can be exchanged.

Pot roasting (Fig 14)

This method can be done using small thick brass or aluminum pans with little oil and vegetables. Small types of chicken and wild fowl can be prepared in this way. Vegetables that can be used for roasting can also be used as a sauce.

Fig 14

Benefits

- In this way, the aroma of the cooked paili will be preserved.
- Nutrients are preserved when cooked in this method.
- Inexpensive joints can be used to cook parts in this manner.
- Vegetables cooked in pot roasting method can also be served as a sauce.
- It cooks very slowly.

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Non conventional methods Solar, Microwave and fast food cooking operation

Objectives: At the end of this lesson you shall be able to
- **Learning about solar cooking, microwave and instant cooking functions**

Microwave cooking method (Fig 1)

Fig 1

While cooking food in the oven First, an electric current is generated in the oven. Due to that vibration, the molecules of water, fat and sugar vibrate and generate heat. This wave does not affect glass and ceramic vessels. Use only microwave-safe utensils. In the present human society, if both husband and wife are working, microwave is used to reheat the food made in the morning and it can be eaten.

Does cooking in the microwave cause nutrient loss?

1 The magnetron device inside the microwave oven helps in heating the food items placed in the oven. It also takes less time to cook and the nutrients in the vegetables do not escape.
2 Microwave cooking of vegetables, white meat, and lean meats does not result in significant nutrient loss.

Because the molecules are not familiar to our body, we cannot digest them and they remain in the body. Various ailments are caused in the body.

1 The amount of hemoglobin in the blood decreases.
2 Decreases HDL cholesterol which is beneficial for the body.
3 The amount of white blood cells increases.
4 The leukocyte in the immune system, the white blood cell, decreases.
5 Eating foods that have been irradiated with rhodium increases the risk of cancer.
6 Stomach and colon cancer develops and makes its way to cancer cells in the blood.
7 Decreased immunity.

Solar Cooking Solar ovens are devices for cooking using sunlight.

Major components in a solar oven

Outer box: The outer casing of the solar oven is made of aluminum foil or some kind of plastic material.

Internal cooking compartment

It is made of aluminum plate. The inner cooking compartment is smaller than the outer compartment. Painted with black paint. Black colour attracts sunlight. Thus the attracted sunlight is sent to the cooking pan. These are two fiberglass

Two strands of glass

The inner cooking compartment also has a lid. This fiberglass is slightly larger than the inner cooking compartment. Two strands of glass are mounted on an aluminum frame. There should be a gap of 2 cm between the two glass strands. There is air in this space which prevents the internal heat from escaping. A rubber box is fitted on one side of the lid to prevent heat from escaping.

Heat sink

The outer compartment is placed between the inner cooking compartment and the heat shield under the plate. In Class 2, pellets are used as thermal insulation.

Glass

Solar ovens are fitted with mirrors to increase radiation. The lid of solar oven is fitted with glass inside. Rays from the sun are reflected in glass. These solar rays are added to the cooking compartment through fiberglass. Like this

Reflected rays speed up cooking.

Vessels

Vessels are often made of aluminum or ever silver. The outer surface of these vessels is painted black.

Fast food

People all over the world especially our people eat more fast food according to the change of time and time. Also, many food companies introduce excessive fast food and make people overeat. This results in the elimination of the unique food types that can be produced in each region of the world and the need for uniform foods. Flavours are abundant in this type of food. The reason is the chemicals added to them. These can be harmful to health. (Maneo sodium gluconate) is added to pizza, burger, noodles. These add flavour but are harmful to the body. And bran is removed from wheat and some chemicals are added to make maida flour. This type of maida does not contain any fiber at all. It is harmful to the body. Fast foods can lead to zinc deficiency and impaired immune function?. So we should use more natural cooking methods

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Cuts of fish, meat etc

Objectives: At the end of this lesson you shall be able to
- **Learning about cutting fish, meat and parts**

Supreme

Very long shoots can be cut with slice cutting or sealant cutting.

Darne

These are a method of cutting round fish with the bone in the stack method.

Goujon

The method is to cut the fish into fillets and cut them into long finger-like pieces and dip them in the maida egg mixture along with bread crumbs and fry them in oil.

Troncon

A method of cutting flat fish into a steak form with the bone attached

Paupiette

It involves taking long flat fillets, rolling them with spices and then cooking them as per requirement.

Delice

A method of cooking long flat fillets by folding them.

Colbert

It is a method of deboning the whole fish without removing the bones and the head of the fish. Sole and whiting fish are prepared in this method.

Colere

The skin, eyes, scales and ears of the fish are removed and the tail is folded and placed near the mouth of the fish. Whiting fish can be used in this method.

Fillet

Remove the fillets and bones from flat or round fish and cut lengthwise, leaving only the flesh.

En tresse

It is a preparation of three types of long boned and skinned fish mixed together.

Chicken parts

Chicken meat is commonly referred to as white meat. But chicken legs and thighs are called red meat and wings and breast parts are called white meat.

Knowing how to cook meats and breads is easy, flavourful and delicious. Also small young chickens are suitable for roasting, grilling and frying in oil. They are easily cooked and have good colour, aroma and taste. Likewise, mature chicken species are suitable for cooking using water-based cooking methods, such as braising, boiling, stewing, and broiling.

Whole chickens can be used for roasting. These can be scooped out and roasted with or without the bone in bacon wraps, in small casserole dishes or in the baking oven.

Cut parts of chicken

1 (Wings)

2 (Breast)

3 (Thigh)

4 (Drumsticks)

5 (Carcass)

Wings

This part can be used in roasting, frying, grilling.

Breast

This part can be cooked by grilling, roasting, braising, stewing, steaming.

Thighs

It can be cooked by roasting, frying, stewing, etc.

Drumstick

These parts can be cooked by roasting, frying, etc.

Carcass

This portion can be used to make stock water for cooking.

Types and uses of meats

Cut method and weight of meats

Method of selecting beef

1 Meat without membrane should be bright red and have the necessary white fats.

2 Cuts of meat should have solid fat everywhere. There should be no change. Cured meats are usually yellow in colour with their fats.

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The whole beef should be cut into two parts after cleaning the whole skin and belly part.

1 front part

2. Back area

Cutting the back part of the meat

1 First the rump, avat and kidney should be separated.

2 Then take out the tender pulp of the meat.

3 Then the loin and buttock part of the meat should be cut and taken separately.

4 Fillet Delete the section.

5 Rump remove from Sirlion.

6 Ribs should be removed.

7 The jaw part of the cow should be removed.

8 A quarter of the meat should be divided into top side and silver side.

Cutting the front quarter of the meat

1 Should remove the shank portion. (The leg of meat is the meat from the knee to the foot.)

2 Cut the foreleg of meat into two.

3 Cut the front ribs.

4 Then separate all the parts.

(Beef cut)

- (shin)
- (Top side)
- (Silver side)
- (Thick plank)
- (Lump)
- (Sirloin)
- (Wings ribs)
- (Think planu)
- (Fillet)
- (Fore rib)
- (Middle rib)
- (Chuck rib)
- (Sticking piea)
- (Brisket)
- (Plati)
- (Leg)
- (Shank)

Parts of mutton

- (Shoulder)
- (Leg)
- (Breast)
- (Middle neck)
- (Scrag end)
- (Best end)
- (Saddle)
- Kidney)
- (Liver)
- (Sweet bread)

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Balancing of receipe

Objectives: At the end of this lesson you shall be able to
- **Learning about a balanced recipe**

A balanced diet should include all types of nutrients in cooking. This means that foods rich in macronutrients such as fat, protein and carbohydrates should be cooked and served.The individual needs large amounts of macronutrients for daily living. Because our body requires more energy from this type of nutrient. Also our body needs less amount of vitamins and minerals. These also give immunity to our body. So when we prepare food list we should include vegetables, fruits, proteins, fiber foods and carbohydrate foods in balance. Also the natural colour of food is very important.

Standardization of receipe

Objectives: At the end of this lesson you shall be able to
- **Learn about grading recipes**

While working in culinary field especially in food industry every dish has to be prepared in the right way using the right ingredients in the right quantities. Because the smell, taste and appearance of the food on the menu in hotels should not change. For example when a guest orders a meal and eats it there should not be one flavour on one day and a different flavour on another day. Therefore, the raw materials that can be used should not differ in quality, quantity and process.

The following are the main objectives to be addressed.

1 Use quality materials of proper weight.

2 Make the right amount of net food.

3 The cost of raw materials should not change.

4 The nutritional quality of processed food is very important

5 Serve the right amount of food in the right weight.

6 Appropriate machinery and equipment should be used while preparing food.

Maintaining receipe files

Objectives: At the end of this lesson you shall be able to
- **Learn about maintaining recipe files**

By maintaining the following files we can supply the correct raw materials without fail.

1 Files of ingredients and recipe used to make soft drinks

2 Files of ingredients and recipe used to make hot drinks

3 Files of pulses and grains.

4 Files of milk and milk-based foods.

5 Files of dry ingredients.

6 Files of marine life.

7 Files of meats.

8 Files of canned goods

Menu Planning

Objectives: At the end of this lesson you shall be able to
- **Knowing how to prepare different types of menu**

Any meal for customers with many types of cuisines must be served first. In the end, knowing which food to serve is preparing and serving quality, nutritious food with various benefits as per the needs of the customer. While preparing the menu it should contain all types of nutritious food and cater to the needs of the diverse population. Also, the menu should be prepared by knowing which type of food will make you eat other foods first. As far as Indian cuisine is concerned, all the food is served together. However, in the Western diet, some foods should be served first and then other foods should be served gradually. Menu preparation is an art. The French cooking and serving method consists of an average of 11 dishes, spaced slightly apart.

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Food should be served in the following ways

1 Horsdoeuvres

2 Soup thick or clear

3 Fish

4 Entree

5 Releves

6 Sorbet

7 Roasts/Grils

8 Vegetables/salads

9 Sweet Hot/cold

10 Savoury

11 Dessert, Fresh fruits, nuts Coffee this is not included in the food kosher

Different types of menu

1 Table de hote

2 Carte du jour

3 A la carte

4 Banquet

5 Buffets

1 Table de hote

This is a fixed menu. The dishes in this menu and the price list are fixed and cannot be changed. It consists of four or five courses of small a la carte menu. These menus change every day. This menu should be served in the proper French style. Starting from soup or athoswork and serving other dishes, this menu can be prepared with the dishes we have. These types of menus are inexpensive.

2 Carte du jour

It is a method of preparing and serving fresh one-of-a-kind dishes with the customers in mind every day. One of 11 cuisines will be served fresh for the day. For example Monday roast chicken, Tuesday grilled chicken, Wednesday fish fry

3 A la carte

The variety of food in the menu cart for example salad, soup, chicken, meat, juices, bread, desserts and different types of food is the way to order and consume according to the customer's preference. In this way, customers can either go with a single meal or have a variety of meals. All food is freshly prepared and served. It costs more.

4 **(Banquet) (party can be served in a separate room)**

Such menus are prepared according to the number of customers. To serve this food it is important to prepare the menu knowing what kind of customers will come to eat the food and what equipment the party is arranged for. These types of menus are already decided and cannot be changed. Price cannot be changed.

4 Buffet

This method can serve two types of menus

1 Light buffet

These types of menus are prepared according to different guests. These menus are served for large functions, dance and song functions, late night parties, and various types of food.

2 Fork buffet

A variety of dishes are served in these types of menus. Foods can be eaten using a fork or spoon. In these types of menus all types of food are prepared separately. Customers can choose the food as per their requirement. The menu includes Canape Chips Chiplotas, Sausage, Cheesecake, Game Chips, Patties, Eggs, Ham, Gels, Fruit Salad, Ice Cream.

3 Cocktail

A wide variety of mixed liquors are prepared and served on this menu. Alkaline foods and dairy prepared foods are exchanged with it. These spicy dishes are also served.While preparing the menu the following important points should be taken into consideration

Type of meal

1 Break fast

2 Afternoon

3 Need to know if the food is required for night time.

Break fast

These are of three types, Continental, English and Indian

Continental

It is a small portion of breakfast. This includes brioche, bread, croissants, or French loaf, jam gel or marmalade, and coffee or tea.

English

A variety of dishes are served in this type of breakfast. Fruits, fresh and stewed, cereals, bacon, and eggs are prepared and served according to the customer's preferences. Fish dishes, jams, marmalades, breads and drinks are served with this.

Indian

A variety of Indian dishes are served in this type of breakfast. For example stewed, parrotta, and curd or potatoes, sabji varieties, and puri varieties or besan cheela with curd or dosa chutney with pickles and drinks, tea, coffee, lassi or milk.

Luncheon menu

As far as lunch options are concerned, the dishes served are less than dinner. While more opportunity is given to each course. Examples include stews, rose joints, grilled meat, cold soup and steamed pudding. Also, lunches should be served early but dinners should

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be served slowly.

Below are the six types of food.

First course

Appetizer Fruit or Selfish Cocktail A very tasty example is caviar, oysters and more smoked fish or athosworli

Second course

Soup,Thin,Thick soups.

Third course

Fish should not be steamed, grilled or fried with any hard garnishes.

Fourth course

Serve with meat/chicken, stews, blanquettes, briquettes, couscous, cutlets, reheats, braised or roasted meats, vegetables and potato salads when serving.

Vegetables

Augratin, cutlets, vegetables, chives and many more are vegetarian dishes with many types of vegetable dishes.

Fifth course

Desserts include Hot Pudding, Pancakes, Pies, Balance, Ball Pudding, Ice Cream, Brut Salads, Bavarians, Cold Soups, and more.

Sixth course

Desserts, Fresh Brut, Nuts, and more

Dinner menu

Dinners are served with the highest quality of matching, decorated dishes. The dinner chefs use their full range of skills to prepare dishes to impress the customers. 11 or 14 types of different dishes are prepared according to customer's choice and customers also have time to eat in the evenings.

Dinner menu courses

First course

Appetizer, Cockpile, Caviar, Hoister, Snails, More Smoked Salmon, Foie gras, Hot Athoswari

Second course

Soups, consommé, cream soups, bisques, barsch and more

Third course

Serve with fish, deep-poached salmon, sauce and garnish. Cacquasen Jacques, Grilled Lobs, Dapster Trimodar, Fish Minier with Cornish Bar Sole, Turbout, Trout, Salmon and Bright White Bait, Gold Fish Always in Albic.

Fourth course

Entree/Releves, Tournedos, Noisette, Vol au vents, Large joints, Chicken poele, Grilled Beef, Chicken in Casserole, Encockat, Vegetables and Potatoes when serving.

Sixth course

Roast should be served with salad when serving roast game and poultry.

Seventh course

Sweet, Cold or hot, Souffle, Pancakes, Crepe suzeltes, Melba icecream, Baked alaska

Eigth course

Dessert, Fresh fruit and nuts coffee.

Indian menu

As far as Indian food is concerned there is not much difference between lunch and dinner. Because Indian food is often served on a large plate, with a variety of dishes. Following are some of the dishes used in most Indian menus.

Meat dishes

Chicken Jalfrezi, Chicken Badam, Tandoori Chicken, Mutton Masala, Mutton Rogan Josh, Kuruma, Kaima Dishes, Pork. He is chicken vinadaloo.

