

Textbook of

FUNDAMENTALS OF COOKING

Grade X



National Vocational & Technical Training Commission (NAVTTC)

**Textbook of
Fundamentals of Cooking
Grade –X**



**National Vocational and Technical Training commission
H-9, Islamabad**

Author: Ms. **Mariyam Usman**, Senior food Preparation and Culinary Arts – Patisserie
Principle Trainer and Owner of Business **ANAYA's PATISSERIE**

Reviewers:

1. Engr Abdul Maqsood, DACUM Facilitator
2. Mr. Saifullah Butt, Trainer
3. Mr. Umer Farooq, Instructor
4. Miss Farhana Ahmad Hashmi, Food consultant
5. Miss Zoha Ameen, Instructress

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PREFACE

This book has been written to meet the requirements of Matric Tech to train the students in Fundamentals of cooking. Matric Tech in fundamentals of cooking has been introduced first time in the history of Pakistan. This book is designed to mirror the way that individuals cook in the kitchen today, with the best of food sources and flavors from the world. This book gathers information about food safety, workplace hygiene and hazard analysis control point rules which is most important be implemented to become professional cook. The fundamental of cooking includes nutritional values of different cuisines. Complete with many plans and four-shading photos all through, this is the fundamental reference for any trying gourmet specialist, culinary students, or cooking expert. Food techniques and different cooking methods will help to be a professional cook and will help to learn fundamental of cooking. Hence in this version everything is explained with details along with picture demonstrations and different activities.

This book cover the topics to train students in Fundamentals of cooking. All the topics are explained in a convenient way understandable to the students of Matric Tech. The version of the book includes all basic cuisines, food techniques and different cooking methods which the learners will help to be a professional cook. This book gathers knowledge about personal, workplace and food hygiene.

The book should not be crammed. It should be read conceptually. Perform all the activities and tasks to have hands on experience. The sequence of chapters can be adjusted as per convenience of the tutor. Make sure you never skip a pre-requisite of any chapter.

**Executive Director
National Vocational & Technical Training Commission
(NAVTC)**

Aims and Objectives

The specific objectives of developing these qualifications are as under:

- Provide students with a smooth transition to work.
- Develops job-readiness & enhance students' trade-specific employable skills and provide opportunities for the development of new skills.
- Provide students with the opportunity to obtain from Level II -IV technical training certification or equivalent in a given trade.
- To set high profile standard professions for the industry to generate standard outputs.
- To validate an individual skill, knowledge and understanding regarding relevant occupations.
- Provide flexible pathways and progressions in training and assessment field.

Objectives

After completing this, the students will be able to:

- develop values and attitudes about the dynamic nature of the culinary arts and the importance of being a self-motivated problem solver and life-long learner
- understand workplace structure and function to utilize this knowledge in hotel industry
- apply the acquired knowledge, values, and skills in the field of hospitality
- start small size entrepreneurship
- Progress to higher levels of studies in the field of culinary arts.
- Develop a range of technical, personal, interpersonal, organizational, and generic skills that can be applied in various contexts, both within and beyond the workplaces.

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Chapter 1: Introduction to worldwide cuisines



Students learning outcomes

After completing this chapter, you will be able to:

- learn need and improvement of modern cookery.
- understand elevation of modern cookery with passage of time.
- distinguish between classic & modern cookery.
- learn why food trends are popular around the world.
- know different types of food trends.
- introduction of food science.
- know about molecular gastronomy.
- understand the basic principles of cooking.

1.1History of modern cookery

1.1.1Importance of modern cookery

Bulk cookery has existed for thousands of years, as long as there have been large groups of people to feed, such as armies. Modern cookery system has started after the middle of eighteen century. At the time food production in France was controlled by guilds. The great chefs were employed in house and Escoffier was one of the main people working in food preparation under guilds.

Auguste Escoffier left behind a legacy in the French culinary industry. He invented some 5000 recipes, published “Le guide culinary text book” and developed approaches to kitchen management. His carrier in culinary arts began when he was 12. He entered in apprenticeship in his uncle’s restaurant in nice. Then he went on another apprenticeship when his age was 19. This time he was working in Paris. Escoffier was the very first chef who worked directly for the public. His 2 main contributions were

1. Menu planning and recipe standardization (the simplification of classical cuisine & classical menu)
2. Steam line workplace with standardization of kitchen designations.

Escoffier is the founder of modern cookery who starts working on modern cuisine. He used different innovations in his cooking. He combines different recipe and creates some 5000 new recipes which place and major role in the beginning of modern cookery.

Do you know!

Monsieur Boulanger opened the first free standing restaurant in Paris in 1765.

1.1.2Elevation of modern cookery with the passage of time

The art of cooking and presentation is considered very ancient. The first cook was a man, who put a chunk of meat close to fire and cooks it. He discovered that meat is cooked this way is too much tasty and delicious. It's the starting of cookery.

With the passage of time, it was very important to introduce innovation and variation in dishes because people get bore from old cuisines and recipes. New recipes and cuisines and introduced by different chefs and cooks according to their regions, traditions and religions according to the demand of their customers. It's the period in which modern cookery make a new turn to the betterment and bright future.

Activity

Arrange the class into small group. Assign them a task to do some research on elevation of modern cookery and write an assignment on it.

1.1.3 Distinguish with classic and modern cookery

Classic cookery	Modern cookery
Classic cookery is the era of cookery in which food was served in large portions.	Modern cookery is the cookery which describes the innovation in classic cookery.
No standard recipe was followed in this cookery.	Standard recipe card is followed in modern cookery.
Classical cookery is ancient as human civilization.	George Auguste Escoffier is the creator of modern cookery
	
<i>Sour cooker slow cream cheese cake – classic cookery</i>	<i>Salted caramel cheese cake- modern cookery</i>

1.2 Food trends around the world

Food trends are the changes in food preferences. Some of the trends are long lasting and remain favorites for years. Food trends are often advertised in magazines and around the internet. Trends can come to the innovation in basic foods.

1.2.1Food trend characteristics

Some of the food trends characteristics are listed below.

- Healthy cooking according to balance of nutrients
- Alternate carbohydrates
- Flexitarian diet
- Dining outs
- Innovation in desserts
- Fusion cuisines



Food trends in burgers

1.2.2Types of food trends

Food trends are set according to traditions and regions. The different types of food trends in club foods, fast foods and street foods include:

- Add more vegetable portion in meals
- Healthy sweeteners instead of sugar
- More beverage options
- Separate and more attractive kids' menu
- Smart and unique appliances
- Rapid deliveries
- Artificial intelligence
- Healthy alternatives of fats and butters
- More cooking practices
- Environmental friendly packaging
- Usage of healthy herbs
- Pop up marketing techniques



Food trends in fast food



Food trends in Street foods



Food trends in club foods

1.3 Cooking and Science (molecular gastronomy)

1.3.1 Introduction to Food Science

Food Science is a name which is used to describe the application of scientific principles to make, create and maintain a wholesome food supply.

Food Science helps us to make best use of the food resources. It minimizes the waste as well. Most of the food materials are from the biological origins. **Food Science** has given us:

- Frozen Food
- Canned Food
- Microwave Meals
- Milk packs
- Snacks
- Nutritious new food
- More easily prepared traditional food



Molecular gastronomy



Because most food materials are from the biological material how they behave in harvesting, processing, distribution, storage and preparation is a very complex problem for understanding all of these broad-based training is required.

The proper application of food science is known as the food technology. Food technology is used for the selection, preservation, processing, packaging, distribution and use of save and healthy food in our daily life.

1.3.2 Molecular gastronomy

Molecular Gastronomy is the scientific process which is concerned with the physical as well as the chemical transformations that occur during the whole process of cooking. These processes and interactions are explored and manipulated to yield favorable, functional and artistic results.

