FOOD PRODUCTION (GENERAL)

1st Semester

TRADE PRACTICAL

SECTOR: Travel, Tourism & Hospitality

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

NATIONAL INSTRUCTIONAL MEDIA INSTITUTE, CHENNAI

Post Box No. 3142, CTI Campus, Guindy, Chennai - 600 032

Sector : Travel, Tourism & Hospitality

Duration : 1 - Years

Trade : Food Production (General) - Trade Practical

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FOREWORD

The National Instructional Media Institute (NIMI) is an autonomous body under the Directorate General of Employment and Training (DGE&T) Ministry of Labour and Employment has been developing, producing and disseminating Instructional Media Packages (IMPs are extensively used in the Industrial Training Institutes/Training centres in Industries to impart practical training and develop work-skills for the trainees and the trainers

The Ministry of Labour & Employment constituted Mentor Councils (MCs) to revampcourses run / to be run under National Council of Vocational Training (NCVT) in 25 sectors. The MCs have representatives from thought leaders among various stakeholders viz. one of the top ten industries in the sector innovative entrepreneurs who have proved to be game-changers, academic/professional institutions (IITs etc.), experts from field institutes of DGE &T, champion ITIs for each of the sectors and experts in delivering education and training through modern methods like through use of IT, distance education etc. The technical support to the MCs is provided by Central Staff Training and Research Institute (CSTARI), Kolkata and National Instructional Media Institute (NIMI), Chennai. Some of the MCs are also supported by sector-wise Core Groups which were created internally in the Ministry (in 11 sectors).

A Steering Committee to provide overall coordination and guidance to Mentor Councils has also been constituted and has representation from the MCs, Chair positions to be endowed by the Ministry, trade unions, and experts on distance education and training. The MCs are mandated to work towards revamping/ suggesting new courses, improving assessment systems, overall learning etc. for subjects under the purview of the NCVT.

Accordingly NIMI with the support and assistance of MC has developed **Food Production (General) Trade Practical 1st Semester** in **Travel, Tourism & Hospitality sector** to enhance the employability of ITI trainees across the country and also to meet the industry requirement.

I have no doubt that the trainees and trainers of ITIs & Training centres in industries will derive maximum benefit from these books and that NIMI's effort will go a long way in improvement of Vocational Training.

I complement Director, Mentor Council members, Media Development Committee (MDC) members and staff of NIMI for their dedicated and invaluable contribution in bringing out this publication.

ALOK KUMAR, I.A.S.,
Director General of Employment &
Training/ Joint Secretary
Ministry of Labour and Employment
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PREFACE

This National Instructional Media Institute (NIMI) was set up at Chennai by the Directorate General of Employment and Training (DGE&T) Ministry of Labour and Employment, Government of India with technical assistance from the Govt. of the Federal Republic of Germany. The prime objective of this institute is to develop and disseminate instructional materials for various trades as per the prescribed syllabi under the Craftsmen and Apprenticeship Training Schemes.

The instructional materials are developed and produced in the form of Instructional Media Packages (IMPs). An IMP consists of Trade Theory book, Trade Practical book, Test and Assignment book, Instructor guide, Wall Charts and Transparencies.

Hon'ble Union Minister of Finance during the budget speech 2014-2015 mentioned about developing **Skill India** and made the following announcement

"A national multi-skill programme called Skill India is proposed to be launched. It would skill the youth with an emphasis on employability and entrepreneur skills. It will also provide training and support for traditional professions like welders, carpenters, cobblers, masons, blacksmiths, weavers etc. Convergence of various schemes to attain this objective is also proposed."

The Ministry of Labour & Employment constituted Mentor Councils (MCs) to revamp courses run / to be run under National Council of Vocational Training (NCVT) in 25 sectors which will give a sustained skill based employability to the ITI trainees as the main objective of Vocational training. The ultimate approach of NIMI is to prepare the validated IMPs based on the exercises to be done during the course of study. As the skill development is progressive the theoretical content on a particular topic is limited to the requirement in every stage. Hence the reader will find a topic spread over a number of units. The test and assignment will enable the instructor to give assignments and evaluate the performance of a trainee. If a trainee possesses the same it helps the trainee to do assignment on his own and also to evaluate himself. The wall charts and transparencies are unique, as they not only help the instructor to effectively present a topic but also helps the trainees to grasp the technical topic quickly. The instructor guide enables the instructor to plan his schedule of instruction, plan the raw material requirement ,

Thus the availability of a complete Instructional Media Package in an institute helps the trainer and management to impart an effective training. Hence it is strongly recommended that the Training Institutes/ Establishments should provide at least **one IMP** per unit. This will be small, one time investment but the benefits will be long lasting.

The **Food Production (General) Trade Practical 1st Semester** in **Travel, Tourism & Hospitality sector** is one of the book develop by the core group members of the Mentor Councils (MCs). The 1st semester book includes **Module 1 - Personal Hygeine & Safety in the Kitchen, Module 2 - Introduction to Food Production, equipments & ingredients, Module 3 - Knife handling techniques and pre preparation of food, Module 4 - Methods of Cooking, Module 5 - Preparation of different receipes.**

The **Food Production (General) Trade Practical 1st Semester** is the outcome of the collective efforts of Members of Mentor Council which includes academic/professional institutions (IITs etc.) , experts from field institutes of DGE&T, champion ITIs for each of the sectors, and also Media Development Committee (MDC) members and staff of NIMI.

NIMI wishes that the above material (Trade Practical & Trade Theory) will fulfil to satisfy the long needs of the Trainees and Instructor and helps the trainees for their employability in vocational training.

NIMI would like to take this opportunity to convey sincere thanks to all the Mentor Council members and Media Development Committee (MDC) members.

A. MAHENDIRAN
Director, NIMI

Chennai - 600 032

ACKNOWLEDGEMENT

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 Practical)** for the trade of **Food Production (General)** under **Travel, Tourism & Hospitality** Sector for Craftsman Training Scheme. This Book is prepared as per Revised Syllabus.

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

INTRODUCTION

This manual of trade consists of practical and related theory exercises to be completed by the trainees during the I semester as a part of one year course on food production -general trade - 1050 hours. The practical exercises are designed to ensure that all the skills in the prescribed syllabus are covered. Related theory to be taught and explained before starting a practical session. Attempts have been made to give a broad understanding about the kitchen and its equipments, and general food production in a restaurant. The distribution of time for the practical and theory in the five modules are given below.

Module 1	**Personal Hygeine & Safety in the Kitchen**	**40 hours**
Module 2	**Introduction to Food Production, equipments & ingredients**	**40 hours**
Module 3	**Knife handling techniques and pre preparation of food**	**40 hours**
Module 4	**Methods of Cooking**	**150 hours**
Module 5	**Preparation of different receipes**	**255 hours**

The exercises in all the five modules are arranged in proper sequence so that the trainee can learn the skills from easy to difficult, simple to complex, basic to advanced.

Each exercise starts with Exercise title and the skills objectives to be achieved at the end of the exercise.

If a particular skill is explained in the earlier exercises, the same skill may not have been repeated again.

Wherever possible photos and diagrams are given in addition to explanation for easy understanding.

Cooking time specified in this booklet is not standard and varies depending the the type of ingredients and mode of heat transfer. Trainees need to take additional care during cooking to ensure safety and to get a final product of desired consistency.

training faculty for improving this manual.

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Nimi

Practice Good Hygiene Standards in Kitchen

Objectives: At the end of this exercise you shall be able to
- **maintain personal hygiene before entering the kitchen**
- **practice maintaining uniform codes**
- **practice hand hygiene & wash hands correctly**
- **practice good food handling procedures**

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Practice daily personal hygiene routine before entering the kitchen**

1 Take shower daily, wash hair frequently preferably daily; change underclothing & socks daily. (Fig 1)

Fig 1



HOS168P0101

2 Brush teeth atleast twice a day, preferably after every Meal. (Fig 2)

Fig 2



HOS168P0102

3 Hair & beard should be trimmed short/it should be covered using net for girls. (Fig 3)

Fig 3



HOS168P0103

4 Cut nails trim using nail cutter. Avoid using nail polish. (Fig 4)

Fig 4



HOS168P0104

5 Keep cuts & burns covered with a clean water proof dressing. (Fig 5)

Fig 5

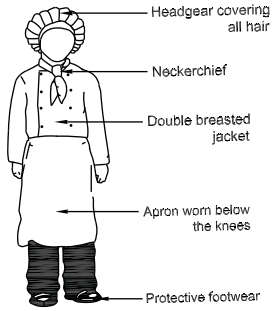


HOS168P0105

6 Inform to Supervisor if you are suffering from a cold, sore throat, boils, skinrash, diarrhoea, upset stomach or a septic cut.

7 Wear clean & pressed chef coat & pants. (Fig 6)

Fig 6



HOS168P0106

8 Put on a Scarf.

9 Wear fresh chef cap to cover head hairs thoroughly. (Fig 7)

Fig 7

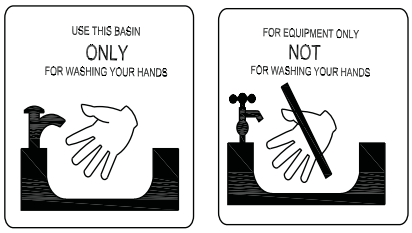


HOS168P0107

10 Tie Half apron.

11 Wash hands using Disinfect soap. (Fig 8)

Fig 8



HOS168P0108

- - - - -

Identify Minor Equipments & Tools Used in the Kitchen

Objectives: At the end of this exercise you shall be able to
- **identify minor equipments used in kitchen**
- **identify usage of the equipments**

PROCEDURE

TASK 1 : **Identify the equipments & their uses**

Equipment	Name	Use
		
		
		

Equipment	Name	Use
		
		
		

Equipment	Name	Use
		
		
		

Equipment	Name	Use
		
		
		

Equipment	Name	Use
		
		
		
		

Equipment	Name	Use
		
		
		

Identify Major Equipments & Tools Used in the Kitchen

Objectives: At the end of this exercise you shall be able to
- **identify major equipments used in kitchen**
- **identify usage of the equipments**

PROCEDURE

TASK 1 : **Identify the equipments & their uses**

Equipment	Name	Use
		
		

Equipment	Name	Use
		
 		
		
		

Identify Ingredients

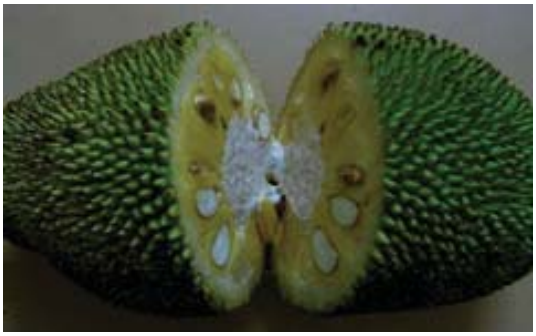
Objectives: At the end of this exercise you shall be able to
- **identify perishable ingredients and list its uses**
- **identify non–perishable ingredients and its uses.**

PROCEDURE

TASK 1 : **Identify the ingredients (perishable & non–perishable) & their uses**

Perishable foods

Ingredient	Name	Use
		
		
		

Ingredient	Name	Use
		
		
		
		

Ingredient	Name	Use
		
		
		
		

Ingredient	Name	Use
		
		
		
		

Non–Perishable Foods

Ingredient	Name	Use
		
		
		
		

Ingredient	Name	Use
		
		
		
		

Ingredient	Name	Use
		
		
		
		

Ingredient	Name	Use
		
		
		

Prepare Indent for Food Preparation

Objective: At the end of this exercise you shall be able to
- **prepare indent for a day's menu.**

Requirements

Materials

• Chef Coat (Preferably White)	– 1 No.
• Chef pants (Preferably Checked)	– 1 No.
• Apron (thick cotton)	– 1 No.
• Scarf	– 1 No.
• Chef cap	– 1 No.
• Safety Kitchen shoes & socks	– 1 pair
• Disinfectant soap	– 1 No.
• Paper Towel	– 1 Roll
• Kitchen Duster (1 wet & 1 dry)	– 2 Nos

Tools

• Nail cutter	– 1 No.
• Knife & peeler	– 1 Set

PROCEDURE

TASK 1 : **Prepare Indent**

1 Check the menu for the particular day & find the number of portion to be prepared.

2 Indent well in advance in the prescribed indent sheet format of the organization in duplicate or triplicate, using the receipe given.

3 While indenting write perishable ingredients separately & non–perishable separately.

4 Never repeat writing food ingredients

Calculate the total quantity of a particular ingredient if it is used in more than in one product & write once.