Fish dishes

Fish curry, fish fry, fish curry, cowfish curry and more.

Vegetarian dishes

Malay Goftakari, Aloo dum banarasi, Panneer Butter Masala, Panneer Butter and many more.

Dal dishes

Rajma dal, yellow dal, Makini dal, Navaratna dal and many more.

Sabji dishes

Aloo butter, pinti masala, karola gari, bean fry, avial and many more.

Raitas

They are mint, potato, tomato, onion, cucumber, pineapple fruit.

Rice dishes

Tomato and coconut pulao, mutton biryani, veg pulao, meat, keema pulao, peas pulao, curd and many more.

Indian bread

Naan, Parotta, Roma Roti, Tandoori Roti, Bhadoorat, Kunlha varieties

Type of establishment

The menu varies from company to company.

1 Hotels

2 restaurants

3 student hostels

4 clinics

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5 factory canned fish

Hotels and restaurants serve buffet a la carte menus and table d'hote bonbon menus. Menus are made in different colours to attract eyes. The food will be decorated in such a way that the customers want to eat the food immediately after seeing it. But in factories, hostels and hospital canteens only nutritious food is prepared. A variety of dishes cannot be served. Because it is not possible to charge more food fees to students who work here. Also, in canteens for students, nutritious food is cooked and served in various ways so that the students who eat it do not get sick.

Types of customer

When we prepare the menu we need to know in advance what type of customers we want to prepare food for. For Example, customers age and work done because students eat more food. At the same time, they expect less food but nutritious food. Meanwhile, if they are hard workers, they will expect a lot of food.

Availability of raw materials and which food at what times (especially rainy or hot season) is also important.

Customers prefer cold crisp, fresh food during the hot summers, while they expect more, tasty food during the rainy season and in winters. At times only a few raw materials would be available in the market. Especially cucumber, watermelon, mango and some marine life. So while preparing the menu we have to consider the raw materials we have and prepare them with quality.

Menu Preparation for Festive Seasons Certain types of food are prepared at special times. For example, roast turkey is made for Christmas, assorted eggs for Easter, halva for Passover, and mutton for Eid.

Capability of kitchen staff

While preparing a wide variety of menu items, the skill of the chef working in the kitchen must be rare. A good and experienced chef will prepare many types of food. Therefore, an inexperienced cook cannot prepare many types of food. The waiters serving the food should also be well experienced.

Equipment of the kitchen

Be familiar with what and how much food can be prepared by the machines in the kitchen while preparing the menu

We should be aware that large amounts of food can be used to prepare food.

Food costing: When preparing the menu, raw materials and food costs should be within 40% of the selling price. For example, assuming the price is Rs 2% per person, the selling price is Rs 5%.

Balance of menu

While preparing the menu, the following important points should be kept in mind.

Repetition of ingredients

- Do not use the same ingredients to make multiple dishes while preparing several types of food.

Repetition of colours

- Each food should have different colours. Food should not be prepared in the same colour.

Reputation of words

- The selected words should be used to prepare the menu.

Avoid over balance of menus

- When preparing many types of food, their quantities should be prepared in different manners.

Texture of the courses

- When preparing many dishes, prepare them in several ways. Some foods should be made soft and some foods must be made crunchy.

Seasoning

- Alkaline, salt and aromatic ingredients should be used in proper quantity.

Garnishes

- Food should be simply garnished

Food values

- Prepare menu according to different types of customers.

Colours

- Making food items in different colours will make customers eat more visually appealing food. Also cornices should be made in different colours.

Wording of menus

- Choose and use the right words while preparing the menu list. Mentioned below are key points to consider while preparing the menu.

1 The menu should be prepared in a language the customer can understand.

2 If the menu is prepared in French, it must also be translated into English.

3 Menu should not be prepared in different languages.

4 Use correct words in menu preparation.

In ancient times, customers did not go to restaurants to eat much, but on certain occasions like centenaries, birthdays, and to celebrate some achievement, they came to the restaurant to have fun. But in today's era, people have to focus more on studies and job opportunities, so going out to eat is a routine. And only when both husband and wife work in the family, economic progress takes place. Eating out is common nowadays. In today's era, buying food from outside is the norm. Food is procured from outside for some of the following needs.

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1 Food is bought from outside for festivals and celebrations.

2 Food bill

3 Location and quantity of raw materials to be obtained

4 Perfectly sized recipes

5 Serving type

6 Time when food can be served

7 Guests expected

8 Amount of nutrition

9 Invoice as per customer requirement

Left over foods

A skilled chef always prepares a menu with a good knowledge of the remaining dishes he has. Because the price list is less when the menu is made with the leftovers in the kitchen. The hotel will make a profit.

Balance planning menu

A balanced diet of ingredients means that each ingredient contains a variety of nutrients, and fruits and vegetables are rich in vitamins and minerals. Proteins are found in meat, fish, milk and legumes. Carbohydrates are present in tubers and starchy foods.

1 Serving food at workplace.

2 Pick up pre-prepared meals when returning home after work.

3 Sweets and spicy foods purchased and served daily.

4 Varieties of pickles, waffles and jams.

5 Also different types of food are served in Institution, Hospital, School, College, Mess and Canteen.

Diabetes, blood pressure, obesity and heart disease problems are seen because we eat light in our diet. Eating outside is less nutritious. So food companies are forced to produce balanced food. Menu preparation

Definition

Menu preparation is the process of using the chef's knowledge to learn about various foods and choose nutritious foods to prepare a menu of quantity and quality according to customer preferences. The food list preparer should prepare the list with the following notes.

1 Food list

2 Serving size

With the food we eat, the following works are done in our body.

1 Our body gets the nutrients it needs from the food we eat.

2 For physical development and physical maintenance.

3 Food is used to keep all organs working and immune system strong. The food we eat can be divided into three categories

1 Immunity boosting foods.

2 Foods that can nourish the body

3 Nutritious Foods

1 Protective/regulatory foods

All fruits, and legumes especially green leafy vegetables. Green leafy vegetables are rich in carotene and orange and yellow fruits are rich in aortic acid. Also fruits and nuts contain minerals and fiber. These give strength to our body and protect us from disease.

2 Body building food

Meats, legumes and dairy products are high in protein

are foods. Proteins, vitamins and minerals available in animals.

3 Energy giving foods

We get nutrients from carbohydrates rich in tuber and starchy foods and oily foods. Especially tuber type foods, maida, sugar, jaggery and oil type foods.

1 Cereals and pulses, carbohydrates are high in tuber. There are other nutrients as well.

2 Sugar and jaggery contain carbohydrates.

3 Fat and oil are nutritious. Balanced Meal Preparation Rules

One should take note of the following important points.

1 age, drinking, occupation, religion, economic status, eating habits,

2 Energy and protein content

3 Preparing a meal plan.

4 Number of dishes.

5 serving size

6 Price details of each category.

7 Menu preparation.

8 Preparation of price list of food for all community people. The menu should be prepared with the above considerations in mind.

Brief study of portion control

Objectives: At the end of this lesson you shall be able to
- **Knowing about serving size**

Portion control means serving the right amount of food to the customers. (Put Cost) Cost profile of food ingredients and quantity of food supply is also very important. When serving food, the food should be of correct quantity and weight. If there is a mistake in this, the customers will be dissatisfied and the business will suffer. So it is important to serve the right amount of food. The goal is to serve the right amount of food

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1 Serving the right amount of food to all customers.

2 All departments to carry out proper use of raw materials.

3 Reducing waste.

4 Preparation of proper invoice.

Use the following utensils to serve the right amount of food.

1 (Tea dispenser)

2 (Butter pat machine)

3 (Bread slicing machine)

4 (Gravity feed slicer)

5 (Coffee machine)

6 (Mini steak machine)

7 (Milk dispensers)

8 (Laddles)

9 (Spoon)

10 (Scoops)

11 (Weighing scales)

12 (Glasses)

13 (Coups)

14 (Pie dish)

15 (Pulao serving dish)

16 (Curry dish)

Purchasing specification, quality control, indenting & costing, rechauffe

Objectives: At the end of this lesson you shall be able to

• Procurement of quality ingredients, quantity required, invoicing and food heating

Procedures to be followed carefully while procuring raw materials (perishable and dry materials)

1 All raw materials should be procured fresh.

2 Will provide raw materials Companies should properly inform about the raw materials required and purchase them.

3 Raw materials used for cooking should be used first in order to purchase the product.

4 A few raw materials should be procured and tested in sample foods.

5 Through credit facility from the companies that provide the products, the products should be bought at a discount and at a lower price to make a profit for the hotel company.

Instructions to companies supplying raw materials

1 Deliver goods on time and as required.

2 Signature of authorized person is required.

3 The brand and quantity mentioned in the demand slip shall be supplied unchanged.

Ordering of supplies

1 Daily orders are vegetable, fish, meat, fruit, milk

2 weekly orders all dry ingredients

3 standard orders eggs, milk, and bacon

Indenting & costing

The hotel kitchen has a variety of kitchens. Especially for the Pantry, Chinese, Indian, Continental, Bakery, Salad, Butchery and Confectionery kitchens, the daily ingredients needed by the department cooks must be procured and dispatched by the Head Chef. The cost details of the raw materials that may come to the kitchen are called boot cost. And boot cost should not exceed 25% percent to 30% percent. If the boot cost exceeds 30%, it means that the company is running at a loss.

Quality control

One must buy and use quality raw materials that can be used for cooking. Especially vegetables, fruits, milk and milk based foods, fish and meat foods should be obtained from the supplier and cooked in good quality. The food that we can cook in the hotel should be prepared at the same standard at all times. Because customers may not know the difference when eating the same type of food. Reheating Food Reserve cookery is the reheating of already cooked foods. Food should not be recooked in this manner. If cooked like that, it will harm the body. Also, garnishing is essential when serving food in this cooking method. Recooking food hardens the protein in the meat. Due to this the food is not digested easily.

Rules for heating food

1 Do not recook food under any circumstances.It should be heated.

2 When reheating meals, use small portions, stocks and soups whenever possible.

3 When heating food, remove skin, bones, and fat.

4 Divide the food into portions and heat. Thus, the odors in the food will not escape.

5 Other dishes can be made with leftover parts of meats and vegetables. For example you can make cutlets with meats.

6 Add water or stock to desired moisture content.

7. Breadcrumbs, flour and juices are needed when turning leftover vegetables and meats into other meals.

8 Prepared dishes should be served beautifully.

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Egg structure and their correlation to heat

Objectives: At the end of this lesson you shall be able to
- **To learn about the structure of egg and the use of heat applied to it**

Introduction Eggs are very popular and widely used in food industry. There are many types of eggs. But only turkey, hen, goose and white hen eggs are used in the food industry. Egg whites are yellow in colour and the breed of chicken varies according to the type of food they eat. But food value makes no difference. They are rich in proteins and contain valuable amounts of iron and vitamins A&B. Eggs are nutritious and easily digestible. Egg storage temperature is 2°C-5°C

The main changes that occur during egg cooking are due to the action of heat on the protein. The temperature depends on the rate of freezing and the firmness of the gel.

1 Amount of heat

2 Duration of heat

3 The change that occurs when adding ingredients like water, milk etc

4 Acid and Salt Vinegar and salt are added to prevent eggs from spoiling during a coagulation process

Selection of quality egg

Objectives: At the end of this lesson you shall be able to
- **Knowing about egg quality**

All types of eggs that arrive in the kitchen are dated. Even if a date is stamped on the side of an egg carton, it's not always a good indication that the eggs inside are fresh. Dated Eggs should be used only 5 weeks from the date of packing.

Testing the Egg

If the egg is broken or cracked during cooking, we should not use it. Because it contains microbes. Better not to use it.

All eggs coming into the kitchen should be thoroughly disinfected. The egg or the packet should be dated.

How to check if an egg is good or not ?

If you pour water in a bowl and immerse the egg in it, If it is immersed it is a good egg. If not then don't use it.

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Various ways of cooking eggs with examples

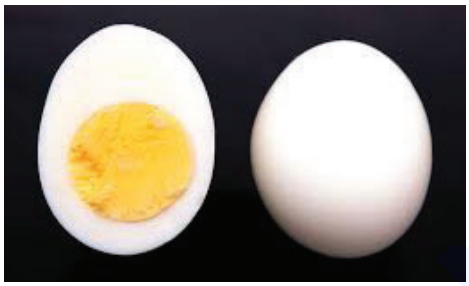
Objectives: At the end of this lesson you shall be able to
- **To learn about different ways of cooking eggs**

Boiling

- Poached
- Steaming
- Omelet
- Fried egg
- Over easy
- Soft boiled egg
- Scrambled egg

Boiling (Fig 1)

Fig 1



Eggs need to be cleaned thoroughly to cook this way. Pour water in the required quantity and then put the egg. The flame should be low. Add vinegar and salt to it. The time for a well-boiled egg is 10 to 12 minutes.

Poached (Fig 2)

Fig 2

A wide pan should be used for boiling eggs in this method. There should be only enough water in the vessel to submerge the eggs. Water should not reach boiling point. Pour the egg into a vessel and after the water heats up, slowly pour the egg into it. Only the egg white should be cooked. Yolk should not be cooked. Add vinegar and salt while cooking.

Steaming (Fig 3)

While cooking in this method, the egg should be placed in a tray and steamed.

Fig 3

Omelet (Fig 4)

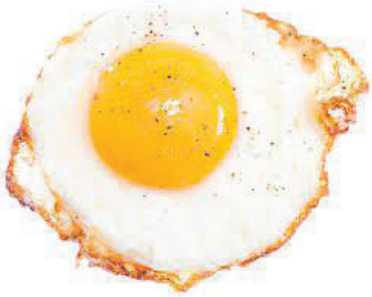
21 types of vegetables, meats and cheese can be used to cook it in this way. It should be crescent shaped. Do not cook it completely. It should be cooked in half.

Fig 4

Fried egg (Fig 5)

Only need to use cystic pan when cooking fried eggs. While cooking the eggs in this method, only one side should be cooked. Only the bottom should be cooked. The yolk should not be cooked and this dish should be served hot when we serve it to guests.

Fig 5



Over easy (Fig 6)

While cooking in this method, the fried egg base should be well cooked. The surface should be cooked for 1 minute.

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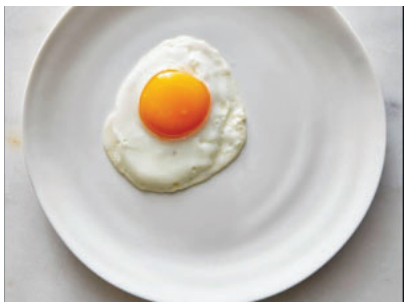
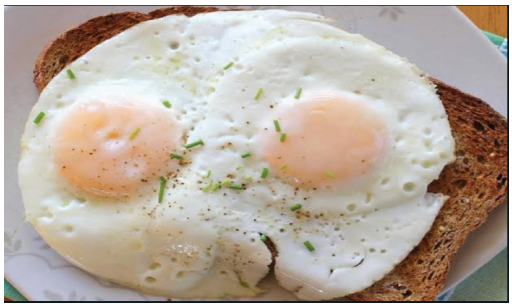
Fig 6



Soft boiled egg (Fig 7)

This method should be cooked in boiling mode. But only 3 to 5 minutes of boiling should be done.