In short, the Gastronomy is the study related to sense of taste, smell. The molecular gastronomy is a practice of changing of physical state of food to enhance flavor, texture and appearance.

Examples of Molecular Gastronomy

Some examples of molecular gastronomy foods are jellification, smoking, sous vide, converting oil into powders, turning vinegar into edible balls or sphere, Cocktails in ice spheres, instant setting ice cream, and spaghetti made from vegetables and many more.

1.3.3 Principles of cooking

Gelatinization

Gelatinization is a process which occurs during the process of cooking. Gelatinization takes place in the cooking converts any liquid to jelly by using gelatin, agar and pectin. In this process the starch becomes soft and edible **Examples of Gelatinization**

The foods items in which gelatinization take place are

- Porridge
- Pasta
- Rice pudding
- Sticky Rice

Do you know!

The most common examples of starch gelatinization are found in the sauce, pasta and baked goods. In sauces starch are added to liquid to make them thick while heating. The starch will absorb the extra liquid and swell resulting in the liquid becoming thicker.



The process of gelatinization

Caramelization

Caramelization is a process where sugars change its color because of heat. It is also known as Millard reaction. It is the process of cooking the sugar until it turns into brown. When table sugar is heated to high temperature about 155°C to 182°C it turns into brown. At this temperature, the sugar compounds begin to break down and new compounds forms.

Examples

Caramelization is used in the production of different food items such as Crème brûlée. Caramelized onions are also used in some dishes such as French Onion Soup

Coagulation means transformation of proteins from a liquid state to a solid state. It indicates a clear change in the fluid to turn to a solid or semisolid (gel) state.



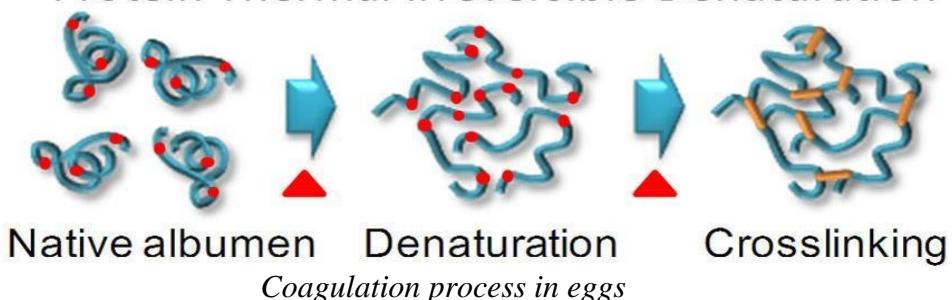
Caramelizeation in crème brûlée

Many food items are depending on the process of coagulation while cooking. It is a very visible change. This process takes place when denatured proteins separate from other nutrients and solidify.

Example: Raw eggs being cooked



(b) Protein Thermal Irreversible Denaturation



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Key Points

- Bulk cookery has existed for thousands of years, as long as there have been large groups of people to feed, such as armies. Modern cookery system has started after the middle of eighteen century. At the time food production in France was controlled by guilds.
- The art of cooking and presentation is considered very ancient. The first cook was a man, who put a chunk of meat close to fire and cooks it. He discovered that meat is cooked this way is too much tasty and delicious. It's the starting of cookery.
- Classic cookery is the era of cookery in which food was served in large portions.
- Modern cookery is the cookery which describes the innovation in classic cookery.
- Food trends are the changes in food preferences. Some trends are long lasting and remain favorite for years. Food trends are often advertised in magazines and around +the internet.
- Food Science is the science which is used to describe the application of scientific principles to make, create and maintain a wholesome food supply. Food Science helps us to make best use of the food resources. It minimizes the waste as well.
- Molecular Gastronomy is the scientific process which is concerned with the physical as well as the chemical transformations that occur during the whole process of cooking.
- Gelatinization is a process which occurs during the process of cooking. Gelatinization takes place in the cooking of many traditional starchy foods and starch based desserts
- **Coagulation** means transformation of proteins from a liquid state to a solid state. It indicates a clear change in the fluid to turn to a solid or semisolid (gel) state.

Exercise

Mark the correct option

1. The process in which the sugar converts into liquid through heat is known as
 - a. Caramalization
 - b. Coagulation
 - c. Gelatinization
 - d. None of these
2. The cuisine which is less time taking and more attractive is known as the
 - a. Old cuisine
 - b. Trending cuisine
 - c. Modern cuisine
 - d. Classical cuisine
3. Which one of the following is the latest food trend these days?
 - a. Rolled ice-cream
 - b. Turkish ice-cream
 - c. Soup and stocks
 - d. None of these
4. The father of molecular gastronomy is

- a. Herve this b. Augeste c. Escoffier d. wilton

Give short answer to the following questions.

1. What is difference between classical and modern cookery?
2. What is the exact temperature for sugar to caramelize?
3. What is molecular gastronomy?
4. What is role of molecular gastronomy in cooking?

Answer the following questions in detail.

1. What are the food trends? Describe different types of food trends.
2. Elaborate basic principles of cooking.

Activity

- Arrange the class into small groups; each group will research on history of famous foods and submit an assignment.
- Prepare presentation on the chart on the history of French kitchen brigade system.

Teacher's guide

1. The teacher is required to explain the students about the latest food trends in different regions. He/she will also give knowledge about the basic Pakistani food.

Chapter 2: Pakistani/ Mughlai Cuisines



Students learning outcomes

After studying this chapter, you will be able to:

- learn basic history of Pakistani/ Mughlai region & their cuisines.
- understand the dining trend of Pakistani/Mughlai region.
- know Various styles of cooking methods, tools & equipment used in Pakistani/ Mughlai cuisine.
- learn about basic spices, sauces and staples used for cooking in Pakistani/Mughlai cuisine.
- know about different cooking methods involve in Pakistani Cuisine.
- understand the history of Mughlai cuisine.
- recognize traditional herbs and spices of Pakistani cuisine.

2.1 History and Trends

2.1.1 History of Pakistani/Mughlai region & their cuisines

Mughlai cuisine is considered to be the combination of almost all the Asian cuisines which were impractical at that time. Mughlai cuisine/Pakistani cuisine is strongly directed by Turkish cuisine of Central Asia (Pakistan, Northern India, and Bangladesh). This cuisine is consisting of many dishes which were developed in the medieval Indo-Persian cultural centers of the Mughal Empire. It is the combination of the cuisine of Indian subcontinents with the cooking standards and styles and the recipes of central Asian and Islamic cuisines. Mughlai is a cooked food in a Pakistani & Indian style which came as a result of Mughal rule in India from 1426 to 1857. It is a different aromatic spice, nuts; dry fruits are added in this food. That's why the flavor of Mughlai/Pakistani cuisine can range from mild to spicy.

Following are the Mughlai / Pakistani dishes

	
Biryani	Pulao
	
Kababs	Kofta

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Haleem



Nihari



Samosa



Qorma



Bakar khani



Chicken tikka



Tandoori chicken



Aloo ghost

Some other dishes of Pakistani/Mughlai dishes include:

- Keema muter
- Rashmi kabab
- Chicken moti pulao
- White kofta
- Shahi kofta
- Daal makhni
- Kastoori Mughal tikka
- Harisa etc

Some desserts of Pakistani/Mughlai cuisine are

	
South Asian saviyan	Shahi tukray
	
South Asian halwa	Phirni
	
Sherbet	Gulab jaman
	
Jalebi	Kheer

2.1.2 Dining trend of Pakistani/Mughlai regions

In Pakistani/ Mughlai cuisine, they people taking their meal in large plates, which are not much bigger in sizes. They take their meals separately in their own plates. In the Pakistani/Mughlai cuisine, the food is prepared in special spices and herbs which can make this cuisine special and unique from the others cuisine.