5 Avoid overwriting or correcting on the indent sheet.

6 Specification if any product should be mentioned for example Chicken (weighing 1 kg) 1No.

Format of Indent sheet

Department:_____ Date of Indent :_____

S.No	Ingredients	Specification	Quantity required (on_____)	Quantity issued	Costings Rs	Ps
Date	Indented by (departmental head)	Authorized By (Executive Chef)	Received By (Kitchen Staff)	Issued by (Storekeeper)		

Perform Receiving Food & Disposable of Wastage

Objectives: At the end of this exercise you shall be able to
- **perform receiving food from stores to kitchen**
- **perform disposal of wastage**

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Practice storing of food**

1 Maintain correct atmosphere in storage area. (Fig 1)

Fig 1



HOS101P0601

2 Store food materials in right containers.(Fig 2)

Fig 2



HOS101P0602

3 Circulate & Use food items according to the arrivals (follow FIRST IN – FIRST OUT METHOD). (Fig 3)

Fig 3



HOS101P0603

4 Use right temperature for storing food materials. (Fig 4)

Fig 4



HOS101P0604

5 Clean storage areas regularly.

- - - - -

TASK 2 : **Perform receiving food from stores to the kitchen**

1 Keep the kitchen copy of the indent sheet while receiving stores. (Fig 5)

Fig 5



Unit Name: Stanner's
Menu Item: Beef Stew Recipe Number: 146
Special Notes: Recipe Yield: 40
All ingredients weighed as edible portion (EP) Portion Size: 8 oz.
Portion Cost: $1.09

Ingredients — Ingredient Cost

Item	Amount	Unit Cost	Total Cost
Corn, Frozen	3 lb.	.60 lb.	$ 1.80
Tomatoes	3 lb.	1.40 lb.	4.20
Potatoes	5 lb.	.40 lb.	2.00
Beef Cubes	5 lb.	5.76 lb.	28.80
Carrots	2 lb.	.36 lb.	.72
Water	2 gal.	N/A	—
Salt	2 T	.30 lb.	.02
Pepper	2 t	12.00 lb.	.12
Garlic	1 clove	.80/clove	.80
Tomato Juice	1 qt.	4.00 gal.	1.00
Onions	4 lb.	1.00 lb.	4.00
Total Cost			43.46

Total Recipe Cost: $43.46 Recipe Type: Soups/Stews
Portion Cost: $ 1.09 Dated Costed: 4/1
Previous Portion Cost: $ 1.01 Previous Dated Costed: 1/1

HOS101P0605

2 Cross check the quantity & quality of the ingredients according to the indent.

3 Arrange Perishables & Non Perishable separately. (Fig 6)

Fig 6



HOS101P0606

4 Stock ingredients in the grade to the trolley neatly (don't dump). (Fig 7)

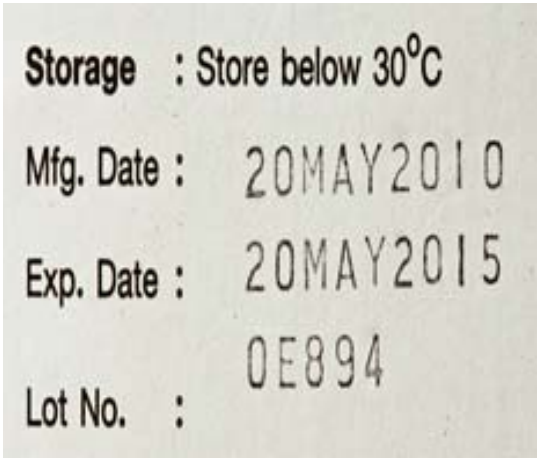
Fig 7



HOS101P0607

5 Check spoilage, expiry date, damage etc of the food items before pickup. (Fig 8)

Fig 8



HOS101P0608

6 Ensure the food items are handled as per the hygienic standard.

7 Avoid keeping food items anywhere else while transporting.

8 Stalk ingredients properly in respective storage in the kitchen.

9 Maintain specific temperature for storing the food items. (Fig 9)

Fig 9



HOS101P0609

- - - - -

TASK 3 : **Perform Disposal of wastage**

1 Segregate wastage according to the type. (Fig 10)

Fig 10



HOS101P0610

2 Throw in to the right coloured waste bin. (Fig 11)

Fig 11



HOS101P0611

3 Dispose according to the cleaning schedule.

- - - - -

Practice Handling Knife Skills

Objectives: At the end of this exercise you shall be able to
- **practice knife skills**
- **practice safety rules while handling knife**

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Practice knife skills**

Holding knife (Fig 1)

1 Grasp the blade firmly between teh pad of your themb and the knuckle of your index finger

2 Curl your remaining fingers around the bottom of the handle.

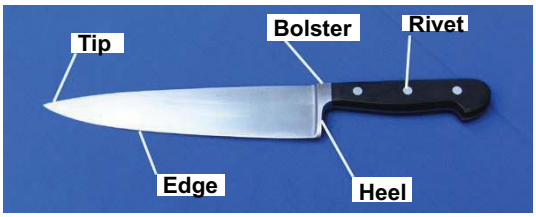
Fig 1



HOS101P0701

Parts of knife (Tip, Edge, Heel, Bolster & Rivet) (Fig 2)

Fig 2



HOS101P0702

Positioning Knife

Proper Position for guide hand. (Fig 3)

1 Tuck your thumb behind your fingers (as shown in the image)

2 This prevents injuries and facilitate the use of knuckles to guide the edge of your knife to its proper position for the next cut.

"Kung-fu-grip" is to curl fingers and thumb under palm so only the knuckles stick out.

Fig 3



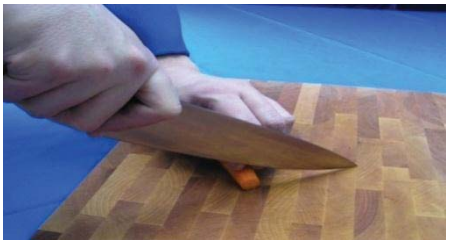
HOS101P0703

Tip-fulcrum method- (Fig 4)

1 Place the tip of the knife in contact with the cutting board (fig 4).

2 Move the knife down, forward and up again.

Fig 4



HOS101P0704

Wrist–fulcrum Method (Fig 5)

1 Place the base of the knife blade towards the cutting board and tip pointed upwards.

2 Move your wrist up and down, over and over to chop the vegetables. (Fig 5)

Fig 5



HOS101P0705

The knuckles of the non-knife hand dictates the increment of the cut.

Tap Chop

1 Bring the middle of the knife blade down

2 Move up and down

Rock Chop

1 Keep the tip of the blade stationary and rotate the base up and down.

2 The edge of the knife should never be lefted above the second knuckle.

Cross chop

1 Keep the tip of the blade at one point and move the base of the blade.

2 Move the blade in a sideways arc also.

Draw

1 Place the tip of the knife on the cutting surface and draw the blade towards yourself.

TASK 2 : **Practice Safety Rules while handling Knife**

1 Hold the knife point downward, when carrying knife around kitchen.

2 Place knives flat on tables.

3 Don't let Knives hang over the edge of the table.

4 When using a knife keep your mind & eye on the job.

5 Use the right Knife for the right job.

6 Always keep the knife sharp.

7 After use always clean the knife & put it away.

8 Always keep the handle of the knife Clean & free from grease.

Practice Various Cuts of Vegetables

Objective: At the end of this exercise you shall be able to
- **practice various cuts of vegetables used in the kitchen**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Practice various cuts of vegetables (Figs 1 – 13)**

Julienne (Fig 1)

Fig 1



HOS101P0801

Julienne

1 First cut your vegetable into desired length (5 cm or 10 cm)

2 Cut the vegetable into flat lengthwise slices 4 mm thick.

3 Lay the slices flat on the cutting board.

4 Slice them further to reduce the thickness.

Brunoise (Fig 2)

Fig 2



HOS101P0803

Brunoise

1 It is a fine diced cut. It results in tiny cubes of 5 mm on each side.

2 First julienne your vegetable.

3 Then take the julienne and cut it into tiny cubes, taking care to make them into very small cubes.

Baton or Jardiennere (Fig 3)

Fig 3



HOS101P0810

Baton or Jardiennere

These are sticks or batons cut from the vegetables of choice

1 Cut the vegetables lengthwise

2 Then cut the vegetables into engthwise slices of teh desired thickness.

3 Chop or slice the vegetables into widths equal to the thickness.

Macedoine (Fig 4)

Fig 4



HOS101P0802

Macedoine

These are larger thicker cubes

1 Jardiniere your vegetables first.

2 Then lay teh stick or sticks out flat and chop them into cubes.

3 Work carefully to make nice cubes of equal size on each side.

Paysanne (Fig 5)

Fig 5



HOS101P0805

Paysanne

It is a wide thin cut. It is not a cube but a thin slice.

1 Jardiniere vegetables.

2 Then using a rock chop or a tap chop cut the batons into thin slices.

Chiffonade (Fig 6)

Fig 6



HOS101P0812

Chiffonade

It is a special cut for leafy vegetables and herbs.

1 Place the leaves to be chopped in a stack and roll tightly.

2 Uses a smooth rock chop to slice very thin strips.

3 Starty off slowly and speed up after you master the techniques.

Mirepoix (Fig 7)

Fig 7



HOS101P0813

Mirepoix

Practice different cooking methods boiling, blanching, sautening, frying

Objectives: At the end of this exercise you shall be able to
- **boil potatoes properly for a meal.**
- **blanch tomatoes.**
- **saute vegetables**
- **fry patties and fritters**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1: **Boil potatoes for a meal**

Boiling potatoes is probably one of the easiest ways to cook and it is also the first step to prepare a classic meal.

Potatoes can be boiled with or without the skin..

Step 1 - Choosing

1 Choose about 2 or 3 medium size potatoes .The Yukon gold and Russet varieties are the most recommended for boiling.

2 Rinse each potato under running water and scrub them, gently, with a vegetable brush.

3 Check for green spots in the skin, if they do have throw them away.

4 Also if you find potatoes with sprouts you MUST remove them by cutting them off.

Step 2 - Peeling

1 Peel them and cut them in small pieces. They tend to cook faster this way.

If you want to peel them in just a few seconds you can use an electric potato peeler.

2 When peeling them, check for any shade of green color below the skin.

3 Remove the parts which are green.

Step 3 - Cooking

1 When adding the potatoes to the pot make sure that the water covers all of them.

2 Boil them until they are tender.

3 Carefully poke them with a fork to make sure they are completely done.

4 If they get pierced without effort the potatoes are ready.

They are usually ready between 30 to 40 minutes.



Step 4 - Preparing

Recipe for Mashed Potatoes

1 Now that your boiled potatoes are done remove the pot from the heat and drain.

2 You can mash them with a potato masher or use a potato ricer.



- - - - -

TASK 2: **Blanching tomatoes**

1 Start with nice ripe red tomatoes. Give them a quick wash in cold water. If they have a spot, remove it with a sharp knife. Remove any stems and the actual stem core from the top of the tomato. Don't worry about any blemishes in the skin as the skin will be removed later.

2 Prepare a pot of boiling water large enough for tomatoes as well as enough water to cover them.

3 Prepare a large bowl of ice water.

If you do not have enough ice to chill the tomatoes down thoroughly, then use cold running water. Keep the water cold for each new batch of tomatoes. Have a large slotted spoon ready as well as a colander for draining.

4 Drop the tomatoes into the rapidly boiling water.

Pay attention to them as within 60 seconds their skin should split.

5. Immediately remove them from the water with the slotted spoon and dip them into the cold water.

6. After about a minute, remove them from the water and remove their skins. They should slip right off. If not, use a sharp paring knife to remove any stubborn spots.

7. At this point they can be cut in half and the seeds can be squeezed out. The tomato is now ready for using in a sauce recipe or sliced for a salad or frozen as is.

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TASK 3: **Sauté Vegetables**

1 Wash the vegetables. chose vegetables which can be cooked quickly like potatoes, bell peeprs spinach, carrots, long beans etc.

2 Cut the vegeatables to desired sizes and dry them up.

Uniform sizes of vegetables ensures even cooking of the vegetables

3 Heat some oil in a large, shallow pan over medium to high heat.

- You don't need a lot of oil. You just want enough to barely coat the pan, so that the vegetables won't stick.
- If you prefer, you can use clarified butter, or a mixture of butter and oil, for flavor. The pan will be to hot for just butter on its own, though.
- The high heat is necessary to sear the vegetables and get that nice, caramelized flavor.

4 Add the vegetables to the hot pan.

Do not overcrowd the pan. There should be enough room for flip and turn.

5 Stir the vegetables frequently until they're nicely browned and cooked through.

6 Give them a good shake or stir every so often to keep them from sticking and to help them cook evenly.

7 Add spices and flavours and salt if desired.

You can do this by moving the pan back and forth quickly.

TASK 4 : **Fry fritters.**

Ingredients
potatoes 10 nos
6 carrot (500g)
5 bell peppers
2 zucchinis (360g) grated
125g can corn kernels, drained
onion, chopped
1/2 cup (75g) self-raising flour
1/2 teaspoon salt
1/4 cup chopped continental parsley
3 eggs, separated
2 tablespoons olive oil.
5-6 ripe tomatoes

Method

1 Peel potatoes and carrot. Grate into a bowl. Add zucchini, corn, onion, flour, salt, parsley and egg yolks into a bowl. Stir to combine.

2 Place egg whites into a bowl and beat until stiff peaks form. Fold through vegetable mixture.

3 Heat a large pan over medium heat. Add a little oil. Add 1/3 cup of the mixture and cook for 5 minutes. Cook 4 at a time. Turn and cook for a further 5-8 minutes.

4 Repeat for the rest.

Ensure not to break the fritter while you drop it in oil

- - - - -

Practice steaming and stewing

Objectives: At the end of this exercise you shall be able to
- **steam rice for a group of people**
- **stew mutton and vegetables**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Steaming rice**

Ingredients

Rice 500g

Water 1500ml

Oil a teaspoon

1 **Rinse the Rice** : It's true that rinsing rice can wash away some of the nutrients. However, rinsing also removes extra starch and helps the rice cook up less sticky. Rinse the rice in two or three changes of water until it runs clear and not milky.