Fig 7



Scrambled egg (Fig 8)

While cooking eggs in this method, milk, butter and salt should be added to it. But it should not be fully cooked. Must be soft. It should not be dry. Place the bread on the toast and serve.

Fig 8

Prevention of blue ring formation

Objectives: At the end of this lesson you shall be able to
- **Learning how to boil eggs**

A green ring can be found around the yolk when the egg hatches. Let's see what happened to hard-boiling the egg and what you can do to avoid it.

A greenish-gray ring appears around the yolk when boiled thoroughly. It is not good but it is not harmful. by a chemical reaction involving sulfur (from egg white) and iron (from egg yolk)

A loop occurs. It naturally forms iron sulfide on the surface of the yolk. The reaction is usually caused by overcooking. It can also be caused by high levels of iron in the cooking water.

Avoid overcooking eggs. The elongated ring can be removed by quickly cooling the cooked egg. This can be avoided by infusing the boiled egg with cold water.

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Salad dressing and their classification

Objectives: At the end of this lesson you shall be able to
- **To learn about different types of salads**

Salads and their accompaniments. Salads and their classification Salads are cold dishes. Usually vegetables and or fruits. Often a dressing is occasionally mixed with meat, fish, pasta sauce or whole grains. Salad is often served as an appetizer before a large meal.

It is served in small quantities. It's a light appetizer that's strong and stimulating. Can be served in small portions as a first course or as a side dish. A salad-like quality requires food to have a bitter or savory value. Some dishes need to be flavoured with marinated spices and moo khai. Salad should be cool, crisp, round, colourful, well seasoned and attractive. They provide nutrients to food. Simple Salads This salad is served raw or cooked. Usually based on some type of vegetable. A small amount or two items are used for decoration Combination salads contain more than one ingredient. They are further divided into four groups.

1 Fish based

2 Vegetable based

3 meat-based

4 Fruit based

Salads are a combination of different ingredients inside a sauce or dressing. They are a variety of ready-to-eat foods that can be prepared using greens, vegetables, grains, pasta, and salad dressings such as vinaigrette or mayonnaise.

Dressing:

Sauces for salads are often called dressings. There are three basic types of salad dressing in Western culture.

1 Vinaigrette 2 Mayonnaise 3 Cream Dressing

1 (Vinigratte):

Usually a mixture of salad oil and vinegar. Often noses are flavored with spices, salt, pepper, sugar and other ingredients.

2 (Mayonnaise):

Prepared with mayonnaise and cream

3 (Cream dressing):

These are made with cream and lemon juice. Used for fruits.

Garnishes for Salads: Garnishes are often considered unnecessary and trivial. But they draw you to the food by adding visual appeal.

Noses and Leaves : Noses and Leaves are commonly used embellishments. They add colour and flavour to foods

Accompaniments & Garnish

Objectives: At the end of this lesson you shall be able to
- **To learn about the accompaniments & garnishes that can be served with the main course**

Accompaniments and Garnish

A skilled chef doesn't just make and serve the main dish efficiently. Along with that he prepares and serves food that is beautiful to look at along with food that can be eaten and food that can be decorated properly. Served with other garnished food. Any main dish should be properly portioned, garnished with edible vegetables and sauces, and served appropriately. At the same time, the main dish should not be decorated so much that it hides it. Because it can be visually irritating.

When hot main dishes are served, the food should be served immediately with a gilded and garnish. Under no circumstances should the main course be served cold. The palette we use to decorate the food should be of different colors. Must be visually pleasing. The aroma of the food should be consistent with the main meal. Garnish the main dish appropriately and serve with sauces. Any main dish should be visually pleasing to look at. Cold dishes, especially salads, puddings, and cakes, should be served with cold sauces.

Accompaniments is a type of food. Paleo meals are complete, especially when served with a main course, such as a sauce, salad, or vegetables. Also, serving a main meal with a side dish increases the variety and nutritional value of the food served. Also, what type of Accompaniments should be served with the main dish depends on the ethnicity of the respective country, the cuisine, the preference of the guest, the taste, the smell and the nutritional quality. For example Jacquard Pudding with Roasted Beef, Roasted Pork with Apple Sauce, Roasted Duck with Charred Sage and Onion Stuffing and Orange Sautéed Fish, Potato Pinker Chips and Tartary Sauce or Roasted Chicken with Tomato Sauce and Roasted Potatoes in Butter Serve with peas and bread sauce. So a plate serving any main dish eg soup, salt, meat, vegetables, savory and sweet dishes with accompanying sauces, potato dishes.

A meal is complete only when it is served to the guests as a relish.

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Basic stocks, aspic & jellies

Objectives: At the end of this lesson you shall be able to
- **to learn about making different types of stocks aspic & jellies**

Introduction:

Used to make stock, broth or bouillon soup. is the basic raw material. The stock is used to make a variety of sauces and gravies. To make stock, boil well with nuts, meat bones, fish bones, chopped carrots, onion, celery, leek, brinjal leaves, pepper and required amount of water.

Then filter and stock. These can be used as needed to maintain them properly.

Vegetable stock

A stock can be prepared using all kinds of vegetables, usable parts like carrot, onion, cauliflower stem, case leaf, celery, luke and some nuts and boiled well with required amount of water and then strained.

The following important points should be kept in mind while preparing the stock.

1 Discoloured beetroot should not be used to make stock.

2 250gm chopped pods can be used for 1 tbs stock (in water).

3 Aromatic ingredients can be used to make stock. For example rosemary, thyme

4 Salt should not be added to water while making stock.

Fish stock:

Fish stock can be made by adding the bones, head and tail of the fish (raw bones or boiled bones) along with required amount of cold water, celery, leek, lemon, pepper, brinjal leaves and boiling at low temperature for at least 40 minutes. A similar method can be used to stock a variety of fish. While the stock is boiling, skim off any scum that may come to the top of the water. Add fragrant aromatics leafy pods.

Chicken stock

Add required quantity of chicken bone and roughly chopped vegetables (carrot, onion, cabbage leaf, cauliflower stem and brinjal leaf) in a large round pot and boil on medium heat for at least 1 hour to 3 hours and strain and use to make soup, stock, gravy, sauce. They must not be kept outside, they should be transferred to another container and stored immediately in the refrigerator.

Meat stock

Stock can be made from raw bones or boiled bones along with the required nuts and spices. It takes at least 1 hour to make a stock of raw bones. Meanwhile brown stock takes at least 3 hours to prepare. If the prepared stock is allowed to cool for a while, unwanted fats will settle on it. They can be easily removed. Soups and sauces made with stock that can contain fat will tend to have more oil on top.

Consomme

In a large bowl, add finely chopped, defatted meat, egg whites and a little vinegar, add required amount of nuts, spices and cold water and mix well. Then put it in the oven and heat it at a very low temperature. .After at le ast 5 to 6 hours it will be ready slowly. Strain them and separate the consomme using a fine cloth, cool and refrigerate for later use. Whenever possible stock and consomme should be used within 6 days.

Stocks classification

1 White chicken stock

2 White meat stock

3 Fish stock

4 Brown meat stock

5 Brown chicken stock

6 Vegetable stock

7 Emergency stock

Can be used while making stock

Stone words (Culinary terms)

Boquet garni

A wide variety of pods and aromatics in hot stock can be added. They can be removed while filtering the prepared stock. Using small thin kadar cloth put chopped fruits and spices in it and tie it and put it in boiling water and heat it, take the stock ready and then use the stock.

Mirepoix

Chopped vegetables eg onion, carrot and celery in 50:25 ratio

De pouiller

This is called for when the stock is slowly heated to remove visible forms on top of it.

Broth/Bouillion

Prepared fresh. A hearty stock made from vegetables and bones is called brat or bou yan.

Consomme

A soup made with finely chopped meat and bone, and egg whites served well twice, is called consomme.

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Aspic

Consomme is called aspic when it is heated well and at least 30% of the bones in it have a gelatin and is mixed with Madeira alto port wine.

Glaze

Heat the consomme well and reduce it to 90% and if it is sticky to the spoon then you can call it glaze.

7 Principles of stock

1 Must use cold water only. Because when we use cold water, bones and pods are heated on low heat, the protein in the bones will slowly come together and rise to the top. They can be easily removed.

2 Do not bring to a boil. This will spoil the stock.

3 Remove the excess protein (looks like a dressing) from the stock.

4 Strain the prepared stock with patience.

5 Refrigerate and preserve the prepared stock.

6 The stock must not be kept outdoors. Because they are spoiled by bacteria and germs. So it must be kept in the refrigerator.

7 If you put the finished stock in the refrigerator and take it out after a while, the unwanted fat will remain on the stock, you can remove them and use the stock.

Some tips for making a quality stock:

Do not add salt or pepper to the stock while making or preparing

Do not boil the stock.

Vegetables especially tubers should not be included.

The stock can be heated and then used as needed.

Roux blanc, Roux blonde, Roux burn

Objectives: At the end of this lesson you shall be able to
• learning and having fun making different types of Rs.

1 A roux is a mixture of fat and flour. They are cooked together. It is cooked in different sizes. That is, white plantain root, brown root, equal amounts of flour and butter are taken to make different colours. The colour obtained depends on the degree of cooking of the dough and the colour of the sauce used. Depends on the sauce and the roux.

Never add boiling liquid to the hot roux when making sausage. Because it gets lumpy. A cold liquid to a warm liquid results in a smoother texture than the old roux.

1 ltr of stocks white & brown

Objectives: At the end of this lesson you shall be able to
• knowing how to make different types of stock

White chicken stock

SI.NO	Materials needed	Quantity
1	Chicken bones	600grams
2	Quorum	70grams
3	Onion	35grams
4	Celery	1 small
5	parsley	1 small
6	Bay leaf	1/2 bundle
7	Thyme	1/2 bundle
8	Water	1 1/2 ltr

Recipe :

1 Wash vegetables and bones separately.

2 Add the chopped nuts, bone, water and other ingredients to a stock pot, and place in the oven to whisk.

3 When the stock reaches boiling point, decant the top and boil at low temperature for 1 hour before using the filter.

Brown stock

SI.No	Materials needed	Quantity
1	Brown bones	500
2	Carrot	75
3	Onion	25
4	Bouguet garni	
5	Celery	2
6	Parsley stem	5
7	Bay leaf	1
8	Thyme	1
9	Butter	20
10	White meat stock	
11	Water	1 1/2 ltr

Recipe

1 Take the required bones, degrease them and put them in a baking tray along with Bukke karanaõ and roast the bones in a hot oven. The bones take at least 45 minutes to roast.

2 Then add the oven-roasted bones and the previously prepared brown stock to a large pot and simmer for at least 3 hours, first on high heat and then on very low heat. Then strain the soup through a strainer and use the stock.

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Recipes required to produce 1 litre of different sauce

Objectives: At the end of this lesson you shall be able to
- **learning to make mother sauce.**

1 Bechamel sauce

2 Tomato sauce

3 Veloute sauce

4 Espagnole sauce

5 Hollandaise sauce

6 Mayonnaise sauce

Explanation of sauce (Sauces)

A sauce is a kind of liquid substance. Sauce, smell, taste, color, character. Adding these to food enhances their character and taste.

Classification of sauces

- Mother sauce
- Veloute sauce
- Tomato sauce
- Bechammel

It is a white sauce. This sauce requires milk, butter and maida flour. After melting butter in a pan, add maida and finally boil it and add milk to make Bismal sauce.

Espagnole

It is a brown sauce. To make this sauce you need a brown roux mixture, heat the pan and add the butter, then add the maida and when it gets well browned add the brown stock and bring to a boil, it is called Espagnole sauce.

Veloute

It is a sauce that can be made in white, brown, and in-between colours. This requires a mixture of plant roe. If you add white chicken, meat or fish stock to it, it's veloute sauce.

Tomato sauce

Tomato sauce is called tomato sauce if you remove the tomato skin and cut it into fine powder and add onions and garlic to it. It can also be mixed with Rs.

Hollandaise

It is a hot sauce made with egg yolks and melted butter.

Mayonnaise

This is a chilled sauce. You need both egg yolk and salad oil to make it

Mix together properly and prepare

Mainly used to make all kinds of salad.

Application of adding sauces to food

- Sauces add moisture, flavour and character to food when added to food.
- Enhances aroma of food.
- A few sauces are added to food to aid in digestion. examples are mint and appl e sauces.
- Adds colour to food.
- Makes food nutritious.
- Often used to name food.
- Used as a side dish. Adds a negative flavour to food.

1 Beure manie

Just the right amount of butter and maida mix. Mixing the two in a bowl and mixing them directly into the boiling sauce will make the sauce lumpy.

2 Starchy ingredients such as potato flour, maize flour, tapioca flour, bar flour and rice flour give a thickening effect when mixed with food. Mix these with cold water.

Mother sauce and other sauces

Bechammel sauce

It is an important Madrasah. For these you need 125 gm of white milk, 1 onion, 1 cinnamon stick, 1 brinji leaf and 1 nutmeg.

Recipe

1 First heat the milk well.

2 Then heat the pan and add butter to it and mix it with maida and after some time prepare white roo and add milk to it and cook it well then it will be bisamal sauce. Once the sauce is ready, take a whole onion and add cinnamon to it and put it in the sauce. Drizzle some butter over it. Mernay, Onion, Cheese type sauce can be made from this mother sauce.

Mayonnaise sauce

It is a cool sauce. These are tabletop sauces. The required ingredients are egg yolk-1, salt oil 110 mg, salt, sugar, white, pepper powder, a little vinegar, put the egg yolk in the bowl on the table, add salt, sugar, pepper powder and mix it with a little Utans poon, gradually mix the salt oil. If you bring the yolk mixture with the oil, the butter will turn into a dol. This type of mayonnaise

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sauce is used to make all kinds of salads. Once the mayonnaise sauce is prepared, many sauces can be made with it. Especially Ayo, Rimald, Thousand Island, derivative sauce can be prepared.

Espagnole sauce:

The following ingredients are required to make this mother sauce.

Miyarubo - 100mg (mixed ingredients of onion, carrot, celery, leek)

Butter - 50g,

Maida - 50 g,

Tomato Sauce - 50g,

Fragrant Brinjhi leaves, Thyme, Parsley lightly roasted and boiled, Veal stock- 2 lit

Take a cooking pot and heat it, add butter and fry the mierupe pods. Then mix the required amount of maida and mix it with the required amount of brown stock and boil it for two hours in a gentle heat, then mix tomato sauce and sugar and finally filter it and prepare it. The following derivative sauces can be made with this mother sauce.

1 Demi glaze,

2 Bordelaise,

3 Can make Robert's sauce and many other sauces.

Holloandise sauce:

The following raw materials are required.

Heated and cleaned

Butter - 150g

Egg Yolk - 2 Nos

Add little salt, pepper and vinegar.

- First the ghee should be heated and cleaned and ready.
- Then add salt, whole pepper and vinegar in a pan and heat it a little.
- Boil the required amount of water in a vessel and add the egg yolk in another vessel and mix well. When the yolk becomes creamy, take it out of the oven and mix it with the previously prepared butter little by little. At the end add a small amount of vinegar and pepper water already prepared. Now we need the allantise sauce ready. Many derivative sauces can be prepared after making this mother sauce. For example Sauce Bearness, Sareni, Muster.

