



Society of St. Francis Xavier, Pilar's
Fr. Conceicao Rodrigues College of Engineering
 Fr. Agnel Ashram, Bandstand, Bandra (W), Mumbai – 400 050
 (Autonomous College affiliated to University of Mumbai)

Course Code	Course Name	Teaching Scheme (Hrs/week)			Credits Assigned			
		L	T	P	L	T	P	Total
LCC01	Culinary Arts: Foundations of Cooking	-	-	2	--	--	1	1
		Examination Scheme						
		ISE						Total
		50						50

Cooking is the most important survival skill; therefore, it shouldn't be taken for granted. Many students are nervous about leaving their homes, yet the desire to pursue their degrees abroad keeps them on the move. Leaving behind family, friends, and especially, home-cooked meals is not an easy move. Homesickness and the absence of home-cooked meals are among the few emotions that don't go away quickly or in a day.

Cooking is a valuable life skill which is often linked with improved diet quality. By learning to cook, you are not only in control of your calorie intake, but you're also building healthier habits, and the healthier you eat, the more energy you'll have to keep cooking.

This course introduces students to the fundamentals of cooking, covering essential techniques, ingredients, and principles to develop culinary skills and creativity in the kitchen. Through hands-on cooking sessions, demonstrations, and tastings, students will gain practical experience and knowledge to create a variety of dishes.

Pre-requisite Course Codes			---
Course Outcomes	CO1	Describe cooking process, follow the learned process of preparation, safety, hygiene and prepare a food item	
	CO2	Develop recipe for a given food item and use kitchen equipment's effectively	
	CO3	Prepare variety of food products and dishes	

S.N.	Topics
1	Introduction to Culinary Arts <ul style="list-style-type: none"> Overview of the culinary industry and career paths Kitchen safety and sanitation Knife skills: types of knives, grips, and basic cuts
2	Cooking Methods: Dry Heat <ul style="list-style-type: none"> Sautéing, pan-frying, and stir-frying Grilling and broiling Roasting and baking
3	Cooking Methods: Moist Heat <ul style="list-style-type: none"> Boiling, simmering, and poaching Steaming and blanching Braising and stewing
4	Stocks, Sauces, and Soups <ul style="list-style-type: none"> Principles of stock making Mother sauces and their derivatives Classic soup techniques and recipes
5	Culinary Techniques: Mise en Place and Flavor Development <ul style="list-style-type: none"> Importance of mise en place (preparation and organization) Building flavor profiles: seasoning, layering flavors, and balancing taste Deglazing, emulsifying, and other culinary techniques



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6	Culinary Staples: Grains, Legumes, and Pasta <ul style="list-style-type: none">○ Cooking techniques for grains (rice, quinoa, couscous)○ Preparation and cooking methods for legumes (beans, lentils)○ Making fresh pasta and cooking dried pasta
7	Vegetable Cookery <ul style="list-style-type: none">○ Selection, storage, and preparation of vegetables○ Sautéing, steaming, roasting, and grilling vegetables○ Creative vegetable dishes and garnishes
8	Protein Cookery: Meat, Poultry, and Seafood <ul style="list-style-type: none">○ Selecting and handling meat, poultry, and seafood○ Cooking methods for various cuts and types of protein○ Temperature control and food safety considerations

ISE: Assessment by Mentor=30 Marks, Attendance=10 Marks, Active Participation in activities/Observation by Mentor=05 Marks, Weekly reflections on course topics and personal experiences uploaded on the blog/portal created for the course=05 Marks