2 **Soak the Rice (Optional)** : Soaking rice before steaming will give the rice a softer texture. If you are going to do this, soak the rice for at least half an hour.



3 **Measure and Add the Rice**

4 **Add Water** : Start by adding 1 1/2 cups of water to one cup of rice. Then place your middle finger on top of the rice and continue adding water until it just reaches just to the first knuckle of your middle finger. (Slightly shake the pan as needed to level out the rice so that you get an accurate measurement).

5 **Boil the Water** : Bring the water to a boil, uncovered, over medium heat (about 6 on an electric range). You want to see bubbles gently forming around the edges of the pot.

Add enough water to prevent the bottom from burning

6 **Simmer the Rice** : Cover, turn the heat down to low, and let the rice simmer for about 20 - 22 minutes, until all the water is absorbed and the grains are soft.

7 **Turn Off the Heat** : Turn the heat off. Leave the pot on the burner and let the rice sit, covered, for another 10 minutes. Rice will be ready to be served in 20 minutes.



8 Serve rice with vegetable or chicken curry.

- - - - -

TASK 2: **Stewing mutton and vegetables**

Ingredients

1 pound neck and breast of mutton (lamb may be substituted), excess fat trimmed, cut into 2-inch chunks

Kosher salt and freshly ground pepper

2 Tablespoons all-purpose flour

1 Tablespoon vegetable oil

6 cups chicken stock

2 ribs celery, cut into 1-inch chunks

1 medium sweet onion, peeled and cut into 1-inch chunks

1/4 cup ketchup

1/4 pound green beans, trimmed and cut into 1-inch lengths

1 large russet potato, peeled and cut into 1-inch chunks

1 small turnip, peeled and cut into 1-inch chunks

2 medium carrots, peeled and cut into 1-inch chunks

Preparation

1 Sprinkle mutton or lamb generously with salt and pepper, then dust with flour.

2 Heat oil in a heavy Dutch oven pot large enough to hold all ingredients.

3 Quickly brown the mutton in a single layer, taking care not to crowd the meat.

4 Add chicken or any other stock , celery, sweet onion, and ketchup. Stir to combine.

5 Bring to a slow boil, reduce heat, cover, and simmer for about 1 hour.

6 After the mutton has cooked for 1 hour, add green beans, potato, turnip, and carrots to the meat in the pot.

7 Stir to combine. Return to a slow boil and simmer until vegetables are tender, about an additional 30 minutes. Taste and add additional salt and pepper if necessary.

8 Serve with roti /naan/rice.

- - - - -

Practice poaching

Objectives: At the end of this exercise you shall be able to
- **prepare poached eggs**
- **prepare poached fish**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1: **Poaching eggs**

Ingredients

Fresh eggs 6nos

Water

Poaching pan

A large skillet

Bread or bagel to serve.

Oil 2 spoons

Step 1: Bring the water to simmering

1 Lightly grease a medium skillet (about 10 inches in diameter) or large saucepan.

2 This greasing step is optional but helps keep the whites from sticking to the sides of the pan. Fill the skillet half full with water.

3 Bring the water to boiling; reduce heat to simmering (bubbles begin to break the surface of the water).

You can add a teaspoon of lemon juice or vinegar to the water if you like. This helps the eggs hold their shape.

Step 2: Add the eggs



1 Break one cold egg into a small dish. Carefully slide the egg into the simmering water, holding the lip of the dish as close to the water as possible.

Take care not to break the yolk

2 Repeat with up to three more cold eggs, adding them one at a time and spacing them in the skillet so each egg has an equal amount of space surrounding it (this keeps the eggs from getting stuck together).

The fresher the eggs, the better for poaching.

Fresh eggs hold a more compact shape with a thicker white and centered yolk so they don't spread out so much during cooking.



Step 3: Poaching the eggs

1 Simmer the eggs, uncovered, for 3 to 5 minutes or until the whites are completely set and the yolks begin to thicken but are not hard.

2 Remove the eggs with a slotted spoon. If desired, trim any rough edges and season with salt and pepper.

Do not let the water boil while cooking the eggs.

Using a poaching pan:

1 Lightly grease the cups of an egg-poaching pan with cooking oil or shortening.



2 Place poacher cups over the pan of boiling water (water should not touch the bottoms of the cups); reduce heat to simmering.

3 Break an egg into a small dish. Carefully slide egg into a poacher cup.

4 Repeat, filling each cup with an egg

5 Cover and cook for 4 to 6 minutes or until the whites are completely set and yolks begin to thicken but are not hard. Run a knife around edges to loosen eggs. Invert poacher cups to remove eggs.

Step 4:

Serve poached eggs while they are hot with bread or bagel.

- - - - -

TASK 2: **Poach Fish**

Poaching refers to the technique of cooking food slowly and gently in a simmering, but not boiling, liquid. The poaching liquid may be flavored or seasoned. This flavor will then transfer to the fish.

1 Rinse fish steaks and pat dry with paper towels.

2 Place fish in saucepan just the size to hold them. Add enough poaching liquid to barely cover fish.



Add enough liquid to just barely cover the fish.

3 Bring liquid to a simmer over medium heat. (Do not boil. This will cause fish to break apart.) Adjust heat, if necessary, to keep liquid at a simmer.

4 Simmer 10 minutes or until center is opaque and fish flakes easily when tested with fork.

5 Remove fish with slotted spatula.

6 Remove skin and bones from fish with paring knife before serving the dish.

7 Serve with vegetables and rice.

Practice roasting

Objectives: At the end of this exercise you shall be able to
- **make roast chicken**
- **prepare roast potatoes**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1: **Stuffed Roast Chicken**

Ingredients

1 whole chicken, roughly 1.5 kg

For the marinade:

- 2 tbsps yogurt
- 2 tbsps lemon juice
- 3 tsp ginger& garlic paste
- 1/2 tsp red chilli powder
- 1/2 tsp turmeric powder
- 1/2 tsp salt.

For the filling:

- 3 tbsps oil
- 3/4 tsp cumin seeds
- 2 finely chopped onions
- 3 tsps ginger& garlic paste
- 1 tbsps coriander powder
- 1 tsp cumin powder
- 1 tbsp garam masala
- 300 gms minced lamb meat
- Salt to taste
- 2 finely chopped tomatoes
- 1 cup chopped potatoes
- 1 tsp lemon juice
- 1/4 cup chopped coriander

Method:

1 Put all the ingredients for the marinade in a bowl and mix well.

2 Put the whole chicken into this marinade and coat it well. Cover the dish with cling wrap and keep aside for 2-3 hours in the refrigerator.

3 While the chicken marinates, you can prepare the filling.

4 Heat 3 tbsps of cooking oil in a wok or deep pan, on medium heat.

5 Add the cumin seeds and fry for a minute. Add the onions now. Fry till they turn a golden color.

6 Add the ginger& garlic paste and fry for a minute.

7 Add the minced meat and all the powdered spices - coriander, cumin, garam masala and salt.

8 Continue to brown the minced meat, stirring often to prevent burning. This should take about 5-7 minutes.

9 Add the tomatoes, peas and potatoes, stir and cook.

10 Once you turn the fire off, add the lemon juice and chopped coriander leaves. Mix well.

11 Preheat your oven to 350F.

12 Remove the marinated chicken from the refrigerator and fill the stomach cavity with the minced meat stuffing.

13 Try and get all the stuffing in if possible. Place it on a roasting dish and drizzle all over with oil.

14 Roast the chicken, uncovered for 75 minutes. You can serve it with parathas.

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TASK 2 : **Roast potatoes**

Ingredients
Potatoes 1kg
Oil 500ml.

Method

1 Preheat oven to 200°C. Peel potatoes and cut into cubes.

2 Place into a large saucepan. Cover with cold water.

3 Bring to the boil over medium-high heat. Reduce heat to medium. Simmer for 15 minutes or until partially cooked (potatoes should be only just tender when pierced

4 Drain potatoes well. Return to saucepan over low heat until any remaining water evaporates. Shake saucepan vigorously to rough up surface of potatoes (this will make them crunchy when roasted).

Alternatively, scrape surfaces of potatoes with a fork to create a rough texture.

5 Pour oil into a large roasting pan. Place roasting pan into oven for 5 minutes or until oil is hot.

6 Add potatoes to hot oil. Use tongs to turn potatoes to coat in oil, then return roasting pan to oven.

7 Roast potatoes for 40 minutes. Turn and roast for a further 30 minutes or until golden and crisp.

8 Season with salt. Serve immediately

- - - - -

Practise grilling techniques

Objectives: At the end of this exercise you shall be able to
- **grill various vegetables**
- **grill fish steaks**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1: **Grill various vegetables**

Ingredients

prepare intend of the day

1 Rinse, trim, and cut up vegetables.

2 In a saucepan, bring a small amount of water to boiling. Add vegetables and simmer, covered, for time specified in chart. Drain well.

3 Generously brush vegetables with olive oil, margarine, or butter before grilling to prevent them from sticking to the grill rack. Grill over medium or medium-hot coals.

4 To grill, place vegetables on a piece of heavy foil or on the grill rack directly over the preheated coals. If putting them directly on the grill rack, lay them perpendicular to the wires of the rack so they won't fall into the grill.

5 Grill, uncovered, for time in chart or till tender, turning occasionally. Watch closely to prevent charring

Asparagus Snap off and discard tough bases of stems.

Precook, then tie asparagus in bundles with strips of cooked green onion tops.

Fresh baby carrots Cut off carrot tops. Wash and peel.

Eggplant Cut off top and blossom ends. Cut eggplant crosswise into 1-inch-thick slices.

Fennel Snip off feathery leaves. Cut off stems..:Precook whole bulbs for 10 minutes. Cut bulbs into 6 to 8 wedges.grill upto 8 minutes

Sweet peppers Remove stem. Quarter peppers. Remove seeds and membranes. Cut peppers into 1-inch-wide strips.

New potatoes Halve potatoes.

Zucchini Wash; cut off ends. Quarter lengthwise into long strips.

TASK 2 : **Grill Fish Steaks**

Ingredients

Fish Grill

Method

1 Choose your fillet.

2 Choose thicker filletslike tuna. Cut it up into smaller portions.

3 Cut your fish into portions that have an even thickness to ensure you don't have dry parts and/or undercooked parts all on one portion.

4 Season or marinate the fish.

fish really needs is a coating of olive or coconut oil and some salt and pepper. The art is in the grilling -- just make sure you lather up both sides evenly.

5 Place it skin-side down and diagonally on the grill.

The general rule is a fish will take 8 minutes to cook through per inch of thickness, which means about 3 to 5 minutes per side.

6 Place the fish on the grill

7 Don't try to move the fish until you see that the skin side has a nice sear and looks crisp -- if you do, you risk it falling apart. If you're not sure when to check the fish to see this, try gently lifting with Reduce the heat to medium, cover the grill, and let cook.

A fine-edged spatula after a few minutes. If it doesn't lift off the grate easily, let it cook a bit longer and check at 20-second intervals until it does.

8 Flip the fish.

A wide spatula with a thin, tapered edge does the job nicely by being able to slide easily under the fish and also large enough to support the whole fillet while you flip it.

While attempting the turn, if you feel too much resistance,wait for as couple of seconds and then try.

9 Cover, cook, and check for doneness. When cooked properly, the meat will be firm to the touch, flake easily with a fork, and appear opaque all the way through.

10 Take a fork and gently pull back a flaky section in the center. If the fish is opaque with just a bit of translucent center, it's ready to come

- - - - -

Practice braising

Objectives: At the end of this exercise you shall be able to
- **braise chicken and prepare a meal**
- **braise vegetables**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1: **Stovetop braised chicken**

Ingredients

4 chicken thighs

salt and pepper

olive oil

white wine vinegar

1 to 1 1/2 cups braising liquid chicken stock

Method

step 1: wash the chicken thighs, and pat dry with paper towels. Season on the top with salt and pepper.



Braising is a cooking technique in which the main ingredient is seared, or browned in fat, and then simmered in liquid on low heat in a covered pot.

2 In a large skillet or Dutch oven, heat a small amount of oil until it begins to shimmer.

3 Add the chicken, seasoned side down, to the skillet. Sear until golden, 3 to 5 minutes on medium high heat. Season the unseasoned side during this time.

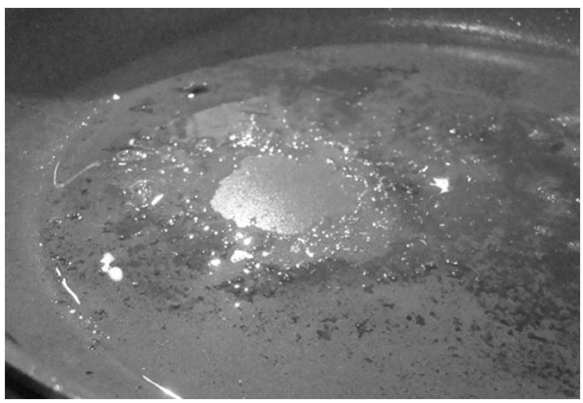
4 Flip the chicken and repeat the searing on the other side.

5 Remove from the pan but keep nearby.

The meat will not be completely cooked-it will still be pink inside.

6 Now, it's time to deglaze the pan. Add about 3 table-spoons of white wine vinegar to the pan, and increase the heat to high.

