

**DRAFT Syllabus For Food Production Cook –Cum-Helper**

<b>Course Name</b>	Food Production – Cook –Cum-Helper
<b>Course Code</b>	STC-THC/FOPR/3805
<b>Occupation</b>	Cook cum Helper
<b>Job Description</b>	Assist the Chef in preparing dishes in Kitchen of various hospitality organisations.
<b>Anticipated Volume of Training</b>	600 Hrs (Theory-100 Hrs + Practical- 440 Hrs, Employability Skill – 60 Hrs)
<b>Trainees' Entry Qualification</b>	Class 8 pass and pursuing continuous regular schooling, OR Class 8 Pass with 1 year experience, OR Class 8 Pass + ITI, OR Class 10 Pass OR previous relevant qualification of NSQF Level 2 with 1 yr experience
<b>Trainers Qualification</b>	Diploma in hospitality management / Diploma in food and beverage / Diploma in Hotel Management / ITI in Food Beverage Trade / Bachelor of Hotel Management. 5 years in relevant field / 3 yrs Bachelor of Hotel Management.

**Structure of Course:**

<b>Module No.</b>	<b>Outcome</b>	<b>Theory (hrs)</b>	<b>Practical (hrs)</b>	<b>Total (hrs)</b>
1	Perform basic Mise-en-place and basic preparation of eggs.	20	40	60
2	Demonstrate first aid, usage of knife, hygiene maintaining procedures.	20	50	70
3	Prepare basic sauce or soup and simple fish, poultry,	20	40	60
4	Prepare simple breads and cake recipes and prepare a cookie recipe.	20	40	60
5	Demonstrate cuts of lamb	10	40	50
6	Prepare menus from different regions of India along with simple salad with salad dressings and cold dessert recipe.	10	80	90
7	Prepare and present hot dessert recipes, Indian dessert recipes, simple continental vegetable recipes.		50	50
8	Prepare a Chinese Menu along with a bakery recipe.		40	40
9	Prepare a French menu along with a Sorbet or Parfait.		40	40
10	Prepare simple continental vegetable recipes.		20	20
<b>TOTAL:</b>		<b>100</b>	<b>440</b>	<b>540</b>

**Employability Skill : 60 Hrs.**

**SYLLABUS:**

**MODULE NO.1:**

**Outcome:**

Perform basic Mise-en-place and basic preparation of eggs.

**Theory Content:**

Origin of the hotel industry. Importance of kitchen in Hotel & Catering establishments. Aims and objectives of Cooking.

Classification of raw materials, preparation of ingredients. Methods of mixing foods, effect of heat on various foods, weighing and measure, texture of food, Culinary terms.

**Practical Content:**

Basic preparations.

Mise-en-place of all the basic preparations, stocks, egg preparations.

General layout of the kitchen in various organizations

**Module No-2 :**

**Outcome:**

Demonstrate first aid, Usage of knife, hygiene maintaining procedures.

**Theory Content:**

Classifications, principles, equipment required, methods of cooking-boiling, roasting, poaching, braising, grilling, baking, roasting, broiling, stewing, sauteing, blanching steaming, micro-waving etc.

Different types of the kitchen equipment, different types of special equipment, heat generating, refrigeration, kitchen machinery, storage tables, hand tools, weighing and measuring, pot wash, diagrams, uses, maintenance, criteria for selection.

**Practical Content:**

Proper usage of a kitchen knife and hand tools.

Understanding the usage of small equipment.

Familiarization, identification of commonly used raw material.

Basic hygiene practices to be observed in the kitchen.

First aid for cuts & burns.

Safety practices to be observed in the kitchen

Demonstration of fire fighting for kitchen fires

**Module No-3 :**

**Outcome:**

Prepare basic sauce or soup simple fish, poultry

**Theory Content:**

**SOUPS:** Classification with examples, Basic recipes, Consommés, Garnishes and accompaniments.

**SAUCES:** Classification of sauces, Recipes for mother sauces, Derivatives.

**Fish Cookery:**

Identification & classification of fish e.g. flat fish (Pomfret, Black Pomfret and Sole), Round fish (Surmai, Rawas, Mackerel), Shellfish (Clams, Mussels, Shrimps, Crabs, Lobsters), Cephalopods (Squid, Cuttle, Fish), Cuts of Fish e.g., Fillet, Darne, Troncon, Paupiette, Goujons.

**Poultry:**

Cuts of Poultry, Preparation and jointing of Chicken.

**Practical Content**

1. Demonstration & preparation of basic mother sauces and 2-3 derivatives of each : Béchamel, Espagnole, Tomato, Veloute, Hollandaise, Mayonnaise.
2. Preparation of basic soups: Consommé, Cream, Puree, Scotch Broth, Minestrone, Veloute, Mulligatawny, French onion, oxtail, Bisque.