Tomato sauce

This is a mother sauce made using tomatoes. Boil the tomatoes and remove the skin and seeds then finely chop them, heat oil in a pan and saute carrots, onions and garlic with it. Then the required amount of tomato puree is mixed with white roe and it is called tomato sauce.

Ingredients:

Peeled Tomatoes, Carrots, Onions, Garlic, Butter, Maida, Beef Stock,

Salt as required, pepper as required, sugar as required Other sauces that can be made with this mother sauce are pravans, brittone, itta and barbeque.

Veloute Sauce

It is a basic Mother sauce. Boneless chicken, meat and fish stocks are essential for making this sauce. Ingredients required to make this mother sauce

Meat stock - 1 litre,

Butter - 60 grams,

Maida - 100 grams,

Onion - 50 grams,

League - 1 no

Bele - 1no

Pepper - 5 grams.

Recipe

Heat the pan and add butter, then add required amount of maida and mix for a while. When the maida batter changes color a little, add required amount of meat stock, add chopped vegetables and let it boil for a minimum. The strained derivative can be used to make sauce. Derivative sauces made with fish stock, Chirp, Normande, Vin, Chicken veloute, Derivative sauces like Capper Mid veloute Derivative sauces Supreme, Chivery, Ravigotte.

Butter sauces

This butter sauce can be made by adding some ingredients like melted butter and hard butter.

For example Garlic sauce, Parsley sauce, fish sauce, brown butter sauce.

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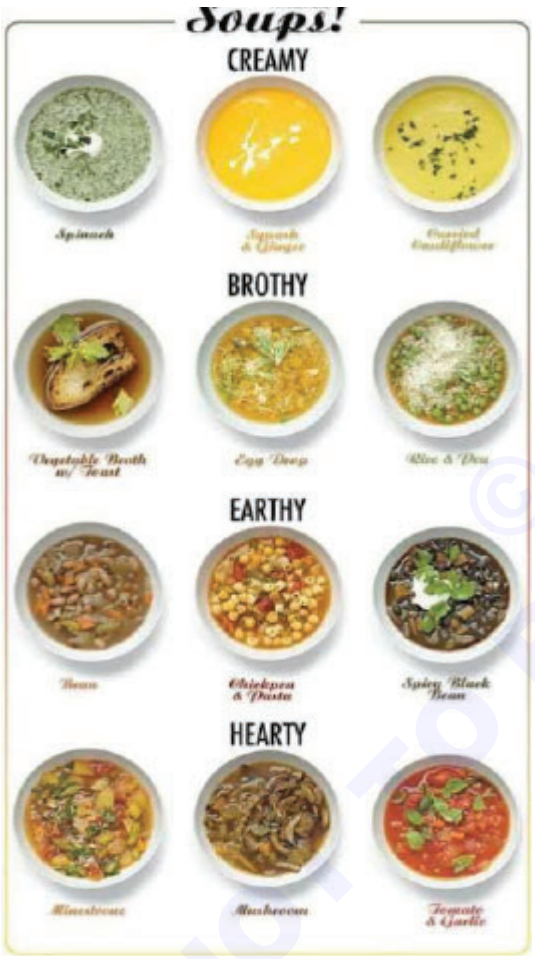
Soup definition, classification with example

Objectives: At the end of this lesson you shall be able to
- **knowing how to make different types of soup**

Introduction

Soup is a liquid. The soup is usually served hot. Sometimes it can be served cold. Soup can be made with vegetables and meats or separately. The basic ingredient for making soup is stock. Soup can be divided into two different types. One is thin soup and the other is thick soup.



Clear soup

These can be called clear soups or non-clumping broths. This type of soup can be served with or without garnish. Vegetables and meats can be served as a garnish.

Broth

These are also known as prat or bau yans. These are clear soup types. An example is Scar

Consomme

Consomme is a delicious fragrant starch or soup that can be made twice in a brat. Vegetables and meats can be used as garnishes in this type of soup.

Thick soup

Some of these types of soups contain a thickening agent. Especially roo, boiled yam, cream and maida.

Cream soup

Such soups are called cream soups when puree of boiled vegetables is added to it with cream or béchamel sauce. Examples are Cream of Tomato, Cream of Vegetables.

Puree soup

These types of soups are soups in which vegetables or meat are boiled and the broth is taken and served. For example in Purelend, puree of potato

Bisque

This type of soup can be made with fish shells and bones. A thickening agent is also used in these soups. Example: Chibut bisque, lobster bisque.

Chowder

This type of soup can be made with fish, potatoes and milk. Pods can also be used. Examples are clam chowder, crab chowder.

veloute

A soup made using a bland roux with a stock of meats. For example chicken veloute, meat veloute.

Consomme julienne

Finely chopped vegetables are boiled and used as a garnish. Consomme Brunoise Vegetables cut into small dices can be used as a garnish for consomme.

Consomme Celestine uses long-sliced paneer cakes as a consomme garnish.

Consomme brefonne

Boiled and finely chopped celery, onion and leeks.

Consomme dubari

Garnish can be used by cutting cauliflower with stalks and boiling it.

Consomme florentine

Steamed spinach can be cut lengthwise and used as a garnish in consomme soup.

Consomme st German

Boiled peas are used as a garnish in consomme

Consumerial boiled grains especially rice and bar can be used as garnish

Consomme cereals

Boiled grains especially rice and bar can be used as garnish

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1 Ltr consomme receipe for consomme

Objectives: At the end of this lesson you shall be able to
- **knowing how to consomme**

Sl.NO	Name of Raw materials	Quantity
1	Beef bones	4 nos
2	Beef jerky (fat removed)	250grams
3	Egg white yolk and Yolk	2 nos
4	Celery	1 nos
5	Leek	1 nos
6	Bay leaf	2 nos
7	Pepper	5 grams
8	Vinegar	2 tablespoon
9	White beef steak	12 ltr
10	Salt	50 grams

Recipe

Put the meat, bone, all the vegetables and stock in a heavy pot and put it first in the oven on high heat, then in this soup, remove the dirt that comes on top like a dressing and put it on very low heat, cook for at least 2 hours, strain and serve with the necessary garnishes.

Note: Consomme should not boil for any reason. Serve with salt while cooking

Popular consome with their garnishes

Objectives: At the end of this lesson you shall be able to
- **knowing how to make different types of consomme soup.**

1 Consomme breton

Celery, onions, and leeks are sliced long and boiled and served with a clear consomme called consomme britonne.

2 Consomme brunoise

If boiled vegetables are cut into small pieces and boiled and served clear consomme is called consomme brunoise.

3 Consomme dubarry

Cauliflower is cut like a flower with small stalks and steamed and served with clear konsoomi, it is called konsomi dubar.

4 Consomme florcntine

If the spinach is lightly boiled and cut in a Japanese style and served with a clear soup, it is called consomme florcntine.

5 Consomme madillene

Tomatoes and green peas boiled and served with clear consomme is called consomme metilines.

6 Consomme paysanne

The Consomme is called Pay sanne when served with the right amount of chopped fresh vegetables along with the clear consomme.

7 Consomme celestine

It is called celestine when served with a clear consomme and garnished with chopped zeolayana lice cake.

8 Consomme dilablatin

Served with clear consomme and cheese biscuits, these are known as consomme diapelaton

9 Consomme royal

Garnished and served with consomme (savory egg custard) it is called consomme royale.

10 Consomme tapioca

Consomme teppiacke is served garnished with small boiled cassava pearls with clear consomme.

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Famous national soups of some countries

Objectives: At the end of this lesson you shall be able to
- **learning to make different country soups**

Introduction

Native soups are made with ingredients produced in that country and prepared in a unique way. Hence they are called National soups. There are many types of international soups such as cold and hot thin soup or thick soup. International soups are soups originating from different places and localities of different countries. These soups basically have a great tradition. That is why they are known in their country. Also the menu is in the language of the country of its origin as their names have different origins. Some popular international soups.

SI.NO	Soup name	Country name
1	Minestrone	Italy
2	French onion soup	France
3	Green turtle soup	England
4	Petite marmite	France
5	Scotch broth	Scotland
6	Mulligatawny	India
7	Hot pot flamand	Belgium
8	Camaro	Brazil
9	Labour krodel	Germany
10	Paprika Soup	Hungary

Butter history, types,making

Objectives: At the end of this lesson you shall be able to
- **learning to prepare butter.**

Butter is a product made from milk obtained by storing curds or fermented whey. Contains mostly fat, water particles and milk protein ingredients. In many countries, butter is included in daily meals. Butter is made from cow's milk. Apart from this, goat, sheep, buffalo, donkey and otacappa rundu is also prepared.

When butter is fried it turns into ghee. Ghee is high in good fats. We can add this to our diet.

Butter contains vitamins A, E, K and B12. It also contains mineral salts of manganese, chromium, iodine, zinc, copper, and selenium.

Varieties of butter

1 Sweet cream butter

This type of butter is sterilized and processed. They are used for cooking, baking and sauteing ingredients

2 Unsalter butter

Unsalted, this type of butter can be used for cooking and heavy baking.

3 Salted butter

It is prepared by adding salt make a buttery tasting, bread sandwich. Used for compounding butter.

4 Clarified butter

Butter can be made by removing the fat from milk. It is used for cooking meats with a little butter and at high heat and in making other sauces.

5 Compound butter

Blended butter is simply butter made with flavored ingredients. Simple way to make butter at home

1 When boiling is simply butter made with flavoured ingredients. Simple way to make butter at home

2 This dumpling should be stored as required.

3 To make butter, take the milk dressing that was added on the first day and after it comes to room temperature, pour curd into it and keep it aside for 12 hours.

4 Then put the dumplings in a mixer and knead like buttermilk. By keeping it this way only the butter will accumulate and come out thick.

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Effect of heat on difference vegetables reaction with metal in acid/alkaline medium

Objectives: At the end of this lesson you shall be able to
- **to learn about the effects of heat when cooking vegetables.**

We cook food for the following reasons

1 Vegetables, meat, and achieve crispness

2 To enhance the flavor of vegetables and meats.

3 Cooked foods are easily digested.

4 Preservation of vegetables and foodstuff.

5 Cooked dishes and turns out delicious.

6 Prepare balanced meals and preserve nutrients

7 To prepare various dishes with one ingredient.

Digestion, protein supplements, protein in meat, (myosin) protein in eggs, myosin in eggs, protein in wheat (gluten), protein in pulses (legumin) all heat and coagulate. Protein foods should not be cooked at high temperatures. This causes the food to shrink and become mushy in nature. The tissues in the meat turn to gelatin when heated. It is water soluble and digestible. So it should be cooked as protein food in hot water.

Foods containing carbohydrates (starches):

They are greatly affected by heat. First in soluble form by moist heat and then in fresh form by high heat

is changed. Protein crust-like flavor (sweet) is dextrin. Moist heat causes the starch grains to swell. It is the boiling point of water

Converts to gelatin at lower temperatures.

Cellulose is softened by moist heat. When sugar is heated, it dissolves, turns into different states, turns brown, and finally caramelizes, revealing a rich flavor. but does not transform into crystalline form. Moderate heat does not cause loss of mineral salts and vitamins.

Stimulates digestive juices while cooking fatty foods. This creates hunger. When the meat is heated, the hemoglobin in the meat decomposes the red blood and the heat turns a silky brown. All the vegetables should be covered and cooked on a gentle heat. Do not cover and cook green vegetables. Because the green nature of the vegetables will be expelled. Heat during cooking kills germs

The change that occurs when vegetables are cooked is acidic

1 The whiteness of vegetables is preserved when cooked in acidity.

2 When acidic foods are cooked, the fiber in them becomes solid.

Acidic foods

1 bottle of assorted sauces

2 Fish foods, seafood foods

3 types of red meat

4 types of processed meats

5 wheat

6 drinks (canned juices)

7 Alcoholic drinks especially beer and foods made with cocoa

8 Dairy Foods and Cheese Functions of Different Body Organs According to Humanbody DA Levels are functioning. Kidney and liver functions are especially important. So our body needs to consume acid and alkaline foods. there is a possibility of degenerative disease when adding more acidic foods.

DA levels range from 0 to 14. 7 of which is Sangnthhab. Low-acidic foods for DA7. Foods with DA above 7 are alkanes. The DA level is the ratio of hydrogen to hydrosol ions in water. 7:4 ratio is good for humans.

Alkaline medium

Foods above size 7 are called alana.

1 Almond	2 spinach
3 Parsi ,	3 Asparagus
5 garlic,	6 Avocado
7 Basil	8 Red onion
9 Soya beans	

Acidic foods especially sour foods such as pickles should not be kept in iron and copper vessels. Because these change metal and are harmful to the body. So acid foods should not be stored in metal containers.

Acids and alkalis change when cooking foods in a pan The cooking pan can have specific effects on our food. Are those effects good for our body? Is it bad? The roles we use will determine that. Because some vessels add health to our body. Likewise, certain ingredients may interact with food to produce additional effects. In this post we will see which roles have what effects on food.

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Aluminum vessel

Food heats up easily while cooking in this vessel. When cooking in an aluminum pan, aluminum is added to our body in a very small amount. But when you cook foods like tomatoes, aluminum accumulates more in the body. This can lead to Alzheimer's disease.

Iron vessel

One of the best utensils for cooking is cast iron. It heats up a lot and has less cooking hazards. Cooking in an iron pot is good for our body as it adds iron to the food. Stein

Steel vessel

It is very easy to cook. Also wash these utensils and keep them clean. It transfers heat easily to the food. This vessel does not corrode easily. to cook

A great choice. Never use ceramic utensils to cook this dish. These types of utensils are used for serving certain food only for decoration. Chemicals released from cooking in this vessel can cause many serious health problems.

Methods of cooking different vegetables

Objectives: At the end of this lesson you shall be able to
- **learn and enjoy cooking vegetables in different ways**

A method of cooking vegetables without wasting nutrients

Food is essential for human survival. Food should be rich in nutrients to nourish the body and provide energy for the day. Nowadays, due to the advent of hybrid varieties and the dominance of pesticides, food is losing its quality and benefits. In this, some mistakes we make while cooking turn into non-nutritious dishes. The lost health can be restored.

The diet should be a balanced diet rich in vitamins, minerals, proteins, amino acids and essential fatty acids. (About Balanced Diet Another plant-based diet is fruits, nuts, vegetables, and greens, all of which contain trace amounts of nutrients. This article is going to answer the question of whether we are consuming such nutrients without wasting them. Why should we cook vegetables?

- Microorganisms in vegetables are destroyed when food is heated above 40°C.
- Diet should be a balanced diet rich in vitamins, minerals, proteins, amino acids, essential fatty acids. (Another aspect of a balanced diet is that plant-based foods such as fruits, nuts, vegetables, and greens all contain essential nutrients.

This article is going to be the answer to the question of whether we consume enough nutrients without wasting them.

Why cook vegetables?

- When food is heated above 40°C

Microorganisms in vegetables are destroyed.