There are many parts of their meals for example, rice, chapatti, naan, bread, meat. Vegetables, cereals, salads, raita and one or two sweet dishes are present.



Dining Style and Food platter of Pakistani/Mughlai cuisine



Traditional style of dining



Ancient Thal of Dinner in Mughal/Pakistani cuisine

2.1.3 Types of cooking methods, tools & equipment used in Pakistani/ Mughlai cuisine

The Mughlai cuisine was a tough and time-consuming cuisine. In this cuisine butter-based curries and various numbers of sauces are included. This cuisine is so indulgent and it was created to make people want more food. The names of these foods are also very attractive and intriguing, which may attract people to try new dishes in Pakistani/Mughlai style.

In Mughlai cuisine, dishes like mild to medium hot cream and nut-based gravies, rice dishes with lot of nuts, dry fruits, rich creamy desserts, spices like cardamom, cloves, nut mug, saffron, and cinnamon. These popular gravies also pair well with rice and bread.

Cooking methods

Following are the common cooking methods in Mughlai/Pakistani cuisines.

- 1. Deep frying
- 2. Boiling
- 3. Stewing
- 4. Sautéing
- 5. Roasting
- 6. Pan frying
- 7. Steaming

Deep frying

Deep frying is the moist heat cooking method in which food is cooked in hot oil. Normally, a deep fryer is used for this purpose. Examples include fried kebabs, paratha, rolls, samosa and chicken.



Deep fried chicken



Boiling of potato

Boiling

Boiling is the type of moist heat cooking method in which food is cooked in hot water at 100C. Examples include boiling of rice, potato, vegetables, corn and chicken.

Stewing

Stewing is a moist heat cooking method in which combination of solid food, is cooked in liquid and serve as gravy. Examples include aloo ghost, chicken korma, yakhni pulao etc.



Aloo ghosht made with stewing



Sautéing of vegetables

Sautéing

Sautéing is a fat fry cooking method in which food is cooked in a little amount of fat on high heat. Examples include stir fry of vegetables, mushrooms and onions .



Roasting of chicken



Panfrying of mutton chops

Pan frying

Pan frying is a fat fry cooking method in which food is cooked in a minimum amount of fat. Example includes shallow frying of kebabs, mutton, chicken etc.



Steaming of vegetables

Steaming

Steaming is a cooking method in which food is cooked in steam. This is mostly done in a steamer. Examples include steaming of vegetables and meat.

Tools, utensils and equipment:

	
Pans	Pots
	
Tongs	Spatula
	
Copper pot	Mortal & pestel

	
Serving pots	Wok
	
Crockery	Cutlery
	
Knives	Rolling pin

2.2 Spices, sauces & staples

2.2.1 Spices, sauces and staples used for cooking in Pakistani/Mughlai cuisine

Basic spices of Mughlai cuisine are listed below

	
Saffron	Cardamom
	
Black pepper	Dry fruits
	
Nuts	Cloves
	

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Coriander powder	Nutmeg
	
Cinnamon sticks	Turmeric
	
Salt	Red chilli
	
Cumin seeds	Bay leaves
	
Ginger	Garlic

Sauces in Mughlai/Pakistani cuisine

Basic sauces used in Mughlai/Pakistani cuisine include plum sauce, mint sauce and corianders sauce.



Mint, coriander and plum sauce

Staples

Following are the staple food of Mughlai cuisine

	
Rice	Wheat bread (roti, puri)
	
Lentils	Vegetables
	

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Yogurt	Fruits
--------	--------

2.2.2 Cooking Methods involved in Pakistani cuisine

Following are the cooking methods used in Pakistani cuisines

- | | |
|----------------|---------------|
| 1. Deep frying | 5. Roasting |
| 2. Boiling | 6. Pan frying |
| 3. Stewing | 7. Steaming |
| 4. Sautéing | |

These methods are already described in previous topic 2.1.3

Recipes

Recipe of a dish describes a set of instruction for preparing a particular dish, including a list of the required ingredients for preparation of the dish.

Murg malai kabab

Name of dish	Murg malai kabab	Preparation time 40 mins	Cooking time 25 - 30 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Chicken boneless	500 gm	Butter	25 gm.
Salt	As per taste	Egg	1
Ginger paste	10 gm.	Cream	250 gm.
Green chilli	10 gm.	Garlic paste	10 gm.
Nutmeg	2 gm.	Lemon juice	3 gm.
Black pepper	As per taste	Germ masala	2 gm.

Method

- Wash chicken, add all spices in it and mix well.
- Then add butter and lemon juice.
- Marinate it and leave for 3 hours.
- Arrange chicken on skewers and fry it.



Murg malai kabab

Shahi Chicken Korma

Name of dish	Shahi chicken korma	Preparation time 50 mins	Cooking time 10 mins
Number of portions:	4	Size of unit:	

Commodities:

Items	Quantity	Items	Quantity
Chicken	1 kg	Dry Red chillies	3
Tomato	2 medium	Coriander powder	8 gm.
Onion	4 medium	Salt	As per required
Milk	250 ml.	Saffron	1 pinch
Oil	200 ml.	Kasoori methy	10 gm.
Ginger paste	9 gm.	Black pepper	As per required
Garlic paste	9 gm.	Bay leaves	2
Cumin seeds	5 gm.	Curd	125 gm.
Cardamom	5	Cashews	25-30

Method

- Heat the handi or kadhai and add oil into it. Once the oil is hot enough add onion into it fry them nicely and take out the onions and keep aside.
- Reduce the flame and add spices like bay leaf, dry whole red chili and cumin, stir it nicely then add onion, tomatoes, ginger garlic paste and all the remaining spices into it and cook masala.
- In the meantime, marinate the chicken with some salt and turmeric.



Shahi chicken korma

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- Once the masala appears cooked add marinated chicken into it and allow the chicken to cook in the bhunna masala.
- While the chicken is cooked gently add curd and 10 - 15 cashews blended paste into it.
- In the meantime, take a small bowl and mix milk, sugar and saffron strands into it. Whish the mixture and add it to the gravy along with some water.
- Cover the lid and cook it for 10 - 15 minutes. Once the chicken appears cooked add in the kasoori methi.
- At the end garnish it with coriander leaves and remaining cashews

Shahi tukray

Name of dish	Shahi tukray	Preparation time 50 mins	Cooking time 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Full fat milk	1 liter	Cardamom powder	5 gm.
Sugar	250 gm.	Ghee	20 ml for frying
Saffron	8 stands	Almond flakes	10-12
Brown bread	4 slices	Raisins	10-12

Method

Making rabri

- Soak saffron strands in warm milk and keep it aside in a bowl.
- Boil 1-liter milk in a heavy bottom pan.
- Once you get the first boil that is after 5 minutes simmer it on a low flame and keep boiling till the milk reduces in half quantity.
- Keep scraping the cream from the sides of the pan and add it into the milk.
- Now add sugar and Saffron strands into the milk and keep stirring it in between.
- Allow the milk to boil further for 20 minutes stirring it in between till the milk becomes thick and has almost reduced to 1/4 of the quantity.
- Transfer the milk into a bowl and let it cool under the room temperature.
- Once its cooled down keep the rabri into the refrigerator.

Making sugar syrup

- Add sugar, cardamom powder and water into a pan and boil it till sugar dissolves.
- It will take approximately 3-4 minutes.
- Boil the syrup till you get one thread consistency. Keep it aside and let it cool.

Bread slices

- Cut the core of the bread slices and keep it on a plate.
- Take a small pan and heat it. Add ghee in the pan and heat it on a medium flame.
- Once the ghee is hot fry the bread slices till they are crispy and golden brown in color.
- Remove it and keep it on a plate.

Garnishing

- Heat ghee in a small pan and fry almond flakes and raisins in it.
- Once they are nicely brown in color remove them in a bowl.