7 Scrape the bottom of the pan with a spatula to lift any brown pieces of meat that havestuck.



8 Reduce heat to low. Add the braising liquid you've chosen, and place the chicken gently on top.

9 Cover the pot and simmer for 35 to 45 minutes, flipping once during the process. If you find that the liquid is reducing too much, add a little more liquid.

Be careful while you open pan



10 Check the chicken by cutting a small piece. Transfer the chicken to another plate if it isdone..

11 Skim any excess fat from the remaining liquid. Increase the heat to high and cook at a rapid boil until the sauce is thickened and reduced by half, about 10 minutes. Use this as a sauce on the chicken.

12 Season with additional salt and pepper if desired.

- - - - -

Practice baking

Objective: At the end of this exercise you shall be able to
- **bake potatoes and vegetables and use a oven for baking.**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1: **Bake potatoes and use an oven**

Ingredients

2 1/2 Cups potato wedges

1 medium red bell pepper, cut into 1-inch pieces

1 small zucchini, cut into 1/2-inch pieces

4 oz fresh whole mushrooms, quartered (about 1 cup)

2 teaspoons olive oil

1/2 teaspoon dried Italian seasoning

1/4 teaspoon garlic salt



Method

1 Wash all the vegeatables and pat them dry.

2 Toss potatoes, peppers and zucchini in seasoned oil.

3 Heat oven to 450°F.check for oven settings before you start.

4 Spray 15x10x1-inch pan with cooking spray. In large bowl, toss all ingredients to coat. Spread evenly in pan.

5 Bake 15 to 20 minutes, stirring once halfway through baking time, until vegetables are tender and lightly browned.

- - - - -

Practice to use microwave

Objective: At the end of this exercise you shall be able to
- **use a microwave to cook rice**
- **differentiate the time and water required to cook different types of rice.**.

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1: **Use a Microwave to Cook Rice**

Ingredients

1 1/2 cups of white rice - basmati,

parboiled rice, raw rice.

11/2 cups of brown rice

Water

Method

1 Wash the rice throughly before youn start cooking

2 Scoop the rice into the microwave-safe container, pot or steamer.

3 Add enough water to cover the rice by about 1" - or place your finger straight down touching the top of the rice. The water should meet your first knuckle

4 For 1 1/2 cups of rice, this is approximately 2 1/4 cups of wtaer

5 Microwave on high for 9 minutes. Let rest covered for 3 minutes. Check your microwave setting before you place the rice.

6 Allow it to cool and then open.

7 Check for Doness.

8. Repeat for all the varieties of rice.

Cooking time and water required depends on the quality and ageing of rice.

- - - - -

TASK 2 : **Differentiate the time and water required to cook rice**

1. Prepare a chart and record your findings

Variety of rice water required for cooking microwave setting temp

- - - - -

Prepare different types of dal

Objectives: At the end of this exercise you shall be able to
- **prepare Dal fry**
- **prepare Moong dal with spinach**
- **prepare Makhani dal**

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Receive Ingredients from the store & Maintain Food Safety Standards**

1 Prepare indent for the day by seeing the below receipes.

2 Receive the ingredients from stores.

3 Maintain good hygienic standard.

Plan of work / Job Sequence

1 Indent & Receive ingredients from stores.

2 Clean & Maintain good hygienic standards in the kitchen.

3 Arrange ingredients neatly with HACCP analysis.

4 Raw material should arrange it in a rack.

5 Meat items should arrange in a deep freezer & maintain a temperature.

6 Prepare vegetables, meats for Stock.

7 Boil milk & keep aside for Sauces & Soups.

8 Prepare Mise-En-Place for all foods.

9 Use a neat & Clean vessels for preparing foods.

10 Present all the dishes in respective serving dishes with proper garnishes for serving.

TASK 2 : **Prepare Dal Fry (Fig 1)**

Fig 1



Dal Fry

HOS101P0901

Requirements

Ingredients	Quantity
Arhar dal/pigeon pea lentils	1 cup
Water for pressure cooking the dal	2.5 or 3 cups
Onion (medium sized, finely chopped)	1 No.
Tomato (medium sized, chopped)	1 No.
Green chillies (slit or chopped)	1 or 2
Dry red chillies (kept whole)	2-3
Curry leaves	10-12
Ginger-garlic paste	as required
Black mustard seeds (rai)	½ or ¾ tsp
Cumin seeds (jeera)	1 tsp
Asafoetida powder	1 pinch
Turmeric powder (haldi)	½ tsp
Red chili powder	½ tsp
Kasuri methi/dry fenugreek leaves	1 tsp
Oil or ghee or unsalted butter	2-3 tbsp
Lemon juice (optional)	1 tsp
Chopped coriander leaves for garnish	1 or 2 tbsp
Water	as required
Salt	as required

Method of cooking

1 Pressure cook 1 cup of the arhar dal with a pinch of turmeric in 2.5 or 3 cups water.

2 Mash the dal lightly with a wire whisk or with a spoon and keep aside.

3 In another pan heat oil or ghee or unsalted butter. Add the mustard and let them splutter.

4 When you hear the spluttering sound of the mustard seeds, add the cumin and fry them.

5 Add the onions and fry till they become tranluscent or light brown.

6 Add the ginger-garlic paste and fry for till their raw aroma disappears.

7 Add the green chillies, red chillies, curry leaves and stir.

8 Add all the spice powders - turmeric powder, red chilli powder, asafoetida powder and fry for some seconds.

9 Add the tomatoes and cook till they soften, for about 2–3 mins.

10 Now add the mashed dal. stir well. Add water + salt.

11 Stir and simmer the dal for 3-4 minutes more or till you get a smooth and slightly thick consistency.

12 Dal fry is not thin and is usually has a medium to thick consistency. Adjust the amount of water you want to keep the dal medium consistency.

13 Lastly crush the kasthuri methi on the palms of your hands and add them to the dal. simmer for a minute. switch off the fire. add lemon juice at this stage and stir well.

15 Garnish the dal fry with coriander leaves while serving or just add them to the dal and mix well.

16 While serving top the dal fry with some ghee or butter if required.

17 Serve dal fry hot with steamed basmati rice, biryani rice, jeera rice or saffron pulao. dal fry also goes well with rotis or naan.

Lemon Juice is optional adjust the amount of water for proper constency

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TASK 3 : **Prepare Moong Dal with Spinach (Fig 2)**

Fig 2



HOS101P0902

Moong Dal with Spinach

Requirements

Ingredients	Quantity
Yellow moong dal	1 cup
Fresh spinach leaves, roughly shredded	15–20 leaves
Turmeric powder (haldi)	1 tsp
Salt	to taste
Fresh ginger, grated	1 inch
Green chillies, slit in halves	2 Nos.
Water	4 cups
Ghee or oil	2 tsp
Cumin (jeera) seeds	1 tsp
Mustard (rai) seeds	1 tsp
Red chillis, broken in thirds	2 Nos.
Curry leaves (kadipatta)	6 Nos.
Asafoetida (hing) powder	one pinch

Method of cooking

1 Boil moong dal and spinach with turmeric, salt, ginger, green chillis in 4 cups water till dal is cooked, about 20 minutes.

2 Heat oil or ghee in a small frying pan.

3 Add cumin seeds, mustard seeds, red chillies, curry leaves, and asafoetida powder.

4 Pour this mixture into the cooked dal. Cook 5 minutes and serve.

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TASK 4 : **Prepare Makhani Dal (Fig 3)**

Fig 3



HOS101P0903

Makhani Dal

Requirements

Ingredients	Quantity
Kaali dal	1 cup
Channa daal	¼ cup
Rajma/red kidney beans	¼ cup
Onion finely chopped	1 No.
Tomatoes finely chopped	2 Nos.
Cloves garlic minced	2
Ginger minced	2 inch
Coriander powder	2 tsp
Garam masala	1 tsp
Coriander leaves	3 sprigs
Vegetable oil	2 tsp
Cumin seeds	1 tsp
Butter	2 tsp
Yoghurt or heavy cream	2 tsp
Red chilli powder	½ tsp
Turmeric powder	½ tsp
Salt	to taste

Method of cooking

1 Soak all the daals overnight for 6 hrs.

2 Place the daals in a pressure cooker and let it cook for 20 mins.

3 While the daal is boiling, saute onion,ginger,garlic and cumin seeds for 3 mins till golden brown.

4 Add the tomatoes and saute it for 2 mins and then add all the masalas except for the coriander leaves.

5 Add the above mixture to the boiled daal and add fresh coriander leaves, butter and heavy cream.

6 Garnish with some coriander leaves and serve.

- - - - -

Prepare different types of vegetables

Objectives: At the end of this exercise you shall be able to
- **prepare bhindi ki subji**
- **prepare aloo capsicum masala**

Requirements

Materials

• Chef Coat (Preferably White)	– 1 No.
• Chef pants (Preferably Checked)	– 1 No.
• Apron (thick cotton)	– 1 No.
• Scarf	– 1 No.
• Chef cap	– 1 No.
• Safety Kitchen shoes & socks	– 1 pair
• Disinfectant soap	– 1 No.
• Paper Towel	– 1 Roll
• Kitchen Duster (1 wet & 1 dry)	– 2 Nos

Tools

• Nail cutter	– 1 No.
• Knife & peeler	– 1 Set

PROCEDURE

TASK 1 : **Receive Ingredients from the store & Maintain Food Safety Standards**

1 Prepare indent for the day by seeing the below receipes.

2 Receive the ingredients from stores.

3 Maintain good hygienic standards.

Plan of work / Job sequence

1 Indent & receive ingredients from stores.

2 Clean & Maintain good hygienic standards in the kitchen.

3 Arrange ingredients neatly with HACCP analysis.

4 Raw material should arrange it in a rack.

5 Meat items should arrange in a deep freezer & maintain a temperature.

6 Prepare vegetables, meats for stock.

7 Boil milk & keep aside for Sauces & Soups.

8 Prepare Mise-En-Place for all foods.

9 Use a neat & clean vessels for preparing foods.

10 Present all the dishes in respective serving dishes with proper garnishes for serving.

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TASK 2 : **Prepare Bhindi ki subji (Fig 1)**

Fig 1



Bhindi ki subji

HOS101P1001

Ingredients	Quantity
Vegetable oil	2 tbsp
Mustard seeds	1 tsp
Asafoetida	1 tsp
Onion, chopped	1 No.
Green chillies, chopped	2–3
Okras, split along the length	6–7
Salt	to taste

Method of cooking

1 Heat a frying pan with oil. Add mustard seeds and asafoetida.

2 Add onions, stir and fry until the onions turn pink.

3 Then add chopped green chillies. Mix.

4 Add bhindi and salt.

5 Stir and put the lid on.

6 Cook on low heat until the bhindi turns tender and soft, and the spices have mixed well.

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TASK 3 : **Aloo Capscicum Masala (Fig 2)**

Fig 2



Aloo Capscicum Masala

HOS101P1002

Ingredients	Quantity
Potatoes	2 Nos.
Tomatoes	2 Nos.
Big onions	2 Nos.
Capsicum or bell pepper	1 No.
Curry leaves	1 string
Corriander leaves	1 string
Jeera	1 tbsp
Zachia	1 tsp
Green chilli slit	1 No.
Chilli powder	2 tsp
Jeera powder	2 tsp
Corriander powder	2 tsp
Oil 2 tbsp	
Salt	to taste
Turmeric	1 tsp

Method of cooking

1 Boiled potatoes in pressure cooker or microwave.

2 Once cooled, remove the skin and cub into cubes or any shape if you are creative at that.

3 Add oil to pan or kadai.

4 Add jeera and zachia, allow to splutter.

5 Add curry leaves, turmeric, green chillies.

6 Add onions and capsicum and bit of salt.

7 Close the pan lid and allow to cook.

8 Once onions turn brown, add tomatoes and all powders. Close the lid and allow tomatoes to soften.

9 Add cube potatoes now and salt.

10 Mix well and keep the stove in simmer for few minutes.

11 Garnish with corriander leaves.

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Prepare different types of chutney

Objectives: At the end of this exercise you shall be able to
- **prepare Pudhina chutney**
- **prepare Coconut chutney**
- **prepare Tamarind chutney**
- **prepare gongura chutney**
- **prepare roasted garlic chutney**

Requirements

Materials

• Chef Coat (Preferably White)	– 1 No.
• Chef pants (Preferably Checked)	– 1 No.
• Apron (thick cotton)	– 1 No.
• Scarf	– 1 No.
• Chef cap	– 1 No.
• Safety Kitchen shoes & socks	– 1 pair
• Disinfectant soap	– 1 No.
• Paper Towel	– 1 Roll
• Kitchen Duster (1 wet & 1 dry)	– 2 Nos

Tools

• Nail cutter	– 1 No.
• Knife & peeler	– 1 Set

PROCEDURE

TASK 1 : **Receive Ingredients from the store & Maintain Food Safety Standards**

1 Prepare indent for the day by seeing the below receipes.

2 Receive the ingredients from stores.

3 Maintain good hygienic standards.

Plan of work / Job sequence

1 Indent & Receive ingredients from stores.

2 Clean & Maintain good hygienic standards in the kitchen.

3 Arrange ingredients neatly with HACCP analysis.

4 Raw material should arrange it in a rack.

5 Prepare vegetables, Meats for Stock.

6 Prepare Mise-En-Place for all foods.

7 Use a neat & Clean vessels for preparing foods.

8 Present all the dishes in respective serving dishes with proper garnishes for serving.

TASK 2 : **Prepare Pudhina Chutney (Fig 1)**

Fig 1



Pudina Chutney

HOS101P1101

Ingredients	Quantity
fresh pudina (mint) leaves	1 ½ cups
For tadka/popu/tempering :	
Oil	3 tsp
Urad dal (skinned split black lentils)	1 tbsp
Chana dal (split Bengal gram)	1 tsp
Mustard (rai) seeds	1 tsp
Coriander (dhania) seeds	1 tbsp
Dry red chillies	6–8
Tamarind paste	1 tsp
Salt	to taste
Oil for cooking	as required

Method of cooking

1 Heat 1 teaspoon oil in a pan.

2 Add the mint leaves and fry for 3 – 5 minutes, they wilt slightly. Do not overcook.

3 Prepare tadka.

4 Heat 2 teaspoons oil in a kadhai or frying pan.

5 Add the tadka ingredients and fry for a few minutes till the lentils are brown and the seeds start to splutter.

6 Take off heat and set aside.

7 Grind the tadka mixture into a coarse powder. You may use a mixer or a mortar and pestle.

8 Add the mint leaves, tamarind and salt, and grind till the leaves are crushed.

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TASK 3 : **Prepare Coconut Chutney (Fig 2)**

Fig 2



Coconut Chutney

HOS101P1102

Ingredients	Quantity
Grated coconut	2 cups
Green chillies	2 Nos.
Cumin seeds	1 tsp
Pudina leaves (mint leaves)	1 tsp
Coriander leaves	2 tbsp
Curry leaves	1 tsp
Black salt	½ tsp
Sugar	2 tsp
Salt	to taste

Method of cooking

1 Mix grated coconut, green chillies, cumin seeds, pudding, coriander and curry leaves, black salt and sugar together in a bowl.