- Food becomes soft when cooked. This also makes digestion easier. That is, the fiber in meat, pulses, grains, and vegetables softens when cooked. Helps in digestion. Uncooked vegetables are not accepted by the body system of people of all ages. Allergies can cause various physical ailments. Cooked foods are easily digested and help in the healthy functioning of the digestive tract.
- As the food is cooked, the colour and taste of the food changes in various ways. Idli can also be made with rice. Paniyaram, Appam, Idiyappam etc. can also be prepared. Vegetable fries and vegetables in broth are generally rejected by children. They will not eat. When they are mixed with dosa and served as beetroot dosa and carrot dosa, they love to eat them for their beautiful colors.
- Damage to the alimentary canal membrane is prevented when food is cooked and softened. And some foods provide complete nutrients when cooked. Boiling an egg for example provides complete nutrients

Disorder problems, constipation, food poisoning. chances are high. Cover and cook the vegetables. Add as much water as possible to the food in which the vegetables have been boiled. Don't spill down.

Vegetables cooked with skin It is best to cook vegetables with skin. Especially vegetables. Like carrots, potatoes, if you want the skin to be cooked gently peel the skin. The skin can be gently scraped using tools such as a skin scraper/peeler.

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Larder organization & layout

Objectives: At the end of this lesson you shall be able to
- **Learning about foods that can be made in a larder kitchen**

A Larder kitchen is a kitchen where we use perishables and non-perishables like meats, eggs, milk, poultry, fish and dry goods only for the day's needs as we cook daily in the star hotel. This larder kitchen prepares cold dishes, meats, salads and buffets. Cold kitchen can also be called larder kitchen. It is called Carti Manger in French. This kitchen is separate from the main kitchen and is a cool space. Meanwhile this kitchen should be located near the main kitchen. Because there should be no traffic jam or time wastage while sending the prepared food to the main kitchen. This kitchen should be very clean and tidy. All types of prepared food should be properly maintained, clean and served in a hygienic manner. All necessary machinery and equipment of this kitchen should be in use. Sectional kitchens in this larder kitchen

1 Appetizer section
2 Salt and dressing making unit
3 Butchery
4 Tubs of bubba meal preparation size

Types of food that can be prepared in a larder kitchen

1 chicken prepared and served chilled.
2 The pork is prepared and served cold.
3 cold buffet dishes will be prepared
4 small and varied types of salad
5 moose and galantine
6 Sandwich making

Machines that can be used in the larder kitchen

The role of machinery in this kitchen is very important. Because time wastage and manpower requirement are reduced while using machines. At the same time the required food and quantity is prepared.

1 Sculpting machine
2 A machine that can be set to powder
3 Electric room engine
4 Weighing machine and weight gram
5 Meat slicing machine
6 Salamander, grill and toaster
7 Speeding steamers
8 Refrigerator
9 Deep freezer

Apart from this Spoons, strainers, molds, graders for daily use. The ingredients used in the larder kitchen are all kinds of cooked and raw meats, nuts, fruits and non-perishable ingredients.

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Maintenance & upkeep of larder equipment & supplies

Objectives: At the end of this lesson you shall be able to
- To learn about handling of larder machines.

We can maintain the machinery properly by following some important points. Equipment maintenance plan method

- Keep all machinery clean.
- All machinery and utensils should be thoroughly washed, wiped and maintained.
- Detachable parts on machines should be cleaned every time with a fine file and hot water. Machines can be cleaned with plain water especially during hot weather. Because normal water is warm during summer. Cleaned parts should be thoroughly cleaned and maintained.
- All small utensils especially spoon, knife, cutting board and small utensils should be cleaned and wiped and placed in drawer. By doing this, dust and dirt will not settle on the equipment.
- Equipment and utensils should be kept where they should be maintained. Doing so will make it easier to handle when we work.
- Regularly check that the machine is working properly. If the machinery breaks down, it must be repaired. By doing this, you can avoid any inconvenience while working.
- Large machines should be thoroughly swept once a week or once a month. Learn how to maintain large machines and follow the maintenance manuals available at the time of machine purchase. Larger engines should be oiled or serviced regularly.
- An electrician should be consulted and examined whether the correct amount of electricity is available or less when using electrical equipment.
- Proper connection should be checked as it is fitted with electrical equipment and water piped machinery. You can get the full benefit of these especially if you check whether the connection is correct in insulation, plumbing, etc.
- A person should know how to repair the machine in order to work with the engineers in the company in the name of the manufacturer's warranty certificate while maintaining the machines.
- Each machine should be kept under direct maintenance by each worker. Proper maintenance of machinery can save unnecessary money, time and labor. These should be done properly. Every time we make a small change while maintaining the machine we have to note it down.
- If the machines are not working properly then there will be attrition, haste and delay in work. So we have to take note of the maintenance and repair of the machines to protect them. If we do this, the machine will not hinder our business and there will be no rush of money. Hence maintenance of machinery is very necessary. Cooking appliances include hotplate gas stoves and large cooking stoves
- Clean the top of the oven with soap and a damp cloth after every use. Then clean up.
- If the stove gets stained while cooking, wipe it with soapy oil and a scouring pad. Then clean up.
- Burners should be boiled once a week with a little soap and water, then cleaned and wiped with a dry cloth. Finally wipe the oil from it.
- Baking oven clean the oven thoroughly after each use. Enamel parts in the oven should be cleaned using liquid wax. Also, if the oven tray is dirty, wipe it with a damp cloth. Wipe the on-off knobs with a clean cloth.

(Refrigerator)

- Disconnect the power supply and clean the outside daily.
- Unplug the refrigerator once a week Open it and take out all the contents and clean it. Wash with warm water.Take out all the parts in the refrigerator and wash them thoroughly with soapy water.

(Preparation of the equipment)

- Wash all parts especially easily removable parts with mild soap.
- Sharp parts should be carefully washed, dried and reused.

(Coffee URN):

Coffee on should be cleaned with a stiff brush using sodium bicarbonate after each use. The top should be cleaned like any other product.

Maintenance Cost: Major procedures to be dealt with while maintaining a machine use fuel sparingly. Especially the amount of electricity should be calculated and recorded.Care must be taken to avoid loss of use of the

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machine. Cleaning and servicing the engine can save fuel. Cost of ingredients and detergents should be taken into account.

This can control the cost depreciate the machine and take into account its total useful life

Profits and savings in waste and raw materials that can be achieved through proper use of machinery must be taken into account.

Profits and savings in waste and raw materials that can be achieved through proper use of machinery must be taken into account.

Examples of day-to-day savings include avoiding redundant staff, not using more staff during a few important events, hiring individual staff to clean vegetables, especially during large events, and schools, colleges, sometimes increasing and decreasing staff as needed.

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Classification of horsdoevure

Objectives: At the end of this lesson you shall be able to
- **learning and having fun preparing different types of cold food**

Horsdoevre classification

Single horsdoevres

Caviar: Caviar is the roe of sturgeon fish. The eggs of this sturgeon fish are available processed in black, red, yellow and purple colors. Caviar available fresh is very tasty and expensive. Serve this caviar cold with a side of poached egg yolks, lemon wedges, and brown bread roast binis pan cakes.

Smoked salmon

This is one of the most delicious dishes served in Aadhauswari. When serving artificially cured boned and skinned salmon, serve it with a slice of brown bread, a slice of lemon and butter.

Plovers egg

It is the egg of a kind of water bird. This egg is boiled and served. Very nutritious and delicious food.

Oysters

Sea Sculptor Oysters should be checked to see if the shells are closed when buying them at the store. These sculptures require a special knife to open the tiles.

Oysters should be grilled, cooled and served cold with brown bread, butter and lemon wedges.

Foie gras

It is a ready-made food. (Pre-packaged food. These are canned duck or water fowl livers that can be served cold. This food is served in a pasteurized dish.

Potted shrimp

Shelled and cooked lobsters are topped with lettuce leaves and served with brown bread and butter.

Grape fruit

Grapefruit is also known as Pampalimas. Pambalimas should be split in two, the inside of the fruit should be scooped out with a grapefruit knife, the nuts should be removed, and served chilled in a special glass tumbler with a cherry to garnish. Sugar should be provided separately.

Pate de foie gras

It is a dish made from pork liver and lard. This is a cold dish that can be cooked in batches and served in a mincer along with bacon along with chopped onion, spices and butter.

Globe artichoke

Atti sharg should be prepared in batches, let cool and serve cold. Serve with more French dressing

Cold asparagas

Asparagus should be boiled, cooled and served with mayonnaise sauce.

Egg mayonnaise

Boiled eggs should be peeled and sliced lengthwise, add mayonnaise and serve on top of a lettuce leaf. Tomatoes can be cut and used as a garnish.

Fish mayonnaise

Clean the fish and cook it in batches, cool it and serve it with lettuce leaves and garnished with anchovy fish, capercan a vu.

Hot Horsdoeuvre

Sometimes in adhashwari food, hot dishes are also served. Dishes made with pasta can be served. Examples of hot dishes include pappus, cheese balls, and curds.

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Composition of salads and salad dressings

Objectives: At the end of this lesson you shall be able to
- **learning about salad ingredients and types of dressings**

Introduction and types of salad

A salad is a meal that can be prepared and served cold using cold foods, especially nuts, fruits, meat, eggs, legumes, pasta, cheese, and grains. Also Aadhausveri is the first dish to be served. Food in which small variety of dishes are well decorated and served is called Aadhausvari.

But salad can be served first. Can also be served with other dishes. A salad is a meal that can be made using fresh vegetables, fruits and meats. While serving the salad, it should be visually attractive and attractive.

When preparing and serving a salad, it requires four main components:

1 **Base** :Prepared salad dishes should not be served on plates. For example, leafy vegetables on plates (lettuce, watercress, cabbage).

2 **Body :** Body means any ingredient we use to make food is called Body. For example, the vegetables used to make a Russian salad are carrots, beans, cauliflower and nulsol, which are called salad dressings. When making egg mayonnaise, the main ingredient is the egg, which is called the body of the salad.

3 **Dressing :** Dressings are the dressings that can be used to impart flavor and aroma while preparing a salad.

4 **Garnish :** Garnish is the name given to garnishing and serving the finished salads. Because when serving food in a star hotel, it should be served deliciously, fragrantly, and decorated.

Types of Salads

1 simple salad

2 Compound salad

1 **Simple salad :** A salad made using only one vegetable is called a simple salad.

2 **Compound salad :** Salt that can be made using different types of vegetables, fruits or meats is called compound salt.

Salad dressing

Dressing can be used to make all kinds of salads. Adding dressing to a salad improves aroma, food quality, taste, garnish and ease of digestion. Different types of dressings are mayonnaise, vinaigrette or French, lemon mustard cream and astiladar cream dressing.

Mayonnaise

It is a cooling dressing. This dressing requires egg yolk and oil. Vinaigrette Dressing This dressing can be made French, English and American style.

French vingrette

A dressing can be made with 3 parts salad oil to 1 part vinegar French mustard, and salt and pepper.

American vinaigrette is a dressing made by mixing equal parts vinegar and oil with sugar, salt, and pepper. Acetyladded cream is a dressing made with three parts of cream, one part vinegar or lemon, and salt and pepper.

Simple salad

Examples are tomato salad, silver salad, carrot salad, potato salad.

Compound salad

1 Tossed salad

2 Cole salad

3 Oriental salad

4 Carmen salad

5 Russian salad

6 Waldrof salad

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Fish classification, scaling, cleaning and preparation

Objectives: At the end of this lesson you shall be able to
- **Learning about fish parts and cooking methods**

Learning about fish

Fish from the sea and river ponds have been widely used by early man, and fish was considered the staple food of early man before the use of vegetables, poultry and meat. Fish is rich in vitamins and protein.

Fish are easy to catch and cook. Most parts of the fish are used for cooking. Fish was available cheaply and sold for less than bread in the ancient empire. Historically, the people of the Liberian Peninsula used to catch fish, especially anchovies and sardines, and export them to Asia. In 17th-century Scotland, salmon was fed to workers three days a week by employers. Carp, especially the pond and lake fish that thrive in Europe, the Middle East, China, and Japan, inspired ancient cooks and poets to eat them.Minaga herrings are available all over the world in all seasons. 1/3 of this type of fish is available worldwide. Cod, mackerel, and tuna are the second most widely available fish in the world. Later, the global availability of refrigeration and air transportation saw many changes in the aquaculture and export industries. This made the use of fish easier in any part of the world. Subsequently, many changes took place in the aquaculture industry globally. All the countries of the world have contributed significantly in fish farming and export as fish is considered as the most important food in human's daily life. 3,000 pounds of fish are grown in one cubic meter of ocean.

Meat is available Trout, salmon, lobster, crayfish, marine species are currently being bred all over the world.

Compositional & structure

Like other meats, fish meat is rich in water-soluble protein, fat, and a small amount of vitamins and minerals. There are differences and similarities. Fish contain very low levels So these can be easily cooked. Fish meats are naturally tender. Cooked and raw fish meats should be handled with care. Otherwise there is a possibility.

Classification of fish

Fish and marine organisms can be classified based on their physical components. It varies depending on the nature of the fish and the method of cooking. There are over 100 species of fish in the world. But very few fish are used for human consumption.

How to select fish :

We should buy fish from fish shops keeping in mind the following important aspects.

- Avoid fish with unwanted smell.
- The fish we buy should look fresh and have good color.
- The cheeks should appear fair in color.
- Fish tails should be firm.
- The fleshy part of the fish should look firm.
- If you put your finger on the fish and press it, then the r should not be identified.
- Scales should be visible in abundance.
- The eyes of the fish should also be very bright. They shouldn't be dull.
- The fleshy part of the fish should be separate from the bones or should not fall off.
- The flesh part of the big fish should be fair in color and "not yellow in colour".
- As far as a few fish are concerned, they must be bought alive.
- Not available as such, should be scaled according to body composition.
- The eyes of prawns, crabs and shrimps should be bright red
- Prawns large or small, the tail of the sinker should be easily bendable and non-sticky.
- Two-shelled oysters and snails require that the shells adhere well to each other.

Storage of fish

Whenever possible, fish should be cooked and eaten fresh. Because the smell of fresh fish and the flesh part is delicious. Sometimes fish can be gutted and chilled, preserved and then cooked and eaten as needed. Fish should not be processed too cold, then taken out and processed again. Some shellfish should be cold-cured in salt water.

Cooking of fish

Boiling

If the fish is cooked this way, the stock and the fleshy parts can be taken separately and used in salads.

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Steaming(Fig 1)

Cooking this way preserves all the nutrients in the fish.

Grilling

Some types of fish have natural fat in all of their body parts and are delicious when grilled.

Frying

The so-called white fishes are better and tastier if fried with little oil or with more oil.

Fig 1

Supreme (Fig 2)

Very long shoots can be cut from a fillet at a slant cutting or sealant cutting.

Fig 2

Darne (Fig 3)

These are a method of cutting round fish with the bone in the stack method.

Fig 3

Goujon (Fig 4)

The method is to cut the fish into fillets and cut them into long finger-like pieces and dip them in the maida egg mixture along with bread crumbs and fry them in oil.

Troncon (Fig 5)

A method of cutting flat fish into steaks along the bone.

Paupiette (Fig 6)

It involves taking long flat fillets, rolling them with spices and then cooking them as per requirement.

Fig 4

Fig 5

Fig 6

Cravatte (Fig 7)

It means rolling the long strands and then knotting them.

Fig 7

Delice(Fig 8)

A method of cooking long flat fillets by folding them.

Fig 8

Colbert (fig 9)

It is a method of deboning the whole fish without removing the bones and the head of the fish. Sole and whiting fish are prepared in this method.