Bread Soaking

- Once you have fried the bread slices in the ghee, soak them in the sugar syrup for 3-4 minutes and place it on a serving plate.

SERVING SHAHI TUKRA

- We have done all the necessary preparations for making Shahi Tukra.
- Now it's time to assemble it just before serving.
- Take the serving plate where you had placed the bread slices soaked in sugar syrup (in the step above) and pour the chilled Kesar rabri on it and garnish with fried dry fruits and sprinkle some dry rose petals on it.
- Serve it chilled and relish it.



Shahi turkay

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Activity: Arrange the class into small groups, each group will research and make a assignment on mughlai cuisine.

2.2.3Traditional herbs and spices of Pakistani cuisine

Traditional herbs	Traditional spices
Mint	Cardamom
Coriander	Cloves
Bay leaves	Nutmeg
Fenugreek	Mace
Cinnamon	Black pepper

Activity 1: Arrange the class into small groups. Assign them a task to differentiate between the spices and herbs used in Pakistani cuisine.

Key points

- Mughlai cuisine/Pakistani cuisine is mainly reflected by Turkish cuisine of Central Asia (Pakistan, Northern India, and Bangladesh). Mughlai cuisine is cooked food in Pakistani & Indian style which originate from India (1426 to 1857).
- The cooking methods used in Mughlai/Pakistani cuisine are deep frying, boiling, stewing, sautéing, roasting, pan frying and steaming.
- The tools and equipment used in Mughlai/Pakistani cuisine are rolling pin, tongs, mortar & pestle, wooden spatula, earthen pots, pans etc.
- The basic herbs of Pakistani cuisine are mint, coriander, bay leaves etc.
- The basic spices used in Mughlai cuisine are mace, cardamom, cloves, black pepper and cinnamon etc.
- Recipe of a dish describes a set of instruction for preparing a particular dish, including a list of the required ingredients for preparation of the dish.

Exercise

Select the most appropriate option

1. Word biryani is derived from
 - a. Greek word
 - b. Urdu word
 - c. Persian word
 - d. None of these
2. Korma is originated from
 - a. Indian subcontinent
 - b. Turkey
 - c. A & b both
 - d. None of these
3. Which is used spice for the aroma in Mughlai cuisine
 - a. Turmeric
 - b. Red chilli
 - c. Black pepper
 - d. All spice
4. The national food of Pakistan is
 - a. Biryani
 - b. Korma
 - c. Nehari
 - d. Haleem

Give short answer of the following questions.

1. Why Pakistani /Mughlai dishes are famous worldwide?
2. Why the Mughlai /Pakistani dishes are so aromatic?
3. What is the major difference in Biryani and Pulao?
4. Enlist basic spices used in Mughlai cuisine?

Answer the following questions in detail.

1. Write down the recipe of Chicken korma of the Pakistani/Mughlai dishes?
2. Draw a table showing different spices and herbs of Pakistani cuisine?

Activity

- Arrange the class into small groups, each group make any main coarse dish of Mughlai cuisine, garnish it with appropriate herb and serve it to teacher.
- Arrange the class into small groups. Assign them a task to identify various herbs and spices of Mughlai cuisine.

Teacher's guide

1. The teacher is required to explain students about the history of Mughlai cuisine, also make them recognize various spices and herbs of Pakistani cuisine.
2. The teacher is required to demonstrate preparation of Mughlai desserts (shahi tukray).
3. The teacher is required to demonstrate preparation of Mughlai Mugh Malai kabab in class.

Chapter 3: Arabian Cuisine (X)



Students learning outcomes

After completing this chapter, you will be able to:

- learn history of Arabian/Greek region & their cuisines.
- understand the dining trend of Arabian region.
- know various styles of cooking methods, tools & equipment used in Arabian cuisine.
- learn basic spices, sauces and staples used for cooking in Arabian/Greek food.
- learn about the different ingredients available for Arabian cuisine.
- know about different cooking methods involved in Arabian cuisines.
- understand simple cooking styles of Arabian cuisine.

3.1 History and trends

3.1.1 History of Arabian/Greek region & their cuisines

The history of Arabic cuisine goes back to the old civilizations of Middle East. These people used to make their food from the products they cultivated such as wheat, spices, grains and vegetables. They enjoyed meats such as poultry, mutton and lamb. Arabic cuisine is the cuisine of Arabs which is famous all around the Arab world from the Maghreb to the Fertile Crescent and the Arabian Peninsula. These cuisines are 1000 of years old and reflect the pure culture of trading in different ingredients which are used in Arabian cuisine such as spices, herbs, vegetables, meat and fruits. The Arab regions have many similarities, but also unique traditions. They have also been attracted by climate, mutual commerce and cultivation.

Some popular Arabic dishes are as follow

	
Hummus	Manakesh
	
Umme ali	Grilled halloumi

FUNDAMENTALS OF COOKING



Shanklish



Falafel



Arabian shawarma



Tabouleh



Shish tawook



Dolma



Sulemani chai



Baba ghanoush

Do you know: In the Levant, Arabic coffee is a most liked beverage but Arabic tea is also much enjoyed in Jordan and Palestine.

Some examples of Arabic desserts includes

	
Kunafa	Qatayef
	
AishEi-Ssaraya	Barbosa

3.1.2 Dining trend of Arabian region

The Arabian cuisine is the cuisine of the Arabs, Arabic cuisine is the cuisine which is defined as the various regional cuisines spanning the Arab world, from the Maghrib to the Fertile Crescent and the Arab Peninsula. These cuisines are centuries old and it tell us the culture of trading in spices, herbs and other food items. All the Arabic regions have their own similarities, but also unique traditions.

In Arabian cuisine some dining trends are very unique and popular in the Arab countries. The Arabs like to eat in a specific thal which is bigger in size. They use to take their meal in groups. A single thal is served to a group of people. They like mutton roast, cooked with specific arab spices and olive oil. They like such a food which is a bit salty but not a spicy one.

Following are the commonly used food items of Arabic Cuisine

- Bread
- Sauces
- Sweets
- Vegetables
- Special Teas and Kehwa
- Olive oil
- Olives
- Dates
- Nuts
- Mutton



Dining trend in Arabian cuisine

3.1.3 Types of cooking methods, tools & equipment used in Arabian cuisine

The Arabic cuisine is one of the oldest cuisines. Arabs are very conscious about their healths and diets. They mainly use olive oil and butter to cook their food. They use light flavors in their cuisine.

They prefer the grilling and baking methods of cooking instead of frying. These methods are quite healthier than the other cooking methods. These techniques help to minimize the calories of the dish while still adding flavor.

They use cereals as a basic diet. Grains like wheat and rice are used as the major staples. In the Greek cuisine they used to follow frying, breaded, simmering, roasting, grilling, poaching, pickling etc.



Grilling, baking and roasting in Arabic cuisine

Tools and equipment



Mortal and pestel



Spatula



Wooden spoon



Food processor



Pyrex ovenware



Skewers



Pots



Thermometer

Do you know: Arabs eat olives with almost every meal even in the breakfast.

3.2 Basic spices, sauces & staples

3.2.1 Types of sauces, spices & staples used for cooking in Arabian cuisine

The herbs and spices which are mostly used in the Arabic Cuisine are listed below

	
Zaatar (the mixture of Wild thyme, sumac and sesame seeds)	Sumac (sumac flowers are picked and drupes are ground into a reddish - purple powder)
	
Tarragon	Mastic
	
Caraway	Paprika

Some other herbs and spices are including.

- Sesame seeds
- Saffron
- Black pepper
- All spice
- turmeric
- Garlic
- Parsley
- Coriander

Sauces

The most delicious and popular dressings used in the Arabic Cuisine is the combination of olive oil, lemon juice, parsley, garlic, tahini (sesame paste), Labaneh (strained yogurt) and often seasoned with different ingredients such as onion, garlic mint.