2 Mix well, and add salt. Be careful of adding salt, as there are two kinds of salt.

3 Pour the mixture on to a grinder, and grind on to a powder.

4 Serve with chapatti.

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TASK 4: **Tamarind chutney**

Tamarind dates chutney is a sweet and tangy chutney commonly used in chaats and as a dip for many indian snacks.

Ingredients	Quantity
Tamarind	100 gms
Dates (pitted)	100 gms
Jaggery - 100 gms	

Method

1. Soak the tamarind and dates in little warm water for 15-20 minutes till it becomes soft.

   You can put it in the microwave for a minute or boil it to speed up the process.

2. Grind this with jaggery to a fine paste.
3. Pass it through a seive before using it.
4. This can be stored in the fridge for upto a month.

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TASK 5 : **Gongura Chutney**

Ingredients	Quantity
Fresh Red Sorrel Leaves (Gongura)	1 bunch
Dry Red Chilies	4
Green Chilies	1
Garlic	10- 15 cloves
Fenugreek seeds	1/2 tsp
Channa dal (Bengal gram dal)	1 tbsp.
Urad dal (Black gram dal)	1 tbsp.
Peanuts	2 tbsp.
Salt	to taste
Oil	2 tbsp.
To temper	
Oil	1 tbsp.
Mustard seeds	1 tsp
Urad dal	1 tbsp
Dry red chilies	2
Curry leaves	1 sprig

Method

1 Wash the leaves for at least 2-3 times in plenty of water to remove all dirt. Pluck the leaves and discard the stem.

2 Heat 1 tbsp oil in a heavy bottomed pan and roast the peanuts, channa dal, urad dal, fenugreek seeds and the dry red chilies. Fry on low heat till they turn golden brown.

3 Remove it with a slotted spoon onto a plate and let it cool.

4 In the same pan add another tbsp of oil and saute the green chili, garlic cloves and sorrel leaves. In about 3-4 minutes, the leaves will get wilted.

5 Switch off and let it cool too.

6 Grind the roasted seeds, chilies, garlic and the leaves together with enough salt to a smooth paste.

7 Take the chutney in a bowl. Heat oil in a small pan and do the tempering. Add this on top of the chutney.

Tasty Gongura chutney is ready to serve with rice, roti or dosa

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TASK 6: **Roasted Garlic Chutney**

Ingredients	Quantity
Garlic - peeled	100g
Dry Red Chillies	10g
Tamarind - a small piece (blueberry sized)	
Salt	to taste
Oil	3 tbsp
Optional Ingredients	
Tomato	4-5
Mustard Seeds	1/2 tsp
Oil	1 tblsp

Method

1 Peel the garlic cloves. To peel garlic cloves easily, soak them in water for about 15 minutes before peeling.

2 Heat 1 tblsp of oil in a small pan. Roast the garlic cloves in low heat for few minutes.

The garlic should change into golden brown colour gradually.

3 Allow it to cool.

4 Next roast the dry red chillies and tamarind in the same oil.

5 Make a smooth paste of all the above ingredients with required salt.

6 When making the paste add 1 or 2 small tomatoes along.

7 Heat 1 tblsp of oil in a small pan. Splutter the mustard seeds

8 Add the ground paste. Let it cook till oil seperates from the chutney.

9 Serve.

Prepare different types of raita

Objectives: At the end of this exercise you shall be able to
- **prepare Capsicum raita**
- **prepare Cucumber raita**
- **make potato raitha**
- **make mint raitha**
- **make dates and spinach raitha.**

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Receive Ingredients from the store & Maintain Food Safety Standards**

1 Prepare indent for the day by seeing the below receipes.

2 Receive the ingredients from stores.

3 Maintain good hygienic standards.

Plan of work / Job sequence

1 Indent & Receive ingredients from stores.

2 Clean & Maintain good hygienic standards in the kitchen.

3 Arrange ingredients neatly with HACCP analysis.

4 Raw material should arrange it in a rack.

5 Prepare Mise-En-Place for all foods.

6 Use a neat & Clean vessels for preparing foods.

7 Present all the dishes in respective serving dishes with proper garnishes for serving.

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TASK 2 : **Prepare Capscicum Raita (Fig 1)**

Fig 1



Capscicum Raita

HOS101P1201

Ingredients	Quantity
Big capsicum or bell pepper chopped into small pieces	1 No.
Corriander leaves	½ cup
Jeera or cumin seeds	1 tsp
Coconut grated	1½ cup
Gree chillies	2–3
Salt	to taste
Oil	1–2 tbsp
Mustard	1 tsp
Curry leaves	1 string
Curd	2 cups
Water to grind	as required

Method of cooking

1 Grind to smooth paste - coconut, corriander, cumin, green chillies

2 Add oil to pan, add mustard and allow to splutter, add curry leaves.

3 Add capcsicum and fry for 3 mins.

4 Remove from stove the fried capsicum and transfer to bowl. Add the paste, curd and salt. It is ready to be served.

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TASK 3 : **Prepare Cucumber Raita (Fig 2)**

Fig 2



Cucumber Raita

HOS101P1202

Ingredients	Quantity
Fresh curd	2 cups
Cucumber(large)	1 No.
Dry mint leaves	2 tsp
Kaala namak (black salt)	¼ tsp
Roasted cumin powder	½ tsp

Method of cooking

1 Dice the cucumber into small cubes.

2 Crush the mint leaves using a pestle.

3 Mix the crushed mint, cucumber and add curd to the above mixture.

4 Add salt.

5 Garnish with coriander leaves and serve.

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TASK 4: Potato Raita

Ingredients	Quantity
3 medium potatoes	
2 cups thick, natural yoghurt	
1 tsp. red chilli powder	
1/2 tsp. roasted cumin seeds, coarsely ground	
Salt and pepper to taste	
1 tbsp. chopped fresh coriander leaves (optional)	
1 green chilli, finely chopped (optional)	
1/2 red onion, finely chopped (about 1/4 cup)	

Instructions

1 Boil the potatoes in their skin until cooked.

2 Cool and peel.

3 Cut into thick slices or small chunks.

4 Beat yoghurt lightly.

5 Add salt, black pepper, 1/2 the red chilli, 1/2 the ground cumin seeds plus the red onion, green chillies and most of the fresh coriander leaves, if using. Mix well.

6 Add the potatoes, fold in gently.

7 Garnish by sprinkling remaining red chilli, ground cumin seed and a few coriander leaves on top.

8 Serve chilled

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TASK 5: **Mint raitha**

Ingredients	Quantity
1/4 cup mint leaves (phudina), chopped	
1 cup curds (dahi)	
2 green chillies, chopped	
1 tsp sugar	
salt to taste	

1.Blend all the ingredients in a food processor.

2. Chill and serve.

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TASK 6: **Prepared dates raitha**

Ingredients	Quantity
20 dry dates	
500 ml. or 1 1/2cups yoghurt/dahi/curd	
2 tsp. ground mustard	
4 tsp. cooking oil	
1 tsp. cumin seeds	
1 cup spinach/ palak purée. Boil/microwave leaves and grind.	
3 tsp. fennel/saunf powder	
2 small cardamoms	
1 tsp. turmeric powder	
1 tsp. coriander powder	
1 tsp. red chilli powder, adjust to taste	
2 tsp. of grated jaggery	
1/3 cup tamarind purée* or pulp	
500.ml. water	
Salt to taste	

procedure

1 Boil dry dates in a pressure cooker, until they are soft. It takes around 6-8 minutes on full pressure. Without a pressure cooker, boil briskly for 20 minutes. Remove stones and then cut dates into halves. Keep aside.

2 Take 100 ml. of the yoghurt/dahi, add mustard powder and mix well. Keep aside. It will be used in the end, when the dish is ready to serve.

3 Heat oil in a pan, add cumin seeds and let them 'crackle'. Now add spinach purée and cook it on high flame, until the raw smell of spinach goes and it's colour changes to dark green.

4 Add remaining 400 ml. of yoghurt, fennel powder, cardamom power, turmeric powder, coriander powder and chilli powder to the spinach and continue to cook for ten minutes on medium flame.

5 Add jaggery, tamarind pulp and water to the cooked spinach and yoghurt mixture and make a thick, custard/ gravy like consistency.

6 Add boiled dates. Let it simmer for about 10 minutes.

7 Adjust seasoning to taste. It should be sweet and sour in taste. Allow it to cool.

8 Half an hour before serving, add the yoghurt and ground mustard seed mix from step 2 to the spinach mix. Do not heat after this.

9 Keep aside for half an hour for the flavours to infuse

10 Serve at room temperature

Prepare Different Types of Rice

Objectives: At the end of this exercise you shall be able to
- **prepare Veg Pulao (pressure cooker method)**
- **prepare Chicken Biryani**

Requirements

Materials

• Chef Coat (Preferably White)	– 1 No.
• Chef pants (Preferably Checked)	– 1 No.
• Apron (thick cotton)	– 1 No.
• Scarf	– 1 No.
• Chef cap	– 1 No.
• Safety Kitchen shoes & socks	– 1 pair
• Disinfectant soap	– 1 No.
• Paper Towel	– 1 Roll
• Kitchen Duster (1 wet & 1 dry)	– 2 Nos

Tools

• Nail cutter	– 1 No.
• Knife & peeler	– 1 Set

PROCEDURE

TASK 1 : **Receive Ingredients from the store & Maintain Food Safety Standards**

1 Prepare indent for the day by seeing the below receipes.

2 Receive the ingredients from stores.

3 Maintain good hygienic standards.

Plan of work / Job sequence

1 Indent & Receive ingredients from stores.

2 Clean & Maintain good hygienic standards in the kitchen.

3 Arrange ingredients neatly with HACCP analysis.

4 Raw material should arrange it in a rack.

5 Meat items should arrange in a deep freezer & maintain a temperature.

6 Prepare vegetables, Meats for Stock.

7 Boil milk & keep aside for Sauces & Soups.

8 Prepare Mise-En-Place for all foods.

9 Use a neat & Clean vessels for preparing foods.

10 Present all the dishes in respective serving dishes with proper garnishes for serving.

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TASK 2 : **Prepare Vegetable Pulao (pressure cooker method)**

Ingredients	Quantity
Ghee	2 tbsp
Bay leaf	1 No.
Cloves	4–5
Whole green cardamom, crushed	3–4
Cinnamon	a piece
Onions, sliced	½ cup
Minced garlic	1 tbsp
Chopped vegetables	2 cups
Basmati or any long-grained rice	1 cup
Thin coconut milk (optional)	1 cup
Replace with water if not using	1 cup
Red chilli powder	1 tsp
Chopped coriander leaves, for garnish	3 tbsp

Method of cooking

1. Heat a pressure cooker or pressure pan. Add the ghee and whole pieces. Fry until fragrant - about 20 seconds. (Fig 1)

Fig 1



HOS101P1301

2. Add the onions and garlic and saute until the onions turn pink and soft - about 2 mins. (Fig 2)

Fig 2



HOS101P1302

3. Add the vegetables and give it a good mix. Saute for 2 mins. (Fig 3)

Fig 3



HOS101P1303

4. Add the washed rice and mix again. (Fig 4)

Fig 4



HOS101P1304

5. Add coconut milk (if using) and water. (Fig 5)

Fig 5



HOS101P1305

6. Top off with red chilli powder and salt and mix well. (Fig 6)

Fig 6



HOS101P1306

7. Bring this mixture to a light boil. (Fig 7)

Fig 7



HOS101P1307

8. Cover the pressure cooker and wait and set the heat to medium low. (Fig 8)

9 Wait until steam leaves the vent and then add the "weight". Let the veg pulao cook for 2 whistles .

Fig 8



HOS101P1308

10 Let the steam escape completely bt leaving the pressure cooker along and then open.

11 Stir the rice gently to combine and add the chopped coriander leaves

12 Serve hot with garnishes. (Fig 9)

Fig 9



HOS101P1309

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TASK 2 : **Prepare Chicken Biriyani (Fig 10)**

Ingredients	Quantity
Basmati Rice / Jeeraga samba	2 cups
Onion medium sized (thinly sliced)	2 Nos.
Tomato (chopped)	1 No.
Green chili (slit open)	3 or 4 Nos.
Ginger Garlic paste	1 tbsp
Mint leaves (chopped)	¼ cup
Coriander leaves / Cilantro (chopped)	¼ cup
Fresh Yogurt/Curd	½ cup
Turmeric Powder	a pinch
Chilli Powder	½ tsp
Salt	to taste

To Marinate :	
Chicken (cut into pieces)	1 lb
Ginger Garlic Paste	¼ tsp
Yogurt/Curd	1 tbsp
Chilli powder	1 tsp
Coriander powder	1 tsp
Garam Masala Powder	¼ tsp
Salt	½ tsp
To Temper :	
Oil	3 tbsp
Clove	4 Nos.
Cinnamon stick	2"
Bay leaf	1 small
Cardamom	3 Nos.