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Fig 9

Colere

The skin, eyes, scales and ears of the fish are removed and the tail is folded and placed near the mouth of the fish. In this method whiting fish is used.

En largette

In this method the cleaned skinned and deboned fillets are rolled separately on both sides and placed near the head of the fish. In this method whiting fish is used.

En tresse

It is a preparation of three types of long boned and skinned fish mixed together.

Nutritive value of fish:

Fish and shellfish are high in (polyunsaturator fatty acids) especially omega-3 fatty acids. As these are added to the body along with our food, they control the blood cholesterol levels in the human body and reduce the triglyceride levels along with the omega 3 fatty acids in the protein. Thus when we include fish food in our diet it also reduces the amount of cholesterol in our body.

Fish a nd shellfish contain easily digestible protein. Research shows that 85% to 95% of fish proteins are easily digestible.

At the end of the medical research, it is good to include more fish protein in the diet, while the protein in other meats is harmful to the body. Fish oil plays an important role in curing our heart diseases. Research by doctors has shown that high consumption of salmon or mackerel fish in the diet can prevent heart disease. Fish contains important vitamins and minerals.

Fish meat is very high in vitamin A niacin. These are good for digestion and skin and nerves. And to convert the food we eat into energy, B12 (B12) vitamins are used to function and control the nervous system, beta-acid synthase homocysteine, metabolism and energy. In general, fish meat is higher in vitamin U than beef, pork, and chicken. Vitamin I is very important for bone growth in the human body. Also, fish meat contains the required amount of calcium, iron and zinc. All these are absent from the normal human diet. Also, fish meat contains high levels of zinc required for human consumption.

Fish and allergies

Every human being eats certain types of food, especially when eating fish, the immune system in the body does not accept when eating certain types of fish. Thus we call as allergy. Eating fish with this condition can cause itchy skin, indigestion and sometimes heart disease. So we should consult a doctor and know what kind of fish (small and big) we can eat.

Allergy

The disease occurs in some people when they eat fish or a type of fish. These types of allergic diseases occur in both children and adults. Therefore, it is good to consult a doctor regularly and get tested for allergic diseases. People who are susceptible to fish allergies should not eat out at restaurants. Because the spoon, oil, grill, which can be used for cooking fish, it is possible to spread the allergy through allergens.

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Cuts of beef, lamb, mutton, pork uses and weighting

Objectives: At the end of this lesson you shall be able to
- **Learning about the parts of meats and how to cook them Method of selecting beef**

1 Meat without membrane should be bright red and have the necessary white fats.

2 Cuts of meat should have solid fat everywhere. There should be no change. First cuts of meat are usually yellow in colour.

The whole beef should be cut into two parts after cleaning the whole skin and belly part.

1 front part 2 back part

Back part of the meat

1 First separate the rump,and kidney.

2 Then separate the thin layer of meat.

3 Then the loin and buttock part of the meat should be cut and taken separately.

4 Remove the billet portion.

5 Remove the rump from the sirloin.

6 ribs should be removed.

7 The jaw part of the cow should be removed.

8 Quarters of the meat should be divided into top side and silver side.

Front quarter of meat

1 should remove the shank portion. (The leg of meat is the meat from the knee to the foot.)

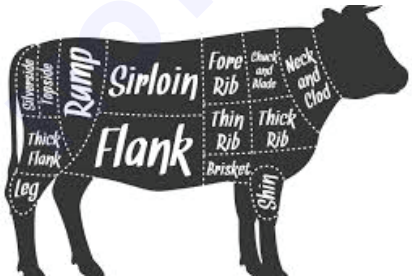
2 Cut the foreleg of meat into two.

3 Cut the front ribs.

4 Then separate all the parts.

Beef parts: (Fig 1)

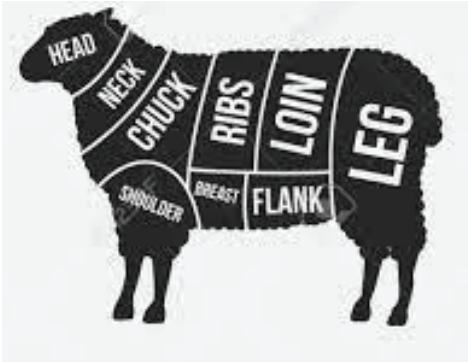
Fig 1



- shin
- Top side
- Silver side
- Thickflank
- rump
- Sirloin
- Wings ribs
- Thinflank
- Fillet
- Fore rib
- Middle rib
- Chuck rib
- Sticking piece
- Brisket
- Plali
- Leg
- Shank

Parts of Mutton (Fig 2)

Fig 2



- Shoulder
- Leg
- Breast
- Middle neck
- Scrag end
- Best end
- Saddle
- Kidney
- Liver
- Sweet bread
- Tongue

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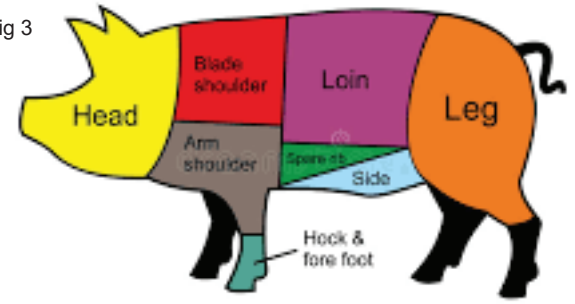
Usage and weight

1. Thigh Roast and Stew Weight 3.5 kg
2. 3.7 kg, used for quarter roasts and stews
3. Approximate weight used for brisket roast and stew is 1.75 kg

Cuts of Pork (Fig 3)

Fig 3



- Leg
- Loin
- Spare rib
- Bell
- Shoulder
- Head whole
- Trotters
- Kidney
- Liver

Usage and weight

1 Thigh can be used for roasting and boiling. Weight approx 4.55 kg

2 The loin portion can be used for roasting, frying and grilling. Weight approx 5.95 kg

3 Spare rib roasts and pie weights 1.35 kg

4 Shoulder roasts, sausages and 2.7 kg for pie

Method of extraction

1 Remove the head first

2 Remove the Trotters

3 Remove the quarters

4 Remove the shoulder

5 Remove the spare rib

6 Remove the loin from the stomach.

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Poultry classification, preparation, dressing, cuts and uses

Objectives: At the end of this lesson you shall be able to
- **Learning about the parts of chicken and how to cook**

Half chicken

Take a whole chicken and make cuts near the neck,near the breast and straight down to the legs. This time you get a chest with a wing and a leg with a thigh. These are available in roasting or grilling mode as per our requirement.

Breast quarters

Small chickens are cut together with both wings and breast and then the thigh and legs of the chicken are cut. This way we get four big parts. These parts can be cooked by roast grilling and frying.

Split breast (fig 1)

Fig 1

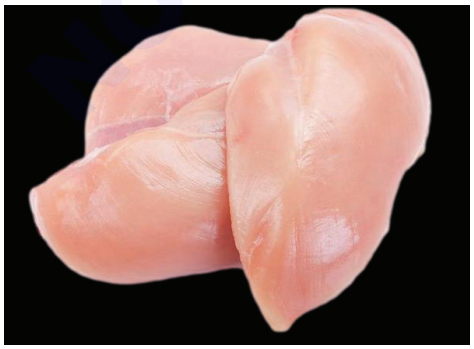
The chicken breast is taken separately from the breast and leg part with the wing part in it, with or without the back part.

Boneless, skinless chicken breast (Fig 2)

Once the breast has been split and the bone and skin are removed, it can be grilled, pan fried or baked.

Thinly sliced pieces can be sandwiched. If the chicken quality belongs to the white meat category, it does not contain fat and juices. So no matter how you cook the chicken, there is no chance of it becoming dry.

Fig 2



What is a complete chicken wing portion? (Fig 3)

Fig 3

The all-white-meat portion consists of three parts: drummetes mid-section and the tip

How to cook it

This is known as a versatile strip,Since it is white meat, it contains very little fat. It has a tendency to dry out easily. So do not overcook.

What do you mean Wing drummetes ?

The wing is the part between the thigh and the elbow.

How to cook it

This part can be cooked by grilling, broiling, baking or frying.

What is the meaning of Wing mid section ?

These can be called wing joint or mid joint. These are the parts between the elbow and the tip.

How to cook it

They are the most used ingredient in cooking.It's part can be cooked by broiling and grilling.

Variation

These can also be cooked with wing mitts with tip. It includes Blood Center Potion and Tip of Wing. The tip of the wing is not available in standalone stores.

What do you mean Whole chicken leg ? (Fig 4)

The drumstick is another part of the Thigh as diverse Quarter. The latter will not be included. This whole chicken leg is available bone-in or boneless, skin-on or skin-off/How to cook Thigh and leg (including pricing) Or grill. A small amount of fat is found together. It gives a nice aroma when cooked in the grilling method. These are very tasty when cooked in frying mode. The

Fig 4

boneless skin is delicious even though it will dry out if cooked moist. It can be marinated with spices and cooked by grilling or baking or braising.

What do you mean by thigh ? (Fig 5)

Fig 5

It is seen above the leg and knee part. These are available in stores boned or boneless skinned or unskinned.

How to cook?

It is better to cook them in braising method as more veins are found in this part. Because the meat is tender and fragrant when cooked in the braising method. They can also be grilled. It can also be cooked by baking. Meanwhile, cook carefully. Because if the meat is deboned and skinned and cooked too long, it tends to dry out. Especially during baking, it should be cooked at a temperature of 165°C.

What do you mean by Drumstick ?(Fig 6)

Fig 6

The leg is the lower part of the quarter and the part between the knee and the foot (calf) .

How to cook it ?

Drumstick can be cooked in a variety of ways. It can be cooked especially by braising, grilling, or baking.

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Classfications of Game birds, Preparation and cuts, uses

Objectives: At the end of this lesson you shall be able to
- **Learning about game bird parts and how to cook them.**

Game Birds : (Fig 1)

Fig 1

Birds are raised for meat or egg production. Rearing game birds should be followed properly as per the respective regulations.

The following species of birds

- Partridge
- Quail
- Wild duck
- Turkey
- Pigeon
- Deer

Poultry meats are available in different sizes, weights and ages for specific products in the market. Today's consumers are more conscious about eating habits and the quality of foods. Poultry meat is very suitable to satiate the desire for foods. Poultry is high in protein and low in fat when compared to other meats. For example, quail is very high in iron.

Preparation of bird food (Partridge):

Patridge is a very popular dish. It is lighter and more flavourful than low-fat chicken by roasting and frying.

Quail:

The flesh of quail is dark. It is a meat available throughout the year, quails are rich in iron. It is grown commercially on all farms today. It will be better if it leaves a thin scratch on its body while cooking. It can be cooked by frying and roasting method. These can be cooked with bones.

Wild duck:

The flesh is mostly on the breast and the leg, Its meat is darker than chicken or turkey breast meat. Its meat contains some fats.This can be cooked by Roasting and frying.

Turkey:

This turkey meat can be used from 3 kg. Its use is more common in western countries. Its meat is tough, when it is cooked with mild masala and pineapple juice and sauce, it is cooked well. It is best cooked in roasting mode.

Pigeon:

This meat is very tender and easy to cook. It can be cooked by roasting and frying.

Deer:

This meat is cooked according to the respective country's norms. This meat is difficult to cook. You can marinate it before cooking and use pineapple juice or artificial sweetener to soften it.It Can be cooked by roasting method.

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Cold buffets (sandwiches, canapes,left over food)

Objectives: At the end of this lesson you shall be able to
•learn about buffets food,different types of sandwiches and canape setting up a cold buffet

A cold buffet is a 11-course meal cooked in a cold setting Food is placed in front of the guests and served according to their needs. This cold soup is made of vegetables, fruits, meats, fish, pasta. Rice, soft drinks and pulses are cooked and served in cold condition to the guest without any particular quantity. This type of cold buffet serves all types of food like salad, soup, vegetables, fruits, meat, cheese cold cuts in one place.

Type of buffet

- Brunch buffet
- Fork buffet
- Meal Period buffet
- Display buffet

Types of buffet

- Two sided straight in buffet
- Centralized buffet setup

Sandwich (Fig 1)

Fig 1

Introduction

A sandwich meal is a meal that can be served at any time. It is an easy meal to make. Between two slices of bread, green, steamed vegetables, meat, cheese types of food can be served. The following types of bread can be used as a base for making sandwiches.

1 White or Brownbread
2 Bun
3 Butter Peanut butter
4 Cheese
5 Vegetables tomatoes, lettuce leaves
6 Poultry, eggs, fish, meats
7 Chutneys mint and carrot

Cutting of sandwich

Sandwiches can be cut in a variety of ways. It can be cut short or long.

Following are important points to be followed while sandwich.

1 Use bread that is made the day before to make a sandwich.
2 The bread should be soft and crisp.
3 Cut the outer part of the bread slices properly
4 A sharp knife should be used.
5 Refrigerate prepared sandwiches for 12 to 24 hours
6 Use fresh softened butter as a spread.
7 Leafy vegetables that can be used for sandwiches should be crisp.
8 Do not add both highly fragrant blings.
9 Pre-made sandwiches should be well wrapped and preserved before serving.

Spread used for sandwich

Varieties of Spread:

- Lemon spread
- Onion spread
- Olive spread
- Sardine spread
- Paprik spread
- Mayonnaise spread
- English spread
- French mustard spread

Types of sandwich

- Sandwich cake
- Loaf sandwich
- Pinwheel sandwich
- Ribbon sandwich
- Club sandwich
- Book maker sandwich
- Broadway sandwich
- Tea sandwich

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1 sandwich cake

A round bread roll is used to make these. It can be made with two or three rounds of pretzel filling, butter and curd.

2 Lap Sandwiches

A sandwich is called a lap sandwich if it is cut lengthwise and cut on the opposite side.

3 Pinwheel sandwiches

Take a long loaf of bread and cut its outer crust, then cut it lengthwise and roll it with mint chutney or carrot chutney and put it in a silver bowl and put a bridge around it and serve it as required.

4 Ribbon Sandwich

Using two types of bread slices (brown and silver) the filling is spread and cut lengthwise into slices and served. It's called a ribbon sandwich.

5 Club Sandwich

Three types of bread slices are cooked with chicken, egg, lettuce, tomato,. Can be grilled and slathered with bacon mayonnaise. This should be done in three layers.

6 Book Maker Sandwich

A dish made with French bread cut in half, buttered and strained stock.

7 Broadway Sandwich

Served with lettuce, boiled egg and mayonnaise between two toasted bread.

8 Tea Sandwich

A tea sandwich is served when thinly sliced bread slices are cut into triangles with the desired filling in the middle.

Canapes (Fig 2)

It is a small unwrapped dish of bread (flavoured or unflavoured) that can be served cold. These types of dishes can be served as a first course.

Fig 2

The raw materials needed to make cannapes

1 Slice of bread (sliced in various ways)

2 Salty biscuits

3 Cream crackers

4 Nuts, fruits, cooked meats, eggs, fish cut into small pieces.

5 Varieties of chutney

6 Small Vegetable Garnishes Types of Cannabis

1 Cheese canape

2 Chutney canape

3 Eggs Canape

4 Carrots Canape

5 Tuna canape

6 Meat canape

Proper storage of leftover food:

In restaurants, we cook different types of food everyday. we keep all the items ready. We don't know how much we will sell a day. But at the same time, if all the dishes in the menu cart are kept ready, then the food can be prepared and served as per the demand.