Some famous Arabic Sauces are

	
Shatta sauce	Arabic garlic sauce
	
Traditional toom	Arabic bean sauce
	
Middle eastern yogurt sauce	Daqoos sauce

Staples

In Arabic/Greek cuisine the most famous staples are wheat (khobz bread and couscous) fish, seafood, goat, lamb, beef, dates, almonds, olives, various fruits and vegetables.

3.2.2 Ingredients available for Arabian cuisine



Following ingredients are the keys that make the Middle Eastern food flavorsome

- Biharat
- Carob Molasses
- Dried Barberries
- Aleppo Pepper
- Sumac
- Bulgur
- Saffron
- Cracked freekeh

Ingredients

6 ingredients are used most in Arabic / Greek cuisine

- Sesame Seeds
- Pomegranate Molasses
- Lemon
- Couscous
- Bulgur
- Mint
- Saffron

3.2.3 Cooking methods involved in Arabian cuisine

The basic cooking methods used in

Arabian cuisine are

1. Grilling
2. Baking

1. Grilling

Grilling is a dry heat method of cooking in which food is cooked in little amount of fat.

Examples includes grilled holloumi, lamb mandi etc.



Grilled holloumi

2. Baking

Baking is a dry heat cooking method in which food is cooked in oven at specific temperature and time.

Examples include umm ali, basbousa, kunafeh, baklava etc.



Recipes

Kunafa -Arabian dessert

Creamy hummus:

Name of dish	Hummus	Preparation time 45 mins	Cooking time 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Chick peas	150 gm.	Olive oil	24 gm.
Chickpea liquid	250 ml.	Lemon juice	5 ml.
Tahini	125 ml.		

Method

- Combine the ingredients and cook well.



FUNDAMENTALS OF COOKING

Falafel

Name of dish	Falafel	Preparation time 45 mins	Cooking time 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Preparation time 45 mins	Cooking time 10 mins
Dried chickpeas	225 gm.	Parsley	350 gm.
Scallions	1 bunch	Salt	As per taste
Garlic cloves	4 medium		

Method

- Combine all ingredients
- Mix well and make small balls
- Deep fry them



Arabian laham mandi:

Name of dish	Arabian laham mandi	Preparation time 50 mins	Cooking time 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Mutton	1 kg.	Green cardamom	4
Rice	500 gm.	Cloves	4
Carrot	2 grated	Black pepper	10
Capsicum	2 slice	Nutmeg	1 pinch
Olive oil	50 ml.	Bay leaves	2
Almond	125 gm.	Ginger powder	4 gm.
Chicken stock	1 liter	Lemon	4 slices
Salt	As per required	Water	250 ml.

Method

- Add nutmeg, bay leaves, ginger powder, black pepper and clove in a grinder and grind well.
- Now put mandi spices in a bowl and add lemon, 2 tablespoon oil, 1 cup water and salt.
- Apply this mixture to the mutton and leave to marinate for a few hours.
- Then tightly pack with aluminum foil.
- Now bake in oven for 40 minutes.
- Take out from oven and cook until water dries.
- Inflame a piece of coal and place it in the middle of mutton pan. □Now drizzle a little oil on coal and immediately cover it tightly.
- Heat the remaining oil in a pan, add chicken stock and boil for a while.
- Then add 1 tsp. mandi spice.
- Now add salt and rice and cook till very little water is left.
- Then mix capsicum and carrot.
- Cover tightly and steam on very low heat for 10 - 15 minutes.
- When rice is ready, take it out in platter and put prepared mutton on top.
- Garnish with almonds and serve hot



Arabian laham mandi

Qehwa Arabeya:

Name of dish	Qehwa Arabeya	Preparation time: 20 mins	Cooking Time 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Water	1 liter	Cardamom	4
Roasted and ground coffee	75 gm.	Saffron	2 gm.

Method

- Boil the water in a pan
- Add the coffee and let boil over low heat for half an hour
- Remove from the heat and let rest for 5 minutes to allow the coffee to settle
- Put the cardamom in a coffee pot, strain the coffee into it and add the saffron
- Place the pot over the heat, bring back to boil once



Qahwa arabeya

3.2.3 Cooking style of Arabian cuisine

Arabic cuisine includes olive oil, za'atar and garlic into it. Its common dishes include a wide range of mezze of bread dips, stuffing and its side dishes which are famous all around the world are hummus, falafel, tabouleh, Labaneh and baba ghanoush.

In Arabic cuisine mostly fresh ingredients are used which are mostly grown locally or in the nearby region to conserve freshness. It is a creative and tasty combination of different ingredients to create delicious meals. It is most healthy cuisine as compare to the other cuisines.

The cooking styles of Arabian cuisine are:



Preparation of mandi



Mutton roast

- Activities**
- c. Stewing c. Deep frying

Activity 1: Presentation on the history of Middle Eastern Cuisine

Activity 2: Prepare Arabian/Greek food using various staple ingredients

Activity 3: Prepare Salads of Arabian Cuisine

Key points

- The history of Arabic cuisine goes back to the old civilizations of Middle East. These people make their food from the products they cultivated such as wheat, spices, grains and vegetables. Arabic cuisine is the cuisine of Arabs which is famous all around the Arab world from the Maghreb to the Fertile Crescent and the Arabian Peninsula.
- The preferred cooking methods are grilling and baking as compared to frying. These methods are healthier than the other cooking methods.
- The most delicious and popular dressings which are used on the Arabic Cuisine are the combination of olive oil, lemon juice, parsley, garlic, tahini (sesame paste), Labaneh (strained yogurt) and often seasoned with different ingredients such as onion, garlic mint, and serve this as a sauce with different dishes.

Exercise

Select the most appropriate option

1. Falafel should be served
 - a. Hot
 - b. Cold
 - c. Both of above
 - d. None of these
2. Lamb is
 - a. Staple meat
 - b. Complex meat
 - c. Salty meat
 - d. None of these
5. Arabs prefer to cook food in
 - a. Olive oil
 - b. Mustard oil
 - c. Corn oil
 - d. Sunflower oil
6. Which is the most used cooking method in Arabian cuisine
 - a. Boiling
 - b. Grilling
 - c. Stewing
 - c. Deep frying

Give short answer of the following questions.

1. Why Arabic Cuisine is healthier than the other cuisines?
2. Which is the most popular sauce in Arabic/Greek cuisine?
3. Which is the most traditional dining trend of Arabian cuisine?
4. Why baking and grilling is preferred in Arabic cuisine as compared to frying?

Answer the following questions in detail.

1. What makes the Arabic/Greek cuisine different from other cuisines?
2. Write down the cooking methods of hummus along with standard recipe?

Activity

- i Prepare, cook and finish Hummus using different staple ingredients of Arabian cuisine.
- ii Prepare, cook and finish any Arabian salad along any meat Arabian dish.
- iii Prepare, cook and finish any Arabian dessert kunafa along any meat Arabian dish.

Teacher's guide

- The teacher is required to recognize the students about the basic ingredients, staples and sauces of Arabian cuisine.
- The teacher is required to demonstrate the students about the production of any one Arabian salad, meat dish, rice dish and dessert.

Chapter 4: Oriental Cuisine



Students learning outcomes

After completing this chapter, you will be able to:

- know about the history of oriental cuisine.
- understand the different regional specialties.
- learn about popular oriental dishes around the world.
- learn about basic oriental spices.
- know about the health benefits of oriental spices.
- know different types & purpose of oriental sauces.
- learn about different ingredients of oriental sauces.
- know about the preparation & storing of oriental sauces.