Fig 10



HOS101P1310

Method of cooking

1 First wash chicken drain excess water then marinate with the ingredients given under the heading "To marinate" and cover it and keep aside for at least 30 minutes.

2 Wash and soak rice in water for atleast 20–30 minutes.

3 Heat oil in a skillet/pressure cooker, add the tempering ingredients one by one then add onion, green chilli, mint leaves, cilantro sprinkle little salt and saute for 1–2 minutes.

4 Then add ginger garlic paste and saute till the raw smell leaves.

5 After that add tomato and saute till it turns soft n mushy.

6 Now add the marinated chicken, chilli powder, turmeric powder and saute for 2–3 minutes

7 Then cook covered for 6–7 minutes or till the chicken gets ¾ th cooked.

8 And then add enough 1 cup yogurt and 2 or 3 cups of water, enough salt and allow to boil.

9 Once it starts boiling, reduce the flame and cook for 3 minutes.

10 And now add soaked and drained rice and pressure cook for 1–2 whistles.

11 But if u are cooking in skillet/stove top, cook rice with lid closed in medium heat till 80% water absorbed.

12 At this stage using a clean kitchen towel close the skillet and then close the cloth with lid and turn the heat to low and cook in DUM for 6–7 minutes.

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TASK 3 : **Prepare Fish Briyani**

Ingredients	Quantity
Basmati rice	2 cups
Fish fillets	4
Onion	1
Green Chillies	2 (minced)
Ginger-garlic paste	2 tblsp
Tomato	2 (crushed)
Coriander leaves(Cilantro) - handful	
Mint leaves	handful
Chilly powder	2 tsp
Coriander powder - 1 tsp	
Cumin powder - 1tsp	
Turmeric powder - 1/4 tsp	
Curd - 1/2 cup	
Salt - to taste	
Ghee - 2 tblsp	
Cumin seeds - 1 tsp	
Cloves - 5 Cinnamon stick - 2 pieces	
Cardamom - 2 pods	
Bay leaf - 1	
Star anise - 1	
Cashew nuts/ Almonds - 10	
For fish	
Oil - 3-4 tblsp	
Chilly powder - 1/2 tsp	
Salt - 1/2 tsp	
Turmeric powder - 1/4 tsp	
Pepper powder - 1/4 tsp	
Egg - 1	

Method

1 Wash and soak the rice for half an hour. Fry the rice in 1 tsp of ghee and keep aside.

2 Cut the fish fillets into small pieces.

3 Take a small bowl, beat the egg in it and mix the spices chilly powder, pepper powder, salt and turmeric powder.

4 Coat the fish pieces with the above mixture and shallow fry it. Keep it aside.

5 Heat ghee in a deep pan and add cinnamon, cardamom, bay leaf, star anise and cloves.

6 Add onions and fry till it becomes golden brown. Add the remaining ginger-garlic paste and green chillies and fry for 2-3 mins, until the raw smell disappears.

7 Add the tomato puree along with the chilly powder, coriander powder, cumin powder, turmeric powder and curd and fry till a nice spicy paste is formed.

8 Add little part of the chopped coriander leaves. Add chopped mint leaves and fry for another minute.

9 Add the nuts to this mixture.

Basmati rice should be cooked in open pan until half cooked. Drain excess liquid cover and leve for ten minutes to be done completely.

10 Put the above mixture with the rice and allow it to cook for additional 5minutes.

11. Once the rice is done add the fried fish pieces to it. Gently toss everything without breaking the rice and keep covered for 10 minutes. Do this when the biryani is still very very hot so that the flavor of the fish will get blended with the rice.

12. Garnish with coriander leaves and few fried fish pieces on top and serve.

The juice of a lemon can be mixed at the end to give additional flavour.

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TASK 4: **Peas pulav**

Ingredients	Quantity
Basmati rice	2 cups
Green peas	1 cup
Onion	1 big/ 2 small (cut lengthwise)
Ginger- Garlic paste	1 tsp
Green chilli	3 (finely chopped)
Bay leaf	1
Cloves	3
Cinnamon stick	2
Cardamon	2
Cumin seeds	¼ tsp
Water	2 cups
Coconut milk (diluted with water)	1.5 cups
Salt	to taste
Oil	2 tblsp
Ghee	2 tblsp
Fried curry leaves	8-10 (for ganish)
Corriander leaves(Cilantro) - for garnish	

Method

1. Soak the basmati rice in water for 10 minutes and drain the water completely.

Basmati Rice should be cooked in open pan until half cooked. Drain excess liquid cover and leave for ten minutes to be done completely.

2 Heat 1 tbsp of ghee in a pan and fry the rice till it releases a nice aroma. Remove and keep aside.

3 Now heat oil and the remaining ghee in the pan and add bay leaf, cinnamon, cloves, cardamom and cumin seeds.

4 Add the green chillies, onions and ginger-garlic paste and fry everything for 5 minutes until the raw flavour disappears

5 Now add this mixture along with salt, green peas, fried rice, coconut milk and water to half cooked basmati rice and simmer for another 5 minutes.

6 Once the rice is done, garnish with cilantro. Serve with spicy chicken curry.

Add just 1 cup of water to one cup rice if you are using a pressure cooker.

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Prepare different types of roti (Indian Bread)

Objectives: At the end of this exercise you shall be able to
- **make roti /phulka**
- **make aloo paratha**
- **make Gobi paratha**
- **make naan**
- **make roomali roti**

Requirements

Materials

• Chef Coat (Preferably White)	– 1 No.
• Chef pants (Preferably Checked)	– 1 No.
• Apron (thick cotton)	– 1 No.
• Scarf	– 1 No.
• Chef cap	– 1 No.
• Safety Kitchen shoes & socks	– 1 pair
• Disinfectant soap	– 1 No.
• Paper Towel	– 1 Roll
• Kitchen Duster (1 wet & 1 dry)	– 2 Nos

Tools

• Nail cutter	– 1 No.
• Knife & peeler	– 1 Set

PROCEDURE

TASK 1: **Make Phulka/Roti**

Ingredients	Quantity
Whole wheat flour / Atta - 2 cups	
Salt - 1 ts	
Oil - 1 Tblsp (Vegetable oil)	
Warm water - 1/2 cup (app.)	
Chapati	

Method

1 Take the flour, salt and oil in a wide mixing bowl.

2. Add the warm water gradually while mixing everything together.

3. Knead the dough nicely to make it soft and pliable.

4. Cover it with moist kitchen towel and let it rest for at least 15 minutes.

5 Make lemon sized balls of the dough. Dip each ball into dry flour and roll out as using a rolling pin.

6 Place a griddle on the stove at medium-high heat. When the griddle is hot, put the rolled out chapati on it.

7 While light spots appear (about 30 sec), flip the chapati.

8 Press gently all around the chapati with a crumbled up paper towel or clean kitchen cloth or the back of a spatula. This will help the chapati to puff up.

9 Use a tongs and place it on direct flame to puff up.

10 Quickly remove from fire and keep it covered. Serve with a vegetable or chicken curry.

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TASK 2: **Make Aloo Paratha**

Ingredients	Quantity
Wheat flour - 2 cups	
Water 1cup	
For filling	
Potatoes (boiled, grated and mashed) - 3-4	
Red chilli powder - 2 tsp.	
Garam masala - 1 tsp.	
Dhania (jeera) powder - 2 tsp	
Amchur powder - ½ tsp.	
Fresh finely chopped coriander	
Bread crumbs	



Method

1 Knead wheat flour like chapatti dough.

2 Mix all the ingredients under 'filling'.

3 Divide the dough into equal sized balls.

4 Roll the dough balls into small paratha

5 Put the filling in a rolled out paratha, close the ends and roll again.

6 Roast it on tawa with little ghee/butter.

7 Serve hot with yoghurt mixed with kala namak and chilli powder.

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TASK 3 : **Make Gobi Paratha**

Ingredients	Quantity
Wheat flour	2 cups
Water	1cup
For filling	
Cauliflower	
(boiled, grated and mashed)	- 1 whole bunch
Red chilli powder	2 tsp.
Garam masala	1 tsp.
Dhania (jeera) powder	2 tsp
Amchur powder	½ tsp.
Fresh finely chopped coriander	
Bread crumbs	

Method

1 Knead wheat flour like chapatti dough.

2 Mix all the ingredients under 'filling'. Fry it in a little bit of oil.

3 Divide the dough into equal sized balls.

4 Roll the dough balls into small paratha

5 Put the filling in a rolled out paratha, close the ends and roll again.

6 Roast it on tawa with little ghee/butter.

7 Serve hot with yoghurt mixed with kala namak and chilli powder

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TASK 4: **Make Naan**

Ingredients	Quantity
All Purpose flour(maida) - 2 cups	
Active dry yeast - 1 tsp	
Oil - 2 tblsp	
Yogurt/ Milk - 1/4 cup	
Water(lukewarm) - 1/2- 3/4 cup (as needed)	
Butter/ Ghee - to spread on naan	
Salt - 1 tsp(or to taste)	
Sugar - 1 tsp	

Method

1 Dissolve active dry yeast and sugar in lukewarm water and set aside until it becomes frothy(app. 10 min).

2 Add some salt, oil and yogurt with the maida and mix well.

3 Next add the water/yeast mixture little by little to the flour and knead it.

Knead until you get a very soft dough

4 Cover the dough with a moist paper towel and keep in a warm place for atleast 15-20 minutes.

5 Preheat the oven to the highest temperature or put it in broil mode.

6 Divide the dough into lemon size balls. Roll it out into oval shape using rolling pin or with hand.

7 Place the rolled out naan on the pizza stone/ baking tray and cook it for 2-3 minutes

8 Flip the naan and cook for another 1 min.

9. Remove the naan immedietely.

If you keep it longer, the naan will become dry and hard.

10. Serve naan with veg or non veg gravies.

For butter naan

-After removing the naan, brush some butter/ghee on top.

For Garlic naan

- Sprinkle some minced garlic on top of the rolled out dough before cooking.

TASK 5: **Make roomali roti**

Ingredients	Quantity
3 cups whole wheat flour	
1 cup refined flour	
2 cups water-to knead	
Dry flour to help with rolling	

Method

1 Mix the wheat flour and refined flour together, and knead into a soft, sticky, dough.

2 Cover and keep aside for 2-3 hours.

3 Shape the dough into small walnut-sized rounds.

4 Hold this on the back of your palm and circle it twist it in an anticlockwise direction and swing it.

5 Then again catch it on the back of the palm of the same hand.

6 Keep repeating until the diameter of the same becomes about thirty centimeters.

7 This takes a lot of practice as the roti should be almost translucent. The dough will have to be dusted with dry flour often, as it is sticky and soft.

Care should be taken to maintain the round shape and even thickness throughout.

8 Place a shallow griddle upside down over the stove, and heat it.

9 Keeping the heat on high, place the roti over the griddle and leave for 10-12 seconds, or until small bubbles start appearing over the surface, and the underside is a light brown.

10 Turn over at once and cook till the other side is a speckled brown too.

11 Remove from the griddle.

12 Fold it into quarters and serve

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Prepare Stocks

Objectives: At the end of this exercise you shall be able to
- **prepare White Stock**
- **prepare Brown Stock**
- **prepare Fish Stock**

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Receive Ingredients from the store & Maintain Food Safety Standards**

1 Prepare indent for the day by seeing the below receipes.

2 Receive the ingredients from stores.

3 Maintain good hygienic standards.

Plan of work / Job sequence

1 Indent & Receive ingredients from stores.

2 Clean & Maintain good hygienic standards in the kitchen.

3 Arrange ingredients neatly with HACCP analysis.

4 Raw material should arrange it in a rack.

5 Meat items should arrange in a deep freezer & maintain a temperature.

6 Prepare vegetables, Meats for Stock.

7 Boil milk & keep aside for Sauces & Soups.

8 Prepare Mise-En-Place for all foods.

9 Use a neat & Clean vessels for preparing foods.

10 Present all the dishes in respective serving dishes with proper garnishes for serving.

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TASK 2 : **Prepare White Stock**

Requirements

Equipment	Quantity
Stock Pot	1 No
Wooden Spoon	1 No
Duster	1 No
Measuring Cup	1 No
Measuring Spoons	1 Set
Match Box	1 No

Ingredients	Quantity
Onion	100 gm
Carrots	100 gm
Celery	100 gm
Leek	100 gm
Water	1 ½ litres

Method of cooking

1 Roughly chop all the vegetables.

2 Place all ingredients into a stock pot.

3 Add the water, bring to boil.

4 Allow to simmer for 1hour.

5 Skim, Strain & Use for cooking.

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TASK 3 : **Prepare Brown Stock**

Requirements

Equipment	Quantity
Stock Pot	1 No
Wooden Spoon	1 No
Duster	1 No
Measuring Cup	1 No
Measuring Spoons	1 Set
Match Box	1 No

Ingredients	Quantity
Raw meaty bones	1 kg
Bouquet garni	100 gm
Onion, Carrot, Celery, Leeks	400 gm
Pepper corns	8 Nos.
Squashed tomatoes	500 gm
Mushroom trimmings (Washed)	250 gm
Water	5 litres

Method of cooking

1 Chop the beef bones and brown well on all sides either by :

– Placing in a roasting tin in the oven, or

– Carefully browning in a little fat in a frying-pan.