Also, when there is leftover cooked food (or) uncooked food, separate it properly and keep it safe and cook it the next day with fresh food or old food. Do not spoil the food for any reason,because it will cause loss to the hotel.

Cheese cookery

Objectives : At the end of this lesson you shall be able to
• to know about types and use of cheeses

Classification of cheese and their uses

Cheese is a very ancient food. When whole milk is distilled and the solids are separated, it becomes cheese. This chemical change occurs with the addition of rennet or lactic acid. Ceasing to extract cheese simply means extracting the gas from the milk Savory curd cheese is served in western dishes. Cheese is called milk curd. Cow's milk, goat's milk, buffalo's milk, donkey's milk and oat milk can be used to make cheese.

Types of cheeses

1 Unripen Soft Cheese (e.g. cottage cheese, cream, niepisal)

2 Bowls of Bacterially-ripened Cheeses (e.g. brie and camembert)

3 Cheese ripened by bacteria

4 Slightly hard, bacterially-ripened cheeses in bowls (e.g. Gorgonzola, Rakebucut and Chilton)

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5 A slightly hard bacterially ripened cheese (e.g. Brig, Munster)

6 Hard cheese case lulls free. (Example Ciders, Ki tams, Gouda and Cheeses)

7 Hard cheese case lulls (example) Guerra, Suvio1, Parma's.

Benefits of cheeses

1 Cottage cheese is used to make salads, sandwiches, cheesecakes and Indian gravies.

2 Cream cheese can be served in salads, sandwiches and appetizers.

3 Neabisal cheese can be served in salads, sandwiches and appetizers.

4 Braai cheese can be served with food.

5 Camembert cheese is served as the last dish. Along with crackers and fruit.

6 Lambers are served at the end of the cheese meal.

7 Carcanzola cheese can also be served after meals with salads in buffets.

8 Stilton cheese is a cheese that can be served at the end of a meal.

9 Brig Cheese is used in sandwiches and buffets.

10 Monster sandwiches also kept in buffets

Variety of pasta and their cooking methods

Objectives : At the end of this lesson you shall be able to
• Learning about pasta types and cooking methods.

Variety of pasta & their cooking methods

Pasta-type dishes are very popular in Western countries. The first pasta type of food was invented in this country. Maida flour, which is high in gluten (protein), is essential to make these pasta dishes. Pasta dishes are made in different colours and also manufactured in various shapes. These pasta dishes are served with primary sauces like white sauce, tomato sauce and brown sauce. All pastas are served with cheese.

Types of pasta

1 Rotelle

This pasta is shaped like a cobblestone.

2 Penne

This type of pasta is cinder-shaped and has hollow in the centre

3 Conchigli

This type of pasta is found in the shape of a seasculpture. It appears in different shapes .

4 Fettucine

Pasta is in the form of firm noodles.

5 Macroni

A short, sticky pasta made from whole wheat.

6 Farfalleo

This type of pasta is found in the shape of a butterfly.

7 Linguine pasta

Long, flat pasta.

How to cook pasta

All types of pasta should be boiled and served with sauces accordingly, cheese as needed and grilled on salamander. Pasta is served as the fourth course on a French menu.

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Characteristics & types of leavening/raising agent

Objective: At the end of this lesson you shall be able to
- **to know about the nature of different types of expanding materials.**

Souring or elevating ingredients

Introduction

Leavening

Leavening is the process of increasing the density of an ingredient, especially flour or water, by creating bubbles of gas in the mixture that cause it to rise and increase its volume. It also makes food crispy. Also, the flour mixture mixed with water will become bigger and softer when baking in the oven. Flour aeration and mixing of flour mixture takes place in the following ways. They can be divided into 5 categories.

- Biological raising
- Chemical raising
- Mechanical raising
- Lamination raising
- Aeration &Lamination

1 Yeast

It is a plant organism. Yeast is available in stores in various forms. Especially dry yeast, fast-acting dry yeast, and cold-storable yeast. For yeast to work with flour, especially when making bread and rolls, yeast needs sugar to feed it, warm water, and the right temperature. Thus, when we mix yeast, water, sugar, salt and flour and knead it well, a biological change occurs and the sucrose in the sugar are converted into alkali after fermentation by the yeast cells carbon dioxide. Due to this change, our bread-based foods are well salted and crispy.

Things to keep in mind while mixing yeast dough

- Yeast does not work in cold water.
- Yeast needs mildly warm water to achieve fermentation.
- At the same time do not use too much hot water to prepare the yeast mixture. Doing so will kill the yeast cells. Especially the top heat should not be.
- When making dough by mixing sugar with yeast, the outside of the bread becomes caramelized and the outside gets a golden brown color.
- When the yeast is mixed with the flour, the starch in the dough becomes gelatinous and the moisture in the flour mixture causes the bread to expand and become very soft. This type of bread becomes easily digestible when eaten.
- Flours that are high in protein gluten like maida work well with the yeast mixture.
- The flour mixture used to make bread will have the correct aroma, colour and level of fermentation if the right amount of salt is added.

2 Baking Powder

Baking Powder Chemical rise is the change in carbon dioxide. This change is due to heat transfer of acidity and alkalinity in raw materials. The addition of baking powder to the flour mixture results in a chemical change that creates gas and is used to make storable food products crispier. Carbon dioxide mixes with the air cells and the protein in the flour mixes with the flour to protect the carbon dioxide from escaping the air cells. Foods cooked with this are crispy and soft.

Baking powder mixes are acidic and alkaline. Prepare baking powder in the following amounts.

Recipe 1

1 Cream of tartar- 60 g

2 Bags of carbonate of soda - 32 g

A little corn flour if needed can be added.

Recipe

All of these add up to one another, mix well and make if needed baking powder if added to Sola flour.

Recipe 2

1 Tartaric acid- 30mg

2 Bags of carbonated soda - 30 mg

Recipe 1

This can be done as per the given recipe.

3 Mechanical rising In this method air is created in the mixture we beat well and when the dough is kneaded. Also, mixing the egg well with sugar, butter, and flour with the help of the whisk makes the food soft and crispy when cooked in a hot oven. Sponge cake is made by mechanical raising method. In this method, by beating eggs well with sugar, mechanical rise occurs and the dough becomes smooth. The gluten in the dough prevents the egg frothiness prevents air from escaping, and the dough becomes soft as it heats up. Further heat causes the proteins in eggs and flour to become lumpy and starchy.

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4 Water Vapour

Food rises by lamination. Pastries in the bakery are made by buttering the dough mixture, folding it and then rolling it as the heat causes the food to expand and soften.

When the water is heated, steam is created and it spreads over the food and the food becomes soft. In this method the flour mixture should be uniform when popcorn is made, it expands as it heats up the moisture in the corn. While making the puffs, butter is applied layer by layer to the wet flour mixture and when this is done several times, the heat is applied to it and the puffs become a large number of layers.

5 Combination

A bakery-made Danish rise is made by kneading yeast into a flour mixture, then rolling the dough, buttering it, and heating it in the oven. becomes multi-layered. Already there is yeast in this mixture. This change is due to heat transfer of acidity and alkalinity in raw materials.

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Bread rolls and Indian breads making

Objective: At the end of this lesson you shall be able to
- **to learn about different types of bread and varieties of Indian bread.**

Bread making

Bread rolls

Bread rolls require Maida flour, yeast, sugar, butter and liquid. One must be skilled in kneading, brewing, knocking back, shaping, second propping, glazing and baking to prepare bread.

Must know how to make different types of bread, dinner rolls, bread sticks, bread, croissants, hot cross bread, scones. In the West, bread is eaten almost all the time. Bread dough can be made in sweet, savoury and sour varieties.

Aribert of Germany, Pioche of France

Soda bread from Ireland or unsalted pita bread from Mediterranean countries are also very popular.

Yeast comes in three varieties. Dry, Activated Dry and Compressed Yeast.

Activities of yeast

Yeast is a microorganism. In order for this yeast to multiply, it needs a warm environment, water, and sugar. Yeast can grow very quickly.

Wheat flour

It is the most important ingredient. Bakers use high-gluten flours to make bread. This is because gluten in wheat flour inhibits the growth of yeast cells, i.e. the release of gluten in wheat flour, which can be caused by carbon dioxide (CO_2). This makes the bread cooked through the heat and crisp. Varieties of maida flour.

1 **Strong flour:** This type of maida flour has gluten content of 10-11-5 and can be used to make bread varieties, soup pastries and puffs. This type of flour is called strong, suet flour and baker's flour.

2 **Weak flour:** This type of flour contains 7 to 8.5 percent gluten. This type of flour can be used to make cakes, biscuits, sponge cakes and biscuits. This is also called soft dough.

3 **Self raising flour:** This type of flour contains moderate amounts of gluten and baking powder. It can be used to prepare all types of food extracts.

To make bread we need bread flour. Put the prepared flour mixture on top. Then put it in the oven and bake it in hot temperature. Pratrol should be prepared in the same way.

Different types of bread (white, brown, rye, sweet, brut) should be left to cool for 12 hours and then cut in a bread cutting machine and stacked in the envelope.

Types of Indian Bread

The hotel kitchen prepares all types of Indian breads especially the Tandoori kitchen. Examples are roti, chapati, phulkha, roma roti, kulsa, parotta, patura.

Wheat flour can be used to make roti, chapati, and phulkha.

Make Naan, Roma and Kulcha using maida flour. Such dishes should be served hot with charcoal accordingly.

Indian bread can be prepared in the following ways.

1 Deep fry (puri, batura, kachori)

2 Baking Method (Kulcha, Double Roti)

3 Low Oil Fry (Paratha, Stuffed Paratha, Meghalaya Paratha)

4 Tandoori Recipes (Naan , Tandoori Roti,Naan)

5 Cooking by Steam (Kammam Tekla)

6 Frying (Pulkha, Chapati and finger millet Roti)

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Receipies of short curst puff, flaky, choux and danish pastry

Objective: At the end of this lesson you shall be able to
- **learning about different types of bakery pastries.**

Puff pastry, Flaky pastry

Recipe of pastry

Short crust pastry

Chad Crust Pastry can be prepared in two ways.

1 Sweet crust pastry

2 Salt crust pastry

Sweet crust pastry

1 Make a sweet crust pastry using 1 maida flour (weak flour).

Following quantities of items are provided (for 6 persons)

1 Maida flour - 250 gms

2 Butter-125 gm

3 Sugar -50 gm

4 Cold water (a) Milk -25 Ng

5 Salt -10 gm

Procedure

Dough should be soaked. Add softened butter, sugar and salt and knead it gently. Do not apply too much pressure. Then add a little cold water, roll it into a ball, roll it in a wet cloth and keep to make special sweet pies as needed. Ex., Apple pie, Brut pie.

Salt short crust pastry

Salt short crust pastry can be made using the ingredients given above. Especially sugar should be reduced and salt should be added as needed. Do the above mentioned method. Examples are kidney pie, stoke pie.

Ingredients for making Pubpasteria (for 8 persons)

1 Strong Flour Maida -250mg

2 Margarine -50 gm

3 Sugar -20 gm

4 Salt - required quantity

5 Cold water – required quantity

6 Lemon - 1 No.

Procedure

1 First cream the margarine well.

2 Add maida flour. Then add salt and sugar to it. Mix lemon with required amount of water and knead the dough. Once the flour is mixed well, mix some margarine with it and knead it. Then keep the bread covered by the wet cloth for some time.

3 Take the dough out from the fridge and roll it long. Then spread the required amount of margarine on it, fold it and keep it in the fridge for some time.

4 Then again apply margarine repeat this step three or four times to make lamination and put into the fridge.

5 Prepare this puff pastry dough and refrigerate and use as needed.

6 Then take the puffs dough and roll it and put the necessary ingredients and heat the oven on high heat and bake at least 300 degrees for 15 minutes.

Flaky pastry

Flaky pastry is a pastry with layers like a puff pastry. You can choose the recipe mentioned above (Puffs Pastry). But the flaky pastry contains less amount of butter. As such, the day layers are less visible.

Choux pastry

These types of pastries are used to make eclairs.

Ingredients (for 4 persons)

1 Water - 100 ml

2 Butter – 50 gm

3 Maida flour - 50 gm

4 Eggs - 2 Nos.

Procedure

1 Take required amount of water in a small vessel, heat it and mix it with butter, add maida and flour and mix well. Remove the pan from the oven and add the whole egg to it and mix well.

2 Then take the raw chou pastry mixture (on the dough) and pat it on a tray greased with butter as required. Bake in a preheated oven at approx (280°C).

3 Do not remove the soup pastry from the oven immediately after it is ready. Keep the lid open in the oven for at least half an hour.

4 Prepare cream or custard, sauce as required and serve chilled.

Danish pastry

Danish pastry is a staple food of continental and American breakfasts. To prepare this pastry, yeast and butter should be prepared by lamination method.

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Ingredients (for 4 persons)

Maida - 250 gm

East -10 gm

Sugar - 50 gm

Butter - 25 gm+100 gm= 125 gm

Egg - 1 No.

Milk - - - 125 gm

Salt - - - 10 gm

Procedure

1 First mix the maida flour.

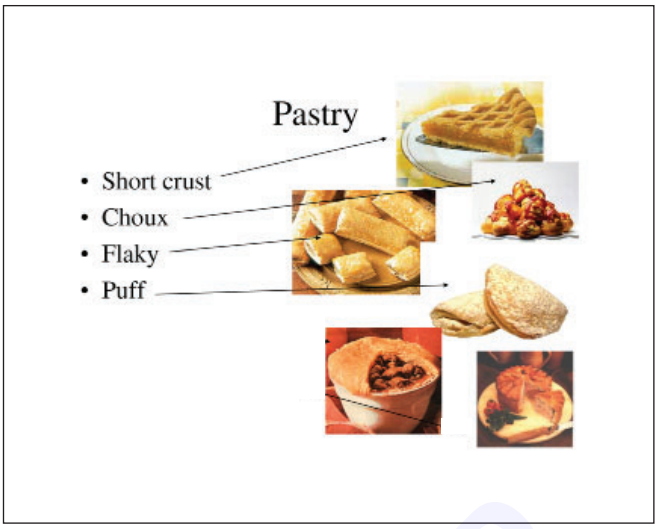
2 Add salt to it.

3 Boil the milk in a gentle pan, add sugar, eggs and salt to it and mix this mixture with flour and knead it well to prepare dough.

4 Then knead the flour mixture gently and apply butter to all the parts. Then fold the dough well and cover it with a damp cloth for half an hour.

5 Then take the dough and roll it, cut it into a thin triangle, put the necessary filling and keep it for 1 hour.

6 Once the Danish pastry is well salted, pour milk over it and bake at 280°C for 15 to 20 minutes and keep it warm.



1 All the ingredients used for Croissants Danish Pastry can be used for this.

2 Make Danish pastry dough, roll out thinly and cut into triangles. Roll into a crab shape and bake for 1 hour in a preheated oven for 15 to 20 minutes and serve hot as a Western breakfast.