**Module No-4 :**

**Outcome:**

Prepare Simple Breads and cake recipes and prepare a cookie recipe.

**Theory Content:**

**SIMPLE BREADS:** Principles of bread making, Simple yeast breads, Role of each ingredient in bread making, Baking temperature and its importance

**Cakes and Variations.** -Simple and enriched Cakes, recipes: Sponge, Genoise, Fatless, Swiss roll, Fruit Cake, Rich Cakes, Dundee, Madeira.

**Cookies and Biscuits with variations**

**Practical Content:**

Demonstration + Preparation of Simple and enriched bread, recipes: Bread Loaf (White and Brown), Bread Rolls (Various shapes), French Bread, Brioche.

Demonstration + Preparation of Simple and enriched Cakes, recipes: Sponge, Genoise, Fatless, Swiss roll, Fruit Cake, Rich Cakes, Dundee, Madeira.

Demonstration and Preparation of simple cookies like Nan Khatai, Golden Goodies, Melting moments, Swiss tart, Tri colour biscuits, Chocolate chip Cookies, Chocolate Cream Fingers, Bachelor Buttons.

**Module No-5:**

**Outcome :**

Demonstrate cuts of lamb

**Theory Content:**

**Meat:**

Identification of various cuts, Carcass demonstration of Lamb and Pork.

**CULINARY TERMS:**

List of culinary (common and basic) terms, Explanation with examples.

**FRENCH:**

La material de cuisine (The kitchen and its utensils). Hierarchy of kitchen personnel. Methods of cooking.

**Practical Content:**

Preparation of Basic Cuts such as : Lamb and Pork Chops, Tornado, Fillet, Steak and Escalope, Roast leg of Lamb, Stew.

**Module No-6:****Outcome:**

Prepare menus from different regions of India along with simple salad with salad dressings and cold dessert recipe.

**Theory Content:**

Spices used in Indian cookery, Role of spices in Indian cookery, Blending of spices and concept of masalas, Different masalas used in Indian cookery, Composition of different masalas, Varieties of masalas available in regional areas. Introduction to Regional Indian Cuisine.

**Practical Content:**

1. To formulate 20 sets of menus from the following dishes and to include more dishes from the respective regions. Awadh, Bengal, Goa, Gujarat, Hyderabad.
2. Salads – basic simple salads & dressings, Cole slaw, salade nicoise, Russian salad, beetroot salad, Potato salad, fruit salad, Carrot & celery waldorf salad
3. To formulate 20 sets of menus from the following dishes and to include more dishes from the respective regions. – Kashmiri, Maharashtra, Punjabi, Rajasthan, South India (Tamil Nadu, Karnataka, Kerala).
4. Cold sweet – honeycomb mould, butterscotch sponge, coffee mousse, lemon sponge, trifle, blancmange, chocolate mousse, lemon soufflé.

**Module No:7****Outcome:**

Prepare and present hot dessert recipes, Indian dessert recipes,

**Practical Content:**

**Hot sweet** – bread & butter pudding, caramel custard, Albert pudding, Christmas pudding.

Indian sweets – simple ones such as chicuti, gajjar halwa, kheer.

**Vegetables:**

Boiled vegetables: cabbage, cauliflower, beans,

**Glazed vegetables:** carrot, radish, turnip,

**Fried vegetables:** aubergines,

**Stewed vegetables:** courgettes provencale, baked beans, ratatouille,

**Braised vegetables:** onion, leeks, cabbage

**Module No : 8****Outcome:**

Prepare a Chinese Menu along with a bakery recipe.

**Practical Content:**

Preparation of Chinese recipes like - Prawn Ball Soup, Fried Wantons, Sweet & Sour

Pork, Hakka Noodles, Hot & Sour soup, Beans Sichuan, Stir Fried Chicken & Peppers, Chinese Fried Rice.

DEMONSTRATION OF Galantines, Pate

Demonstration of Decorated Cakes, Gateaux

### **Module No-9**

#### **Outcome :**

Prepare a French menu along with a Sorbet or Parfait.

#### **Practical Content:**

Demonstration of French menus - Bisque D'écrevisse

Escalope De Veau viennoise

Pommes Batailles, Courge Provençale Epinards au Gratin, Duchesse Nantua Poulet Maryland, Croquette Potatoes, Salade Niçoise, Brown Bread, Pâte Des Pommes.

Prepare - Sorbets, Parfaits, Hot/Cold Desserts

### **Module No-10**

#### **Outcome :**

Prepare simple continental vegetable recipes.