2 Drain off any fat and place the bones in a stock pot.

3 Brown any sediment that may be in the bottom of the tray, deglaze with ½ litre of boiling water, simmer for few minutes and add to the bones.

4 Add the cold water, bring to boil and skim. Simmer for 2 hours.

5 Wash, peel & roughly cut the vegetables, fry in a little fat until brown, strain & add to the beef pieces.

6 Add the bouquet garni and peppercorns.

7 Simmer for 6–8 hours. Skim & Strain.

8 Squashed tomatoes, mushroom trimmings can also be added to improve the flavour.

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TASK 4 : **Prepare Fish Stock**

Requirements

Equipment	Quantity
Stock Pot	1 No
Wooden Spoon	1 No
Duster	1 No
Measuring Cup	1 No
Measuring Spoons	1 Set
Match Box	1 No

Ingredients	Quantity
Butter (or) Oil	50 gm
White fish bones	2 kg
Lemon juice	20 ml
Pepper corns	8 Nos.
Bayleaf	1 No.
Parsley stalks	2 Nos.
Water	4 ½ litres

Method Of Cooking :

1 Melt the margarine or butter in a thick bottomed pan.

2 Add the sliced onions, the well-washed fish bones.

3 Add the remaining ingredients except the water.

4 Cover with greaseproof paper and a lid and sweat (cook gently without colouring) for 5minutes.

5 Add the water.

6 Bring it to boil.

7 Skim & Simmer for 20minutes. Then strain it.

8 Longer cooking time will spoil the flavour. So don't keep for long hours.

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Prepare Sauces

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

- **prepare**
  - **Mayonnaisse Sauce**
  - **Bechamel Sauce**
  - **Espagnalo Sauce**
  - **Hollandaise Sauce**
  - **Veloute Sauce**.

Requirements

Materials

• Chef Coat (Preferably White)	– 1 No.
• Chef pants (Preferably Checked)	– 1 No.
• Apron (thick cotton)	– 1 No.
• Scarf	– 1 No.
• Chef cap	– 1 No.
• Safety Kitchen shoes & socks	– 1 pair
• Disinfectant soap	– 1 No.
• Paper Towel	– 1 Roll
• Kitchen Duster (1 wet & 1 dry)	– 2 Nos

Tools

• Nail cutter	– 1 No.
• Knife & peeler	– 1 Set

PROCEDURE

TASK 1 : **Receive Ingredients from the store & Maintain Food Safety Standards**

1 Prepare indent for the day by seeing the below receipes.

2 Receive the ingredients from stores.

3 Maintain good hygienic standards.

Plan of work / Job sequence

1 Indent & Receive ingredients from stores.

2 Clean & Maintain good hygienic standards in the kitchen.

3 Arrange ingredients neatly with HACCP analysis.

4 Raw material should arrange it in a rack.

5 Meat items should arrange in a deep freezer & maintain a temperature.

6 Prepare vegetables, Meats for Stock.

7 Boil milk & keep aside for Sauces & Soups.

8 Prepare Mise-En-Place for all foods.

9 Use a neat & Clean vessels for preparing foods.

10 Present all the dishes in respective serving dishes with proper garnishes for serving.

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TASK 1 : **Prepare Mayonnaise sauce**

Requirements

Equipment	Quantity
Stock Pan	1 No
Wooden Spoon	1 No
Duster	1 No
Measuring Cup	1 No
Measuring Spoons	1 Set

Ingredients	Quantity
Egg yolks	8 Nos.
Salad oil or olive oil	1 ltr
French Mustard	1 gm
Vinegar	25 ml
Lemon	1 No.
Seasoning	as required

Method of cooking

1 Combine the lemon juice, egg yolk, and salt.

2 Whisking constantly, begin to add the vegetable oil one drop at a time.

3 Once the initial few drops have been added, begin to add the oil more rapidly. Until you have an emulsification.

4 Whisk until all the oil is incorporated. (Add water if the mayo looks too shiny or if the color is not white enough, and/or if the consistency is very thick.)

5 This sauce must be stored below 5 degree centigrade.

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TASK 2 : **Prepare Bechamel sauce**

Requirements

Equipment	Quantity
Sauce Pan	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Match Box	1 No.

Ingredients	Quantity
Butter	100 gm
Flour	100 gm
Milk	1 ltr
Nutmeg	2 gm
Onion studded with bay leaf & cloves	1 No.

Method of cooking

1 Melt the butter in a saucepan.

2 Add the flour and cook to make a white roux.

3 Add the milk, in increments, stirring to prevent browning.

4 Add the Onion Pique

5 Bring to a boil and reduce to a simmer. Skim and stir frequently.

6 Cook 30 – 45 minutes. Until the flour taste is gone

7 Season with nutmeg.

8 Strain through a chinois.

It should be velvetty

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TASK 3 : **Prepare Espagnalo sauce**

Requirements

Equipment	Quantity
Stock Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Match Box	1 No.

Ingredients	Quantity
Butter	60 gm
Flour	70 gm
Fat	30 gm
Brown stock	1 ½ ltr
Tomato Puree	50 gm
Carrots	70 gm
Onion	100 gm
Celery	25 gm
Bayleaf	5 gm
Parsley	5 gm

Method of cooking

1 Make a Brown Roux, using the butter and flour. Set aside.

2 Melt fat and sauté the mirepoix until well caramelized.

Do not burn

3 Add the tomato puree and cook for 1-2 minute, to remove the "raw" tomato flavor.

4 Add the brown roux and mix thoroughly.

5 Add the stock whisk constantly to prevent lunps.

6 Add garlic, celery, bayleaf parsley.

7 Bring to a boil and simmer, covered, over low heat for 2 hour, skimming frequently

7 Strain through a chinois lined with cheese cloth

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TASK 4 : **Prepare Hollandaise sauce**

Requirements

Equipment	Quantity
Stock Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Match Box	1 No.

Ingredients	Quantity
Egg	4 Nos.
White Pepper Corns	8 Nos.
Water	20 ml
Vinegar	20 ml
Butter	400 gm
Salt and cayenne	as required

Method of cooking

1 Crush the peppercorns and place in a stainless steel blow, add the vinegar and reduce by three-quarters. Remove the pan from the stove.

2 Add the cold water.

3 Gently melt the butter.

4 Add the yolks to the reduction and whisk over heat until the mix takes on a creamy consistency, doubles in volume and forms ribbons.

Care must be taken not to over cook this sabayon. This can result in a texture not unlike scrambled eggs.

5 Whisk in the butter a little at a time until all has been absorbed.

Use as soon as possible to avoid holding too long.

TASK 5 : **Prepare Veloute sauce**

Requirements

Equipment	Quantity
Stock Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Match Box	1 No.

Ingredients	Quantity
Egg	4 Nos.
Butter	100 gm
Flour	100 gm
Stock	1 ltr

Method of cooking

1 Heat the chicken stock to a simmer in a medium saucepan, then lower the heat so that the stock just stays hot.

2 Meanwhile, in a separate heavy-bottomed saucepan, melt the clarified butter over a medium heat until it becomes frothy.

3 Take care not to let the butter turn brown, that'll affect the flavor.

4 With a wooden spoon, stir the flour into the melted butter a little bit at a time, until it is fully incorporated into the butter, giving you a pale-yellow-colored paste. This paste is called a roux.

5 Heat the roux for another few minutes or so, until it has turned a light blond color. Don't let it get too dark.

6 Using a wire whisk, slowly add the hot chicken stock to the roux, whisking vigorously to make sure it's free of lumps.

7 Simmer for about 30 minutes or until the total volume has reduced by about one-third, stirring frequently to make sure the sauce doesn't scorch at the bottom of the pan. Use a ladle to skim off any impurities that rise to the surface.

8 The resulting sauce should be smooth and velvety. If it's too thick, whisk in a bit more hot stock until it's just thick enough to coat the back of a spoon.

9 Remove the sauce from the heat. For an extra smooth consistency, carefully pour the sauce through a wire mesh strainer lined with a piece of cheesecloth.

10 Keep the velouté covered until you're ready to use it.

Do not season this mother sauce

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TASK 6 : **Prepare Tomato sauce**

Requirements

Equipment	Quantity
Stock Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Match Box	1 No.

Ingredients	Quantity
Butter	70 gm
Flour	60 gm
Bacon	40 gm
Stock	500 ml
Tomato Puree	100 gm
Tomato Chopped	100 gm
Garlic	1 clove
Carrots	80 gm
Onion	80 gm
Sugar	10 gm
Celery	40 gm
Bayleaf	1 No.
Parsley	5 gm
Salt	5 gm

Method of cooking

1 Sauté bacon in butter, add onion, carrot and celery and sauté until they are slightly brown.

2 Add flour and fry till it gets a sandy texture and gets slightly brown colour.

3 Add tomato puree and chopped tomatoes, and stir.

4 Add cold stock, stirring to prevent lumps and bring to boil.

5 Add seasoning and cook 1- 1 ½ hours.

6 Skim frequently.

7 Strain through a chinois.

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Prepare Soups

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

- **prepare**
  - **Consomme Soup**
  - **French Onion Soup**
  - **Shrimp Bisque**
  - **MinestroneSoup**
  - **Vichyssoise**
  - **Mulligatawny**

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1 : **Receive Ingredients from the store & Maintain Food Safety Standards**

1 Prepare indent for the day by seeing the below receipes.

2 Receive the ingredients from stores.

3 Maintain good hygienic standards.

Plan of work / Job sequence

1 Indent & Receive ingredients from stores.

2 Clean & Maintain good hygienic standards in the kitchen.

3 Arrange ingredients neatly with HACCP analysis.

4 Raw material should arrange it in a rack.

5 Meat items should arrange in a deep freezer & maintain a temperature.

6 Prepare vegetables, Meats for Stock.

7 Boil milk & keep aside for Sauces & Soups.

8 Prepare Mise-En-Place for all foods.

9 Use a neat & Clean vessels for preparing foods.

10 Present all the dishes in respective serving dishes with proper garnishes for serving.

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TASK 1 : **Prepare Consomme soup**

Requirements

Equipment	Quantity
Stock Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Match Box	1 No.

Ingredients	Quantity
Egg white	15 Nos.
Chicken (lean, ground)	500 gm
Onion (small, diced)	1 No.
Carrot (small, diced)	250 gm
Leeks (small, diced)	250 gm
Celery (small, diced)	250 gm
Tomato puree	1 cup
Black peppercorns	5 Nos.
Bay leaves	2 Nos.
Parsley stems	½ bunch
Thyme sprigs (fresh)	3 Nos.
Chicken stock (cold)	4.5 litre
Salt	to taste
Hot sauce	to taste

Method of cooking

1 In a mixing bowl, whip the egg whites slightly.

2 Combine the lean meat, vegetables, tomato puree, herbs, and spices together.

3 Mix in the egg whites. In a spigot stock pot, blend the cold chicken stock with the meat mixture.

4 Place the stock pot on medium heat. Stir the liquid occasionally until the raft forms. (the liquid should reach 160° F)

5 Simmer the soup for 1 1/2 hours, making sure the raft does not break or sink.

6 Remove the first cup of the consomme from the spigot to remove sediment and discard.

7 Line a china cap with 5 layers of cheesecloth.

8 Strain the liquid slowly. If the liquid is cloudy, strain the consomme again with fresh cheesecloth.

9 Season with salt, hot sauce, and garnishes.

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TASK 2 : **Prepare French Onion soup**

Requirements

Equipment	Quantity
Stock Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Match Box	1 No.

Ingredients	Quantity
Butter	50 gm
Olive oil	1 tbsp
Onion (halved, thinly sliced)	1 kg
Sugar	1 tsp
Garlic cloves (thinly sliced)	4 Nos.
Flour (plain)	2 tbsp
Tomato puree	1 cup
Dry white wine	250 ml
Beef stock (hot, strongly flavoured)	1.3 litre
French bread	4–8slices
Gruyère, finely grated	140 gm

Method of cooking

1 Melt the butter with the oil in a large heavy-based pan.

2 Add the onions and fry with the lid on for 10 mins until soft.

3 Sprinkle in the sugar and cook for 20 mins more, stirring frequently, until caramelised. The onions should be really golden, full of flavour and soft when pinched between your fingers.