3 These croissants can be served with melted butter and jam.

Kitchen stewarding & upkeep of equipment

Objective: At the end of this lesson you shall be able to
• knowing how to keep kitchen utensils and equipment clean and ready.

Kitchen stewarding

Important: It is one of the most important supporting sectors of the food industry. Guidance contributes to the successful operation of kitchen food production and service department

It performs the following functions.

- Washing kitchen pots and pans.
- Maintenance of kitchen equipment.
- Cleaning and ensuring hygiene of all kitchen equipment.
- Garbage disposal.
- Washing of all service equipment, including those used in banquets.
- Polishing of silverware.
- Sending damaged silverware for plating.
- Pest control.
- Carrying heavy objects.
- Cleaning and dispatch for new crockery cutlery.
- Maintenance of gas connections and tandoor.
- Maintain PPM levels for cleaning knives and cutting boards.
- Replenishment of service items to various outlets. The Stewarding Incharge reports directly to the General Manager or to the Head Chef depending on the level.
- Store room for pottery and metals.
- This room is connected to the washroom and to be maintained.

Hotel kitchen cleaner

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Prevalling food standards in India

Objective: At the end of this lesson you shall be able to
- **to know about Food Standards Commission of India accreditation.**

The Food Safety and Standards Authority of India is a statutory body established under the Ministry of Health and Family Welfare, Government of India. FSSAI was established under the Food Safety and Standards Act 2006. It is a unifying law relating to food safety and regulation in India. FSSAI is responsible for protecting and promoting public health through regulation and supervision of food safety. The CPA will be appointed by the Central Government. It is headed by a non-executive chairman who holds a post not below the rank of Secretary to the Government of India. FSSAI has its headquarters in New Delhi. The Commission has 6 regional offices at Guwahati, Mumbai, Kolkata, Delhi, Kochi and Chennai. 14 referral laboratories notified by FSSAI, 72 state laboratories located all over India, 72 state laboratories located all over India and 112 laboratories notified by FSSAI are accredited private laboratories. In 2021, it decided to grant permanent licenses to restaurants and food manufacturers on the condition that they file their returns every year, with a view to benefit industries involved in the production, handling, packaging and sale of food products.

Food adultration as a public health hazard

Objective: At the end of this lesson you shall be able to
- **to learn about food adulteration and public health hazards.**

To define it simply, food adulteration refers to deterioration in the quality of food. That means it is unsafe and unfit for human consumption. Degradation is done by adding an inferior quality material or by extracting a valuable raw material. It is not only physical addition but also biological and chemical contamination during growth, storage, processing, transportation and distribution that affects food quality. Food adulteration has become a growing concern in India. Most of us don't know. But 25% to 30% of food distributed in India is deliberately adulterated. Yes it's really shocking, let's look at some of the highly adulterated food products. Some of the food items with maximum adulteration include milk, ghee, vegetable oil, spice powders, spices, ice creams, honey, coffee, tea leaves, flour, food grains and sweets. All of us must be aware of the harm caused to our health by adulterated foods such as adulterated milk, water ghee, vanaspati ice cream, washing powder, chili powder, brick powder coffee, tamarind, dates, honey molasses sugar, lime powder. Issues related to food adulteration are starting to surface more than they did 10 years ago. The reason is simple, we as working people are looking for quick fixes as we have started living busy lives. Earlier people used to grow vegetables in their backyard and grind spices themselves. But who has time for that today. Before knowing how to escape from adulterated food, let us first know the ill effects of adulterated food. Increases the adulteration of food. As pollution increases, parameters for unsafe consumption increase. You can't see its impact overnight. But adulteration poses a long-term threat to our health. We recommend you to produce the goods. But if that's too much of a hassle, it's best to buy organic or directly from the farmer. Lack of nutritional value Adulterated food lacks nutrients and tastes different from unadulterated food. By consuming adulterated foods we compromise our taste buds and our health. New products bring rapid and positive change in our health. Contaminated food leads to various diseases Contaminated food has been linked to various chronic diseases such as liver disorders, diarrhea, stomach disorders, lethrism, cancer, vomiting, diarrhoea, arthritis, heart diseases, food poisoning et**c.** It is the minerals, chemicals, and quality ingredients added to poor food products that are responsible for many health conditions that one may face in the future. Some research also shows that certain adulterated foods can lead to miscarriage or brain damage.

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Sample tests

Objective: At the end of this lesson you shall be able to
- **how raw materials can be identified by sampling.**

1 **Water, Ads:** Presence of water can be obtained by placing a drop of milk on a shiny inclined surface. A drop of pure pan flows low, leaving a white trail behind it. At the same time milky water flows instantly without leaving a trace.

2 **Starch:** Add a few drops of tincture of iodine or iodine Karson. The formation of blue colour indicates the presence of starch. Iodine solution is easily available in medical stores.

3 **Urea:** Take one teaspoon of milk in a test tube. Add 1/2 teaspoon of soybean or archer powder. Mix the contents well by shaking the test tube. After 5 minutes, dip the red tames paper in it. Remove the paper after 1/2 minute. A change in color from red to blue indicates the presence of milk urea.

4 **Vanaspati:** Take 3 millibal in a test tube. Add 10 drops of hydrochloric acid. Mix in a tablespoon of sugar. After 5 minutes, examine the mixture. Red colour indicates the presence of Vanaspati.

5 **Forman:** What can be done to eliminate wall contamination by taking 10 mill balls in a test tube? One of the primary recommendations is to start nurturing ourselves. But considering our busy lives, listed below are some practical ways we can incorporate to protect our health from food additives. BUY LOCAL Try buying vegetables and fruits at a local organic market or directly from farmers. What a direct connection to your health the best. Grind the easy start by doing the easy. For example, instead of buying, you can grind red chilies and make red chili powder at home. Use less space Full-length cultivation may be difficult. But if you use the limited space you have by growing vegetables, it will help you a lot. It is not only healthy but also cost saving. Any balcony, courtyard or terrace can work for such purposes. Go for branded organic products, we work organic in 24 mantra and certify all our food products. Add 5 ml of sulphuric acid from the sides without stirring. A purple or blue ring appearing at the intersection of the two layers indicates the presence of a forman. Forman pan improves longevity. Hence it is added for the purpose of protection.

6 **Detergent:** Advertisements Shake 5 indicates the presence of sample detergent with 10 ml water foam equivalent.

7 **Artificial milk:** Artificial milk has a bitter aftertaste and feels soapy when rubbed between the fingers. and yellow when heated will change colour.

8 **Testing artificial milk for protein:** Milk can be easily tested with urease strips (available at medical stores) as it does not contain artificial milk protein.

9 **Test for Glucose/Invert Sugar:** Milk contains no Glucose/Invert Sugar, if glucose test with urease strip is positive, it means milk is adulterated. If it is produced artificially by adding colored water, oils, alkali, urea and detergents when adding paint. Glucose and invert sugar syrup are added to milk to increase consistency and test.

10 **Add Ghee, Curd, Condensed Milk, Goa, Milk Powder:** 5 Fenugreek. Or add a teaspoon of fully melted sample to a test tube and mix well. Pink color or crimson color indicates coal tar dyes. If it doesn't give color, dilute it with water to get colour.

Detection from milk and dairy products

1 **Sweet yogurt:** Take 1 teaspoon of whole yogurt in a test tube. Add 10 drops of hydrochloric acid. Gently shake the test tube to mix the contents. Check the mixture after 5 minutes. The red colour indicates the presence of Vanaspati in the curd.

2 **Rabi blotting paper:** Take one teaspoon of Rabi in a test tube. Add 3 ml of hydrochloric acid and 3 ml of distilled water. Shake the contents through a glass. Remove the rod and examine it. The presence of fine fibers on the glass rod indicates the presence of blotting paper on the rubber.

3 **Goa and its products:** Boil a small sample of starch in a little water, cool and add a few drops of iodine solution. The formation of blue color indicates the presence of starch.

NCVT MSME TECH SERVICES LTD

HACCP/ISO22001 (FSSAI) (Industrial visit/OJT)

Objective: At the end of this lesson you shall be able to
- **food safety, handling of hazardous foods**
- **food Safety and Quality Commission**
- **factory visit/direct observation/on-the-job training.**

A Brief History of HACCP: HACCP is a summary of concept, Hazard Analysis and Critical Complex Control Points. It was developed in the 1960s by a group of scientists and engineers at the Pillsbury Company. Their mission was to produce nutritional supplements for NASA astronauts. But the first HACCP standard was published in the late 80s by the US National Advisory Committee on Microbiological Criteria for Food (NACMCF) 1. After the first revision in 1992 it was adopted by the Codex Amendreus Commission and published as the first international HACCP standard. Since then, it has been widely and successfully used by food industry and regulatory authorities to prevent and control risks associated with potential hazards that may cause food to be unsafe. Is there any difference between HACCP and HACCP system? To those not involved in the food industry, the organization of HACCP s and HACCPs may seem similar. But actually they are different. HACCP is an industry-specific risk assessment tool. It focuses on preventing hazards rather than inspecting end products. This tool can be used across the food chain from primary production to final consumption. It is different from the internationally recognized food safety system, the HACCP. This system helps identify and control potential hazards in the food production process. It focuses on preventing potential hazards by strictly monitoring and controlling every critical control point in the food production process. The system initially consisted of three principles, but over the years it has been revised, simplified, and implemented Changes have been made. But the original concept of HACCP has not been changed. The three original HACCP principles are to identify and evaluate hazards associated with food products and establish a system to monitor critical control points to control the identified hazards. Currently there are five initial steps and seven principles associated with the use of the HACCP system. Preliminary steps are additional steps outlined by the Codex. These must be completed before implementing the seven principles of HACCP. These steps are very useful for the HACCP site system Ensure Establishment, Implementation and Management.

A 12-step application of the HACCP system

The five initial steps are assembling the HACCP group Determine the intended use. Limitations for each HACCP Establish a monitoring system for each HACCP Establish verification procedures Establish documentation and records The HACCP system is applicable to any organization regardless of its size, or if it is directly or indirectly involved in food processing it should be supported by the necessary plans before the implementation of the HACCP system (see b) In other words, the company preparing to implement the HACCP system, must have prerequisite programs that operate in accordance with national regulations, codes of practice or other food safety requirements. Pre-requisite programs listed below may be included to support the AAE site system. But not all businesses have the same prerequisite programs.

B Common prerequisite programs include but not limited to facilities and equipment personnel training cleaning and sanitation provider, chemical control, waste managemen, pest management, storage and transportation product recall processes, labeling, procurement procedures, globally accepted and implemented. Its implementation has become a legislative requirement. Food Standards of India Food Safety and Standards Commission of India is a statutory body under the Food Safety and Standards Act 2006. The Food Safety and Standards Act 2006 is the primary legislation for regulating food products. This Act lays down the formulation and enforcement of food safety standards in India. Food standards are developed along the lines of the Codex Amante Real.

1 Mandatory Standards

2 Voluntary Standards

Mandatory standards

- Prevention of Food Adulteration Act 1955
- Essential Commodities Act 1954 Various orders come under it. Marketing and Inspection of Meat Products Ordinance, regulated by Directorate of Fruit Products Ordinance Controlled by Ministry of Food Processing Industries.
- Milk and Milk Products Ordinance 1992 covers sales, purchase and distribution of milk and milk products. Solvent extracted oils. Flour Control Ordinance Vegetable Products Ordinance 1976.
- License issued by Ministry of Civil Sap agar Bihar war Affairs and Public Supply. It controls the market price of Delta Vanaspati. A Weights and Measures 1977.

- Mandatory to declare weight. Voluntary Standards: Agricultural Produce Standardization and Marketing Act 1937. Director of Marketing and Inspection grades commodities as 1,2,3,4. It means special, good, fair and ordinary. Agmark label is a guarantee of quality. The Bureau of Indian Standards is responsible for setting up the Indian Standards Institution. These standards are developed after chemical biological and physical evaluation of the marketed product.

Wrong label

1 The label is false or misleading.

2 The food is sold under a different name.

3 Limitations not clearly stated.

4 The size of the container is misleading.

5 Weights and measures are incorrect.

6 Details are not given in the package.

7 Failure to List Nutritional Information & Artificial Flavors, Colour Preservatives List Details

Precautions and measures: Buy only from the authorized stores. Check the manufacturing and expiry date. Ask for bill and details. Keep all items and medications in separate cabinets. Other chemical substances should not be mixed with food products. Maintenance and submission of reference manual when trainees undergo procedural training in hotels.

- Apprentices to undertake training under Senior Hotel Managers
- The trainees should maintain the manual during the training of the hotels. Learned menu details should be recorded in the manual and signed daily by the kitchen supervisor.

Project work/Industrial visit

Broad areas

1 Preparation of special food/preparation of medical food for patients.

2 Preparation of special menu, festive food, ethnic cultural food.

3 Oriental food planning and preparation/Continental food preparation, as per the skill of the trainees. On-the-Job Training of Industrial Apprentices The purpose of industrial training is to provide students with a real working environment experience and to acquire practical knowledge and skills that will inspire, nurture and develop their confidence. Industrial training is expected to provide students with the basis to identify their core functional area.

- The coach's responsibilities should be punctual. Training record book should be kept up to date. Must be careful and attentive while working. Must be eager to learn and maintain a high quality and standard of work. Must interact positively with hotel staff. Be honest and loyal to the hotel and their training. Their evaluations must be regularly signed off by the EE or Training Manager. Find the maximum from the given expression to get the numbers. Attend training study sessions / classes regularly. Be prepared for difficult work situations and face them positively. Follow the prescribed training schedule. You have to take the initiative to do the work as you can get maximum exposure only during practice. After completion of industrial training, all reports, evaluations, record book and completion certificate should be handed over to the institute.
- Responsibilities of Vocational Training Institute To give proper briefing to students before industrial training To make students aware of the vocational environment and expectations. Details of coaching schedule should be communicated to all the students. Constant coordination with the hotel especially with the training manager. Visit the trainees as much as possible to the hotel. Any problem between the trainees and the hotel should be resolved. Get proper feedback from the students after the training. Students should be briefed about evaluations, attendance, marks, record book and practice report. Ensure change of I.T. Hotel will not be allowed once the student has been interviewed, selected and accepted the offer. Ensure change of I.T. Block not allowed. Trainees should ensure that they get the training completion certificate from the hotel before joining the company.
- **Hotel Responsibilities:** First Exposure: A young intern's first industrial exposure can be very influential in that person's career. If managers/supervisors are unable or unwilling to develop the skills young trainees need to perform effectively, the latter will set standards lower than what they are capable of achieving, their self-images will be weakened, and they will develop a negative attitude towards training. career, and in all probability of their own career. As opportunities to build a successful career diminish, trainees leave in hopes of other opportunities. On the other hand, if first managers/supervisors help trainees reach their maximum potential, they will build the foundation for a successful career. Hotels should provide proper briefing session/orientation/ motivation before starting the training. A standardized training module should be developed for all trainers. A structured training schedule must be strictly followed. To ensure comfortable working conditions for the trainee, coordinate with organization regarding the training program. Coaches must be strict about attendance during training. Check with coaches about evaluations, training report, record book etc.

Company should be informed about trainees. Allow students to interact with guests. of industrial training to the trainee

“Do's and Don'ts” should be mentioned. Ensure that certificates are issued to those who complete the training on the last day of the training.

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