#### **Types of Vegetables and cooking methods**

#### **Practical Content:**

##### **Vegetables:**

Boiled vegetables: cabbage, cauliflower, beans,

**Glazed vegetables:** carrot, radish, turnip,

**Fried vegetables:** aubergines,

**Stewed vegetables:** courgettes provençale, baked beans, ratatouille,

**Braised vegetables:** onion, leeks, cabbage

#### **List of Tools, Equipment & Materials needed for 30 Trainees**

SL No.	Name of the Tools and Equipment	Quantity
1	Steel Almirah	2
2	Aluminium Dekchi No. 1	6
3	Aluminium Dekchi No. 2	2
4	Aluminium Dekchi No.3	3
5	Aluminium Dekchi No. 4	6
6	Whisk	16
7	Portion Dish No. 2	10
8	Rolling Pin (Small)	7

<b>SL No.</b>	<b>Name of the Tools and Equipment</b>	<b>Quantity</b>
9	Rolling Pin (Big)	1
10	Wooden Spatula	26
11	Aluminium Tray(small/Big)	43
12	Steel Dabu Ladle	18
13	Tawa	9
14	Saucepan	13
15	Frying Pan	11
16	Wok	10
17	Steel Dekchi	22
18	Brass Dekchi	1
19	Black Full Plate	4
20	Black Quarter Plate	4
21	White Full Plate	4
22	White Quarter Plate	4
23	White Square Full Plate	4
24	White Square Quarter Plate	6
25	White Round Full Plate	6
26	White Round Quarter Plate	5
27	White Oval Full Plate	2
28	White Oval Quarter Plate	1
29	Soup Bowl	0
30	Black Bowl	5
31	White Bowl No. 1	3
32	Consomme Bowl	1
33	Perforated Spoon	15
34	Steel Spatula	7
35	Chopping Board	9
36	Knives	16
37	Baking Dish	2
38	Steel Tray	2
39	Small Round Mould	94
40	Weighing Scale	1

<b>SL No.</b>	<b>Name of the Tools and Equipment</b>	<b>Quantity</b>
41	Long 3 Rack Table	18
42	Small 2 Rack Table	0
43	Service Table	3
44	Tandoor	3
45	Salamander	2
46	Gas Range (Two Burner)	7
47	Gas Range (Four Burner)	5
48	Grill	1
49	Mixing Machine(Table Top)	1
50	Small Table 2/3 Rack	7
51	Deep Sink	7
52	Washing Bay Tap	2
53	Fridge	2
54	Steel Bowl (Small)	30
55	Pasta Machine	1
56	Coconut Scraper	1
57	Pressure Cooker	1
58	Lunch Plate	30
59	Grater	3
60	Kadai	11
61	Collander	12
62	Strainer	12
63	Chinois	2
64	Sieve	2
65	Dekchi Lid	13
66	Steel Lid	17
67	Sauce/Soup Ladle	1
68	Mallet	1
69	Steel Plate (Big)	6
70	Sizzler Tray	2
71	Pizza Cutter	3
72	Can Opener	1

<b>SL No.</b>	<b>Name of the Tools and Equipment</b>	<b>Quantity</b>
73	Peeler	10
74	Skewer	26
75	Skewer Nag Nagin	3 SET
76	Steel Gamla	2
77	Steel Lid (Medium)	18
78	Brass Handi with Lid	1
79	Iron Chanta (Big)	3
80	Metal Skewer	0
81	Kalai Bowl	6
82	Kalai Oil Measure	2
83	Funnel	1
84	Potato Masher	1
85	Steel Mould	0
86	Silicon Mat	2
87	Electronic Weighing Machine	1
88	Doughnet Cutter	1
89	Cookie Cutter	3
90	Break Knife	1
91	Comb	1
92	Scraper	2
93	Tawa (Brass)	2
94	Turn Table	1
95	Heart Shaped Cake Mould	1
96	Porcelain Tray	1
97	Vegetable Slicer	1
98	Pallet Knife	20
99	Tong	1
100	Round Cake Mould	10
101	Square Cake Mould	10
102	Icing Bag	16
103	Small Nozzle	56
104	Long Nozzle	10



<b>SL No.</b>	<b>Name of the Tools and Equipment</b>	<b>Quantity</b>
105	Crème Roll Mould	12
106	Large Pallet Knife	1
107	Steamer	1
108	Lime Squeezer	1
109	Egg Slicer	0
110	Hand Whisk	1
111	Muffin Tray	2
112	Baking Oven (Double Deck)	1
113	Planetary Mixture	1
114	Trolley	2
115	Hot Plate	1
116	Chinese Range	1
117	Silicon Spatula	2
118	Steel Serving Bowl	6
119	Steel Dip Bowl	9
120	Spray Gun	4
121	Baking Gloves	1 pair
122	Hanging Basket	1
123	Nirlep Taveta / Tart Mould midium	10
124	Sauce Cup	0
125	FLIPPER / Square Trivat	1
126	Basket	2
127	Mixer Griender	1
128	Fudent tool	1
129	Rose pin	1
130	Perforated spoon pin boondi	1
131	Blow torch	1
132	Tart Mould Big	10
133	Fan	11
134	Light	24
135	Camera	3
136	Wooden Chair	1