4.1History and trends

4.1.1History of oriental cuisine

Oriental food is derived from different regions of China, North & South Korea, Japan, Taiwan, Tibet and Mongolia. Oriental food is also called Asian style cooking. The major impact on oriental/Southeast Asian cuisines deploy by china from the east and India from the west.

Oriental cuisine is a broad term in which many styles of cooking include. The word oriental depends on the location, region and their traditions. In many parts of Asia, food is still called Asian food but in China, it's called Japanese food.

Many times when someone in Europe thinks of American food, Chinese food comes in mind, with chicken, rice, vegetables and sauces. Chinese food also qualifies as a type of oriental food in Europe. Classification of oriental cuisine

- Korean
- Japanese
- Thai
- Chinese

Some examples of oriental food includes

- Crunchy ice berg dumplings
- Chicken with chilies & chews
- Laksa
- Thai fish curry
- Thai chicken curry
- Raw papaya salad
- Balinese chicken
- Chicken Manchurian
- Indonesian nasi goreng
- Prawn and sesame toast



Chicken Manchurian- Oriental Cuisine

4.1.2 Different region specialties in oriental cuisine

Different regional specialties include

Korean

The three kingdoms of Korea, all have their own special and unique types of food dishes such as in second kingdom, most eat cold food is kimchi. Korean food is mostly oriented from Mongol. Korean food is mostly based on grains, meat, fish and vegetables. Examples include budra jiigae, kongguksu, tangpyeongchae etc.



Thai

Thai and Vietnamese which are the cuisines from Southeast Asia also called oriental cuisines. In this cuisine, foods include noodles, curries and hot spices. Examples include massaman curry, pad kro prao, khao soi, kway teow etc

Japanese

Japanese food is unique as it looks and as its taste. Japanese food was influenced by the Chinese during the tang dynasty. Japanese food is mostly based on rice, soup and noodles. Their dish includes fish, meat, vegetables and tofu. Examples include tempura, sushi, sashimi, unagi, soba, yakitori and sukiyaki etc.



Chinese

Distinctive features of Chinese cuisine is Harmonious colors, aroma, flavor and shapes in one dish. The basic principle of this region is blending of colors and flavors. Examples include chow Mein, hot & sour soup, spring roll, dim sums, stir fry tofu with rice, shiitake fried rice with water chestnuts etc.

4.1.3 Popular oriental dishes around the world

Popular oriental dishes around the world are listed below.

- i. Chilli crab in Singapore
- iii. Curry feast in Sri Lanka
- v. Candied haws in China
- vii. Satay in Indonesia
- ix. Ais kacang in Malaysia
- xi. Shan noodles in Myanmar
- ii. Khantoke dinner in Thailand
- iv. Momos in Himalayan
- vi. Kimchi in Korea
- viii. Roti parata in Singapore
- x. Noodle soups in China

Activity: Prepare a list of different dishes of continental cuisine popular worldwide

4.2 Basic spices, sauces & staples

4.2.1 Basic oriental spices

There are basic eight oriental spices, listed below



Chilli



Black pepper



Galangal



Ginger

	
Bay leaves	Curry leaves
	
Lemongrass	Spearmint

4.2.2 Health benefits of oriental spices

Curry leaves

It gives unique tinge and flavor to food. It is beneficial for health. It has

- Carbohydrates
- Fiber
- Calcium
- Phosphorous
- Iron
- Vitamin A, B, C and E

It is beneficial for heart functioning, boast immunity, fight from infections and enrich your skin and hairs.

Coriander leaves

Fresh coriander has anti-oxidants in it; it has anti septic and a natural stimulant that improve digestion along with fungicidal benefits. It is a good source of vitamin A and C which helps in improvement of immune systems.

Chilli

Chili helps in boasting high amount of vitamin C and antioxidants. It helps in prevention of cancers and stomach ulcers.

FUNDAMENTALS OF COOKING

Ginger

Ginger is very healthy for human body. It helps in osteoarthritis, weight loss, nausea, lower sugar level; improve heart diseases risk factors, chronic indigestion and lower cholesterol levels.

Cumin

Cumin seeds anti-oxidants, anti-cancer properties and treat diarrhea. It also helps in control blood sugar, fight bacteria, lower cholesterol and weight loss.

Turmeric

Turmeric helps in healing of cuts and wounds. It has potential to improve heart health and prevent against cancer and Alzheimer's.

4.2.3 Types of oriental sauces

The different types of oriental sauces are listed below.

1. Soy sauce
2. Tomato sauce
3. Mushroom soy
4. Tamari
5. Keycap manis
6. Oyster sauce
7. Fish sauce
8. Hoisin sauce
9. Tabasco sauce
10. Peri peri sauce
11. Hot sauce

Purpose of oriental sauces

- These sauces are used in different dishes to make them flavor and taste.
- These are uses in marinating and seasoning as it has high salt level.
- Dark soy sauce is darker and thicker and give sweet taste and used for flavor and seasoning.
- Japanese soy sauce gives sweetness after fermentation
- Tamari is a rich sauce made from soy bean and rice. It's basically used in gluten free dishes.

4.2.4 Ingredients of oriental sauces

Oriental sauce

Name of dish	Oriental sauce	Preparation time: 40 mins	Cooking Time: 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity

Tomato	4 medium	Spring onion	12 gm.
Tomato ketchup	12 gm.	Garlic	4 gm.
Soy sauce	4 ml.	Vinegar	10 ml.
Sesame oil	5 ml.	Coriander chops	7 gm.

Method

- Heat the sauce pan and heat it
- Pour onions and fry them until golden brown.
- Put tomato, tomato ketchup, soya sauce and other ingredients
- Mix them well until desired consistency
- Serve hot.



Hoisin sauce

Name of dish	Hoisin sauce	Preparation time: 40 mins	Cooking time: 10 mins
Number of portions:	4	Size of unit:	1

Commodities:

Items	Quantity	Items	Quantity
Dark brown sugar	85 gm.	Rice vinegar	12 ml.
Water	20 ml.	Sesame oil	2 ml.
Chinese black bean sauce	35 ml.	Chinese five spice powder	2 gm.
Soy sauce	24 ml.	Red chilli/srirache	3 gm.

Method

Combine all the ingredients in a blender and blend it until it becomes a smooth puree.



Hoisin sauce

Fish Sauce

Name of dish	Fish sauce	Preparation time: 40 mins	Cooking time: 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Finely chopped garlic	6 cloves	Whole black	12 gm.
Lemon zest	1	Small fish (herring, smelt)	625 gm
Sea salt	10 gm.	Non chlorinated water	500 ml.
Bay leaves	6	Fresh whey	20 gm.

Method

- Mix the garlic and lemon zest with the sea salt
- Rinse the fish and cut it into the 1/2 inches pieces
- Then toss the pieces of fish with the salt mixture and coat the fish properly
- Add peppercorns and bay leaves into it and pack all this mixture into a Mason jar press down the pieces to release the juice. Pour the whey into the jar.
- Pour the water as required to completely dip the fish. (Be sure to leave it at least 1-inch of headspace from the top of the jar because the mixture will expand when it will ferment.)
- Cover the jar tightly and leave it on the room temperature for 3-4 days then place the jar onto the refrigerator and let it set for about 4-6 weeks
- After 4-6 weeks double strain the mixture.
- Then store it into the refrigerator for 4-6 months



Oyster Sauce

Name of dish	Oyster sauce	Preparation time: 40 mins	Cooking time: 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Shucked oysters with liquid	225 gm.	Light soy sauce	25 ml.
Water	12 ml.	Dark soy sauce	6 ml.
Salt	2 gm.		

