

Introduction and Course Objectives	To impart technical skills of food production. To familiarize the students with the various regions of the country with their traditional cuisines. Also, to induce the students with professional competencies for preparing the types of cookery with the basics.
Main Concepts	Objectives & Methods of Cooking. Cooking as an art
Student Learning Objectives	Aims and Methods of cooking. Introduction to Indian & Continental Cuisine
Prospects	After completion of first year this course the students will acquire the basic knowledge and can easily enter the industry at entrant level.

- UNIT – 1 AIMS AND OBJECTIVES OF COOKING FOOD:** Importance of cooking food, Effects of action of heat on food- cereals, pulses, starchy vegetables, green leafy vegetable sweetening agents, meat, fish, eggs, dairy products, dairy fat, vegetable oils and fats, animal fat, nuts and oil seeds
- UNIT – 2 METHODS OF COOKING:** Classification, principles, equipment required, commodities that can be used, menu examples for - Boiling, Steaming, Poaching, Blanching Sautéing, Grilling, Roasting, Baking Braising, Broiling, Microwaving, Frying. Stewing and En Papillote.
- UNIT – 3 REGIONAL INDIAN CUISINE:** Characteristics, ingredients used, equipment used, cooking methods for regional cuisines – Punjabi, Awadhi, Bengali, Hyderabad, Chettinad, Coastal India, Karnataka. Glossary of Indian Culinary Terms and Popular dishes.
- UNIT – 4 ART OF COOKERY:** Styles of Cookery-Oriental/ Asian/ European/ Continental/ Pan American, History and Development of Modern Cuisine-Classical and Contemporary.
- UNIT – 5 STOCKS, SAUCES AND SOUPS:** Types of Stocks, Mirepoix, Bouquet Garni, & its Uses, Basic mother sauces, derivatives, Thickening agents used in sauces rectification of faulty sauces, miscellaneous sauces & Gravies, Jus roti and Jus lie, Soups-Classification, principles, garnishing and accompaniments, Popular international soups