4 Take care towards the end to ensure that they don't burn.

5 Add the garlic for the final few mins of the onions' cooking time, then sprinkle in the flour and stir well.

6 Increase the heat and keep stirring as you gradually add the wine, followed by the hot stock.

7 Cover and simmer for 15-20 mins.

8 To serve, turn on the grill, and toast the bread.

9 Ladle the soup into heatproof bowls.

10 Put a slice or two of toast on top of the bowls of soup, and pile on the cheese.

11 Grill until melted. Alternatively, you can complete the toasts under the grill, then serve them on top.

TASK 3 : **Prepare Shrimp Bisque**

Requirements

Equipment	Quantity
Heavy Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Strainer	1 No.

Ingredients	Quantity
Butter (unsalted, divided)	4 tbsp
Shrimp (medium, peeled, deveined, shells reserved	750 gm
Bay leaves (divided)	2 Nos.
Carrots (peeled, chopped)	2 Nos.
Celery stalks (chopped)	2 Nos.
Onion (medium)	1 No.
Brandy	½ cup
Long grain rice	¼ cup
Tomato paste	2 tbsp
Parsley (fresh, flat leaf)	3 sprigs
Fresh thyme	3 sprigs
Cayenne Pepper	¼ tsp
Kosher salt & Freshly ground black pepper	as required
Whipping cream	½ cup
Fresh lemon juice	3 tbsp
Fineloy chopped fresh chives	¼ cup

Method of cooking

1 Melt 1 tablespoon butter in a large heavy pot over medium-high heat. Add shrimp shells and cook, stirring frequently, until they begin to brown, about 5 minutes. Add 1 bay leaf and 8 cups water. Simmer uncovered for 25 minutes. Set a fine-mesh strainer over a large bowl. Strain, discarding solids.

DO AHEAD Shrimp stock can be made 3 days ahead. Let cool slightly; chill uncovered until cold, then cover and keep chilled.

2 Melt 1 tablespoon butter in a large heavy pot over medium heat. Add shrimp and cook, stirring occasionally, until just opaque in center, 3-4 minutes. Transfer shrimp to a plate. Add remaining 2 tablespoons butter to same pot. Add carrots, celery, and onion and cook over medium heat, stirring frequently, until very soft, about 20 minutes.

3 Remove pot from heat; add brandy. Return pot to heat and stir until almost evaporated, 2-3 minutes. Add rice and tomato paste; stir for 1 minute. Add shrimp stock, remaining bay leaf, parsley, thyme, and ¼ tsp. cayenne. Simmer uncovered until flavors meld and rice is soft, about 20 minutes. Season with salt and pepper. Reserve 4 shrimp for garnish and stir remaining shrimp into bisque. Remove parsley, thyme, and bay leaf.

4 Working in batches, purée bisque in a blender until smooth. Pour through a fine-mesh strainer set over a clean pot. Discard solids in strainer. Stir in cream and reheat bisque over medium heat. Add lemon juice. Season to taste with salt, pepper, and more cayenne, if desired.

5 Mince reserved shrimp and mix with chives in a small bowl. Place 1 heaping tablespoon shrimp mixture in the center of large, shallow soup bowls. Ladle bisque around garnish and serve.

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TASK 5 : **Prepare Vichyssoise**

Requirements

Equipment	Quantity
Stock Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Strainer	1 No.

Ingredients	Quantity
Potatoes (raw, finely diced)	2 cups
Butter	2 tbsp
Leeks (cleaned & cut into 1 inch pieces)	6 Nos.
Chicken bouillon	3 cups
Salt	1 tsp
Black pepper (freshly ground)	½ tsp
Nutmug	a dash
Sour or heavy cream	1½ to 2 cups
Chives (chopped)	for garnish

Method of cooking

1 Cook the potatoes in salted water to cover until just tender.

2 Melt the butter in a skillet and cool the leeks gently, tossing them lightly, for a few minutes.

3 Add the chicken bouillon and bring to a boil. Lower the heat and simmer the leeks until tender.

4 Add the potatoes to the leeks and the broth and season to taste with salt, papper and nutmeg.

5 Put this mixture in the blender (you will need to blend it in two lots) and blend for 1 minute, or until smooth.

6 Chill.

7 When ready to serve, mix in sour cream or heavy cream.

8 Garnish with chopped chives.

TASK 6 : **Prepare Mulligatawny**

Requirements

Equipment	Quantity
Soup Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Strainer	1 No.

Ingredients	Quantity
Onion (chopped)	½ cup
Celery (chopped)	2 stalks
Carrot (diced)	1 No.
Butter	¼ cup
Flour (all purpose)	1½ tsp
Curry powder	1½ tsp
Chicken broth	4 cups
Apple (cored & chopped)	½ cup
Chicken breast half (skinless, bone less, cut into cubes	1 No.
Black pepper	to taste
Salt	to taste
Thyme (dried)	1 pinch
Heavy cream (heated)	½ cup

Method of cooking

1 Saute onions, celery, carrot, and butter in a large soup pot. Add flour and curry, and cook 5 more minutes. Add chicken stock, mix well, and bring to a boil. Simmer about 1/2 hour.

2 Add apple, rice, chicken, salt, pepper, and thyme. Simmer 15–20 minutes, or until rice is done.

3 When serving, add hot cream.

3. Heat oil in a medium pot over medium heat.

4. Saute onion and garlic until translucent, about 6 minutes.

5. Add beans and stock and bring mixture to a simmer.

6. Remove from heat and add broccoli; puree in batches in a blender until smooth.

7. Season to taste with salt and pepper. G

8. garnish each bowl with broccoli florets, toasted pine nuts, and grated Parmesan cheese

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TASK 4 : **Prepare Minestrone soup**

Requirements

Equipment	Quantity
Heavy Pot	1 No.
Wooden Spoon	1 No.
Duster	1 No.
Measuring Cups	1 No.
Measuring Spoons	1 set
Strainer	1 No.

Ingredients	Quantity
Olive oiil	1 tbsp
Bacon, finely chopped	2 strips
Garlic (peeled & chopped)	1 clove
Red Onion (peeled, chopped)	1 No.
Carrots (washed &chopped)	2 Nos.
Celery (chopped)	2 sticks
Zucchini (chopped)	1 No.
Leek (washed & chopped)	1 small
Oregano (dried)	½ tsp
Bay leaf	1 No.
Plum tomato (chopped)	400 gm
Garbanzo (drained & rinsed)	450 gm
Vegetable broth 4 cups	
Curly kale (large handlful, stalks removed, chopped)	½ cup
Basil a bunch	
Sea salt 1/8 tsp	
Black pepper (freshly ground)	large pinch
Parmesan cheese (grated, optional)	5 tbsp

1 Heat a large pot over a medium heat and add a lug of olive oil. Throw in the bacon and fry it gently until it starts to turn brown and smell fantastic. Add the garlic, onion, carrots, celery, zucchini, leek, oregano and bay leaf and cook slowly for about 15 minutes, stirring now and then, until the vegetables have softened.

2 Add the tomatoes, potato, chick peas and vegetable broth, then cover with a lid and bring everything slowly to the boil. Simmer for about 30 minutes, then check (with the tip of a paring knife) that the potato is soft and cooked through.

3 After that, add the kale and pasta, and cook for 10 more minutes, until the pasta is cooked. If the soup is too thick for you after cooking the pasta, thin it with a little more broth or water.

4 The basil is optional but I think it is a nice little addition. If you decide to use it, stir some chopped leaves into the soup. Finish by seasoning with a little salt and black pepper and pass the Parmesan around the table for people to sprinkle on their soup.

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Prepare soups using mother sauces

Objectives: At the end of this exercise you shall be able to
- **prepare cream of chicken soup using chicken stock**
- **prepare chunky fish chowder using fish stock**
- **prepare chicken veloute soup using veloute sauce**
- **prepare cauliflower puree soup with chicken broth**
- **prepare creamy broccoli and bean soup with vegetable stock.**

Requirements

Materials

- Chef Coat (Preferably White) – 1 No.
- Chef pants (Preferably Checked) – 1 No.
- Apron (thick cotton) – 1 No.
- Scarf – 1 No.
- Chef cap – 1 No.
- Safety Kitchen shoes & socks – 1 pair
- Disinfectant soap – 1 No.
- Paper Towel – 1 Roll
- Kitchen Duster (1 wet & 1 dry) – 2 Nos

Tools

- Nail cutter – 1 No.
- Knife & peeler – 1 Set

PROCEDURE

TASK 1: **Cream of Chicken Soup**

Ingredients

1/2 cup unsalted butter

1 medium onion, chopped

2 stalks celery (with leaves), chopped

3 medium carrots, chopped

1/2 cup plus 1 tablespoon flour

7 cups chicken stock

3 sprigs fresh thyme

1 bay leaf

2 3/4 cups cooked, diced chicken

1/2 cup heavy cream

1 tablespoon kosher salt

Freshly ground black pepper to taste

2 tablespoons chopped parsley

1 Melt the butter in a large soup pot over medium heat.

2 Add the onion, celery, and carrots and cook, covered, stirring occasionally, until soft

3 Add the flour and cook, stirring with a wooden spoon, for 2 minutes more.

4 Pour in the stock and bring to a boil while whisking constantly.

5 Tie the parsley sprigs, thyme, and bay leaf together with a piece of kitchen twine and add to the soup. Lower the heat and simmer for 15 minutes.

6 Stir in the chicken and bring to a boil. Remove from the heat.

7 Whisk the heavy cream,and salt into the soup and season with pepper to taste.

8 Remove and discard the herb bundle.

9 Divide among soup bowls, sprinkle the top of each soup with the chopped parsley.

10 Serve immediately.

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TASK 2: **Chunky fish chowder**

Chowder are made with fish clam, potatoes and milk.

Ingredients
2 tsp olive oil
2 leeks, finely sliced
550g potatoes, cut into small cubes
1litre fish stock
1 lemon,
300ml whole milk
330g sweet corn
250g skinless, boneless salmon, cut into chunks
250g skinless, boneless white fish, cut into chunks
handful of chives,
2 tbsp double cream

Method

1 Heat the oil in a large saucepan, tip in the leeks and fry gently for 5 mins until softened, but not coloured.

2. Add the potatoes and cook for a further min.

3 Pour in stock and lemon zest, cover and simmer for 12-15 mins or until the potatoes are tender.

4 With a slotted spoon, remove half the potatoes and leeks from the stock and set aside.

5 Transfer the remaining potatoes, leeks, stock and milk into a blender or food processor and whizz until smooth.

6 Pour back into the pan, add the sweetcorn, fish and reserved vegetables. Cover and gently heat for 3-4 mins until the fish is just cooked through - don't boil.

7 Stir in chives and cream.

8 Season and serve.

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TASK 3: **Chicken Veloute Soup**

Basics of veloute soup

50% velouté sauce (made from stock of main chicken/fish

25% pureed main chicken/fish

25% liaison of egg yolk and cream

Ingredients
1 cup main ingredient/chicken in this recipe
Enough water to cover it
125ml velouté sauce made from chicken
1 egg yolk
½ cup cream or milk
Seasonings, and salt and pepper

Method

1 Cook the chicken in the water till tender.

2 Strain off most of the water, leaving enough to enable pureeing with a stick blender.

3 Puree the ingredient in the saucepan to make ½ cup of puree.

4 make the veloute sauce.

5 Add the velouté sauce to the puree in the saucepan.

6 Add the seasoning, and salt and pepper to taste.

7 Mix the egg yolk and cream together then carefully add the liaison to the hot, but not boiling, soup.

8 Cook slowly until creamy.

9 Serve with garnishing

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TASK 4: **Cauliflower puree**

Pureed cauliflower florets and low-sodium chicken broth serve as the base for this creamy soup recipe, while roasted cauliflower leaves are used as a garnish.

Ingredients
2 1/2 cups chicken broth
1 head cauliflower, cut into florets
kosher salt and ground pepper
8 small cauliflower leaves (or 2 large leaves, coarsely chopped)
1/4 teaspoon extra-virgin olive oil

Directions

1 In a medium pot, combine chicken broth and cauliflower; season with salt and pepper

2 Bring to a boil, then reduce to a simmer. Cover and cook until cauliflower is very tender, about 20 minutes.

3 Working in batches, puree cauliflower until smooth (thin it with broth, if necessary).

4 Meanwhile, on a small baking sheet toss cauliflower leaves with oil; season with salt and pepper. Roast until brown and tender, about 10 minutes.

5 Serve as garnish on soup.

TASK 5: **Creamy Broccoli-White Bean Soup**

Steaming broccoli florets helps them maintain their nutrients; adding them to soup with olive oil, pine nuts, and garlic cloves makes a complete hearty meal.

Ingredients

1 head broccoli, cut into florets, stems thinly sliced

2 tablespoons extra-virgin olive oil

1 yellow onion, diced

2 garlic cloves, thinly sliced

One can cannellini beans, drained

2 1/2 cups vegetable stock

Kosher salt and freshly ground black pepper

1 tablespoon pine nuts, toasted

1/2 ounce grated Parmesan cheese

Directions

1 Steam broccoli florets and stems until tender and bright green, about 3 minutes

2 Let cool slightly. Reserve 1/2 cup florets for garnish.

3 Heat oil in a medium pot over medium heat.

4 Saute onion and garlic until translucent, about 6 minutes.

5 Add beans and stock and bring mixture to a simmer.

6 Remove from heat and add broccoli; puree in batches in a blender until smooth.

7 Season to taste with salt and pepper. G

8 garnish each bowl with broccoli florets, toasted pine nuts, and grated Parmesan cheese.

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