Method

- Drain the shucked oysters and reserve the liquid
- Chop the oysters with a sharp knife.
 - Combine the chopped oysters with the reserve liquid and water in a saucepan
- Bring it to boil
 - Stir the mixture occasionally to prevent the oysters from sticking to the bottom.
 - Simmer it for 10 minutes Add salt into it and stir well to combine
- Strain the mixture with the help of a sieve and place it on the low flame. □ Add the soy sauce and boil it and simmer for more 10 minutes



Keycap Manes

Name of dish	Keycap manes	Preparation time: 40 mins	Cooking time: 10 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Soy sauce	200 ml.	Cloves	2 whole
Brown sugar/ coconut sugar	300 gm.	Peppercorns	2 gm.

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Molasses	10 gm.	Chilli	2 gm.
Garlic	3 cloves	Coriander seeds	4 gm.
Ginger	2 inch	Lemon grass	4 gm.
Star anise	2 whole		

(Note: palm/coconut sugar has a rich Caramel and butterscotch flavor whereas brown sugar yields a sweeter - tasting sauce, take your pick)

Method

- Place all the ingredients in a saucepan
- Bring it to boil.
- Cook it until it simmers
- Cook it until the sugar is dissolved and sauce begin to thicken
- Cook it for 10 - 15 minutes
- Turn off the flame and let it cool then strain it and store it into the refrigerator



Activities

Prepare, cook and finish 9 basic sauces of oriental cuisine and write recipe.
Divide 9 sauces in the class. Each student will cook one sauce individually.

4.2.5 Preparation & storing of different types of oriental sauces

Storage of different types of oriented sauces:

Sauces	Storage
Light soy sauce	Cool, dark place up to 6 months In a fridge at 4C for one year.
Dark soy sauce	Air tight container in a cool place for 6 months
Japanese soy sauce	Cool or dry place for 6 months
Mushroom soy	After opening refrigerate up to one year.
Tamari	Storage in fridge till use by date.
Keycap manis	Store in dry cupboard for 2 years.
Oyster sauce	Store in refrigerator in 2-3 months
Fish sauce	Store in original airtight container in pantry.
Hoisin sauce	Store in refrigerator for 18 months.

Recipes

Oriental food refers to dishes made and consumed in the Southeast Asian countries. Dishes of Chinese, Korean and Japanese cuisine fall under the category of 'Oriental food'. Their dishes have lots of spices and dry ingredients like apricot and plum. Fermented sauces and pickled products are widely used in such foods. Some recipes of oriental food are listed below.

Sticky Chinese chicken wings

Name of dish	Sticky Chinese chicken wings	Preparation time: 40 mins	Cooking time: 15 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Chicken wings	1.5 kg	Ketchup	75 ml.
Sesame oil	3 ml.	Chilli garlic sauce	10 ml.
Lemon juice	20 ml.	Garlic	4 cloves
Light soy sauce	20 ml.	Ginger	7 gm.
Brown sugar	23 gm.	Five spice powder	2 gm.
Hoisin sauce	7 gm.	Coriander leaves	For garnishing
Oyster sauce	7 ml.		

Method

- Mix all the ingredients in a large bowl and place wings into it and toss well
- Marinate it 5 - 6 hours into the refrigerator
- Bake it in preheated oven on 180°C for 35 -40 minutes.
- Garnish it with coriander/cilantro leaves/ sesame seeds, chillies, sliced shallots etc



Chinese Fa Geo (Fortune Cake)

Name of dish	Fa Geo cake	Preparation time: 40 mins	baking time: 30 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Flour	250 gm.	Brown sugar	125 gm.
Hot water	130 ml.	Baking powder	4 gm.

Method

- Melt brown sugar with hot water and set it aside
- Combine flour with baking powder, add sugar water, stir the batter in one direction for around 3-5 minutes Pour this batter into the molds and keep aside
- Bring enough water into a large wok or deep pot, set up the steamer and place the batter in when the water begins to boil.
- Cover it and continue steam for around 20 - 25 minutes.



Egg fried rice

Name of dish	Egg fried rice	Preparation time: 60 mins	Cooking time: 15 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Boiled rice	500 gm.	Spring onion	3-4 stalks
Soy sauce	10 ml.	Schezwan sauce	15 ml.
Rice vinegar	8 ml.	eggs	3
Chopped garlic	10 gm.	Chopped carrot	125 gm.
Crushed black pepper	2 gm.	Diced bell peppers	125 gm.
Salt	As per required	Cabbage shredded	125 gm.
Oil	20 ml.		

Method

- Boil and stain the rice
- Heat a pan with oil add chopped garlic into it fry it for 30 seconds
- Add spring onion whites and fry for a minute

- Add chopped veggies and fry for about 2 minutes. (Veggies should be crunchy) Then slide all the veggies to one side of the pan.
- Pour egg into the pan and scrambled it cook till they are soft and fluffy but not overcooked
- Pour the soy sauces and vinegar into it.
- Add cooled rice, salt, ground black pepper and spring onion greens.
- Fry on the highest flame for about 2 minutes.
- Adjust salt and spice as needed
- Garnish it with some spring onion greens



Egg fried rice

Korean rice cake

Name of dish	Korean rice cake	Preparation time: 60 mins	Cooking time: 25 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Red kidney beans	125 gm	Rice flour	250 gm.
Salt	As per required	Boiling water	50 ml.
Cinnamon	2 gm.	Green tea powder	For garnishing
Sugar	12 gm.	Black sesame seeds	For garnishing
Brown sugar	150 gm.	Coconut	For garnishing
Vanilla essence	2 drops		

Method

- **Step 1 Blend cooked beans**

To prepare this dessert recipe, rinse the soaked kidney beans and add them to a medium pot. Pour enough water into the pot and boil over medium flame. Cook until the red beans are tender and when they are done, remove the pot from the burner and drain the excess water. Transfer the cooked beans in a blender jar and blend them to make a fine puree.

- **Step 2 Prepare the stuffing**

Transfer this beans puree to a saucepan and add brown sugar, vanilla syrup and cinnamon in it. Sprinkle a little salt and stir with a spatula to mix all the ingredients. Cook the beans puree over the medium flame while stirring occasionally. Let it simmer for 5-10 minutes and once done, keep it aside.

- **Step 3 Prepare the dough**

To prepare the dough, take a large bowl and add rice flour to it. Sprinkle salt and sugar in the bowl and gradually add boiled water to it. Knead a firm dough and when it is soft enough, put it aside.

- **Step 4 Keep the ingredients ready**

Now, take a small bowl and mix together green tea powder with a little sugar. Grind roasted black sesame seeds in a grinder and keep it in a separate bowl. Place the shredded coconut in a different bowl.

- **Step 5 Fold and make rice cakes**

To make the rice cakes, take a small portion of rice dough and roll it on a flat surface. Add a spoonful of bean paste in the centre and carefully fold the edges inwards. Gently press the edge of rice balls with your fingers and roll them into a ball.

- **Step 6 Cook them**

Take a large pot, add enough water and boil it over medium flame. When bubbles start to rise, gently drop rice cakes in the water. Ensure they don't stick to the bottom of the pot. When they raise to the top, transfer them to a bowl of cold water.

- **Step 7 Ready to be served**

Keep them in cold water for a minute or two. Then place them on a dry plate. When rice cakes are dry, place them one by one in topping bowls, and make sure they are nicely coated with coconut, sesame seeds and green tea powder.

