

CULINARY SCIENCE

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/ Practice		
Culinary Science	2	1	0	1	Class XII	NIL

Learning Objectives:

Culinary science skill paper is about the cuisine arts of food preparation, cooking, and presentation of food. Students will be equipped with knowledge of various tools and equipments used for cooking, different cooking techniques, working in establishments such as restaurants and relatively large institutions such as hotels and hospitals, standardized cooking practices and recipes.

The learning objectives of the course are:

- To develop cuisine arts of food preparation, cooking, and presentation of food.
- The practical exercises aim to provide hands-on training to develop the skill of various cooking techniques and knowledge about various tools and equipment used for cooking

Learning Outcomes

After studying this course, the student will be able to:

- Develop different cooking and presentation skills.
- Get hands-on training to develop the skill to prepare Indian traditional and nutritious recipes.
- Develop the ability to work in establishments such as restaurants, food courts, kiosks, fast food centers large institutions such as hotels and hospitals.

SKILL DEVELOPMENT AND JOB OPPORTUNITIES’:

Employment Opportunities:

- Apprentice in Small Catering units/ Kiosk/ Restaurant
- Food Supplier
- Food Storekeeper
- Food Stylist / Designer

SYLLABUS

Credits: 2

Total lectures (45): 45 Hours/ 15 weeks

Theory: 30%, Credit – 1 (Lectures – 15)

Practical/ Field work/ Hands on learning: 70%, Credit – 1 (Lectures – 30)

Unit 1: Basic Culinary Concepts**(8 hours)**

Description: This unit is an introductory unit about the culinary science and basic food ingredients, importance of hygiene to serve safe food.

Subtopics:

- Culinary Terms
- Basic Safety and Hygiene
- Basic food ingredients
- Recipe Evaluation: Sensory evaluation scales

Unit 2: Kitchen Techniques and Technology**(7 hours)**

Description: This unit is about methods of cooking, storage and organizing the storage and imparting knowledge about various kitchen equipment and accessories.

Subtopics:

- Methods: Moist heat, Dry heat, Frying, Microwave Cooking
- Basic Equipment: Gas stove/Cooking range, Refrigerator, Oven, Microwave, Electrical Blenders, Air Fryer
- Kitchen Aids: Cooking Equipment, Measuring Equipment, Baking Equipment, Assorted Knives, Assorted tools, Service Equipment.
- Storage and organization of work area

PRACTICALS**30 hours**

1. General Instructions: Working in Food Lab/ Kitchen, Weight of edible portion, Temperature, Abbreviations used in recipes **(2 hours)**
2. Basic Indian Gravies: White, Makhani, Salan, Red gravies, Kadi **(2 hours)**
3. Beverages: Tea, Coffee, Cold Coffee, Smoothies, Milk Shakes, Fruit Punch, Iced Tea, Panna, Mojito. **(2 hours)**
4. Indian Breads: Chapatti, Paratha, Naan, Kulcha, Bhatura, Bedmi Puri, Sandwich (open, grilled, rolled), Puranpoli, Kathi roll. **(2 hours)**
5. Indian Rice Cooking: Boiled, Curd, Tomato, Lemon, Fried, Pulao, Tamarind, Biryani, Poha **(2 hours)**
6. Soups: Stock, Clear soups, Cream soups **(2 hours)**
7. Salads and Salad cuts/ craft: Coleslaw, Quinoa salad, Corn & Walnut, Exotic seeds salad, Salad vegetable cuts and crafts **(2 hours)**
8. Vegetables Preparations: Dry veg, Koftas, Stuffed veg, Baked veg preparations. **(2 hours)**
9. Indian Dry Snacks with Dips: Dhokla, Idli, Uttapam, Kachori, Khandvi, Chilla, Dumplings, (Momos/Dim sums/ wontons) **(4 hours)**
10. Indian Savory Snacks: Assorted Pakoras, Dahi Bhalla, Cutlets, Samosa, Tikki, Paneer Tikka **(4 hours)**
11. Traditional Deserts 1: Halwa, Kulfi, Kheer, Gulab Jamun **(2 hours)**
12. Traditional Deserts 2: Rasmali, Ladoo, Burfi, Jalebi, Gujia, Rasgulla **(2 hours)**
13. Baking: Tea cake, Muffins **(2 hours)**

ESSENTIAL READINGS

- Raina, U., Kashyap, S., Narula, V., Thomas, S., Suvira, Vir, S., & Chopra, S. (2005). Basic Food Preparation – A Complete Manual. Delhi: Orient Longman.
- Khanna, K., Gupta, S., Seth, R., Mahana, R., & Rekhi, T. (2004). The Art and Science of Cooking. Delhi: Phoenix Publishing House Private Limited.
- Arora, K. (2011). New Delhi: Theory of Cooking. Frank Bros & Co.

SUGGESTED READINGS:

- Kumar, B. (2021). Theory of Culinary Arts. Rudra Publications
- Sethi, P. & Lakra, P. (2015). Aahar Vigyan, Poshan Evam Suraksha. Delhi: Elite Publishing House Pvt. Ltd.
- Suri, S. & Malhotra, A. (2014). Food Science Nutrition and Safety. Delhi: Pearson India Ltd.

Examination scheme and mode:

Evaluation scheme and mode will be as per the guidelines notified by the University of Delhi.