You can also add food coloring to give pretty colours to these basic rice cakes. Once done, your rice cakes are ready to be serving



Korean rice cake

Spicy Korean Beef and Cucumber Appetizer

Name of dish	Korean beef and cucumber appetizer	Preparation time: 60 mins	Cooking time: 25 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Beef strips boneless	500 gm.	Red chilli sauce	12 ml.
Cream cheese	125 gm.	Vinegar	65 ml.
Green onion	75 gm.	Honey	10 gm.
Cilantro leaves	30 gm.	Garlic powder	2 gm.
Soy sauce	5 ml.	Kimchi	5 gm.
Cucumber	18-20 slices		

Method

- Combine cream cheese, green onion, cilantro and soy sauce in small bowl. Cover and refrigerate.
- Combine vinegar, honey and garlic powder in medium bowl; set aside.
- Place steak on grid over medium, ash-covered coals.
- Grill, covered 11 to 14 minutes (over medium heat on preheated gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm.
- To assemble, top each cucumber slice with 1 teaspoon cream cheese mixture. Dice steak into bite-size pieces.
- Top cream cheese mixture with steak.
- Garnish with micro greens, kimchi, peanuts, sesame seeds, cilantro and scallions, if desired.



Spicy Korean beef and cucumber

FUNDAMENTALS OF COOKING

Korean fried rice

Name of dish	Korean fried rice	Preparation time: 60 mins	Cooking time: 25 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Soy sauce	24 ml.	Ginger	12 gm.
Gouchujang	12 gm.	Garlic cloves	3
Sesame oil	12 ml.	Boiled rice	250 gm.
Caster sugar	3 gm.	Kimchi	90 gm.
Eggs	4	Carrot (jillion cut)	125 gm.
Peanut oil	15 ml.	peas	80 gm.
Bacon	100 gm.	Green shallots	3
Onion	1 medium		

Method

- Step 1**

Combine the soy sauce, gochujang, 3 teaspoons sesame oil and sugar in a small bowl. Set aside. Whisk the eggs and remaining sesame oil in a separate bowl.

- Step 2**

Heat 2 teaspoons peanut oil in a wok over high. Add egg mixture. Scramble until just cooked. Transfer to a plate. Wipe wok clean.

- Step 3**

Heat the remaining peanut oil over high heat. Stir-fry bacon for 2 minutes or until golden and crisp. Add onion and stir-fry for 1-2 minutes or until softened. Stir in the ginger and garlic for 30 seconds or until aromatic. Add rice, kimchi, carrot, peas and snow peas. Stir-fry for 1 minute or until the vegetables are tender crisp. Add soy sauce mixture. Stir-fry for 1-2 minutes or until well combined and rice is hot.



Korean fried rice

- Step 4**

Remove from heat and stir in egg. Sprinkle with shallots.

Key points

- Oriental food is derived from different regions of China, North & South Korea, Japan, Taiwan, Tibet and Mongolia. Oriental food is also called Asian food.
- The three kingdoms of Korea, all have their own special and unique types of food dishes such as in second kingdom, most eat cold food is kimchi. Korean food is mostly oriented from Mongol. Korean food is mostly based on grains, meat, fish and vegetables.
- There are basic 9 sauces of oriental cuisine which includes Light soy sauce, Dark soy sauce, Japanese soy sauce, Mushroom soy, Tamari, Keycap manis, Oyster sauce, Fish sauce, Hoisin sauce.
- There are basic 8 oriental spices which includes Chili, cinnamon, ginger, coriander, cumin, curry leaves, saffron, turmeric

Exercise

Select the most appropriate option.

1. Oyster sauce has a consistency of
 - a. Thick
 - b. Thin
 - c. Pouring
 - d. Porous
2. What is oriental cuisine
 - a. Asian style cooking
 - b. Europe style cooking
 - c. Russian style cooking
 - d. American style cooking
3. Kimchi is stored at
 - a. 4°C
 - b. 8°C
 - c. 0°C
 - d. 36 °C
4. The storage temperature of keycap manes is
 - a. 4°C
 - b. 8°C
 - c. 12°C
 - d. None of these

Give short answer of the following questions

1. Why oriental cuisine is called “Asian style cooking”?
2. Define oriental cuisine?
3. Write down the uses of oyster sauce?
4. Write down names of any 4 spices used in oriental cuisine?

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Answer the following questions in detail.

1. Describe the different spices and herbs of oriental cuisine?
2. Explain the various cooking methods used in oriental cuisine?

Activities

- Prepare, cook and finish sticky Chinese wings using different staple ingredients of oriental cuisine.
- Prepare, cook and finish egg fried rice of oriental cuisine □Prepare, cook and finish any salad by using any oriental sauce.

Teacher's guide

- The teacher is required to demonstrate students about the basic techniques of oriental cuisine, he/she will also require providing knowledge about different regions of oriental cuisine.
- The teacher is required to give knowledge about the production of different types of appetizers, main dishes of oriental cuisine, instruct them the proper preparation methods and finishing methods of this cuisine dishes.

Chapter 5: Continental Cuisine



Students learning outcomes

After completing this chapter, you will be able to:

- know about the history of continental cuisine.
- understand the different regional specialties.
- learn about popular continental dishes around the world.
- learn about basic continental spices.
- know different types and uses of continental sauces.
- know about 5 mother sauces.
- learn about the different ingredients of continental sauces.
- know about the preparation & storage of continental sauces.
- learn about the basic staple foods.
- know about the percentage of staple food in average diet.
- know about the production and processing of staple food.

5.1History and trends

5.1.1History of continental cuisine

Continental cuisine is defined as the food dishes which are prepared in continent of Europe. In this cuisine, French, Italian and Spanish parts of Europe included. Continental dishes are made from large amount of olive oil, wine, garlic and various herbs & spices. Cuisines are originated from geographic areas, religion, region and traditions. A cuisine is always influenced by local food ingredients and religion food laws.

Continental cuisine is collectively referred to as the cuisines of Europe and other countries. Regions include in this cuisine are Russia, New Zealand, Britain, Australia, Oceania and Latin America. These places may not have their own specialties or cuisines but are similar in the term of taste, ingredients, spices, flavorings, herbs and cooking methods. That is why continental cuisine is also referred to as International cuisine.

Classification of continental cuisine

- British
- American
- Italian
- New Zealand

Ingredients commonly used in continental cuisine are designed using these steps.

- Less use of spices and less chilies
- Use of fresh herbs
- Dairy products as a major part of food

Continental dishes includes

- Yorkshire lamb patties
- Chicken and cheese salad
- Baked potato and aborigines
- Peppered pasta salad
- Roesti and salad
- Paneer steak
- Batter fried fish with cheese sauce
- Rosemary chicken
- Grilled chicken in mustard sauce

Interesting information!

Pies, pastries. Jam and bread are commonly consumed in breakfast at continental cuisine.



Steak with sauce- Continental dish

5.1.2 Regional specialties of continental cuisine

Different regional specialties include

i. **British**

British food is related with the food culture of United Kingdom. British continental food is renowned with “full breakfast”. Ham, cheese, pastries, breads, pies, hamburger, teas, coffee, jam and bread are main items serve in breakfast.

ii. **American**

American cuisine is divided into different regions like Latin American cuisine, North American cuisine and South American cuisine. American has very rich style of cooking. Dishes includes in this cuisine are fajitas, jerky, Twinkies, key lime pie and tater tots etc.

iii. **Italian**

Italian cuisine has variety of dishes suitable for every occasion according to different regions. It's different from region to region, that's why it's called richest cuisine of world. Dishes includes in this cuisine are caprese salad with pesto sauce, penzella, bruschetta, focaccia bread, margherita pizza and mushroom risotto etc.

iv. **New Zealand:**

New Zealand cuisine is also called as oceanian cuisine and it is based on sea food. Dishes includes in this cuisine includes fish and chips, Maori hangi, kumara chips, cheerios and meat pies etc.

5.1.3 Popular continental dishes around the world

Continental dishes are made by using different cooking methods including stewing, grilling and roasting. These recipes are very low in calories and minimum use of fat. Continental food is mainly depending on high protein diet like eggs and meat. Seafood is high in omega 3 fatty acid and the main item in continental dishes.

Popular continental dishes around the world are listed below.

- Welsh cake
- Yorkshire pudding
- Tiramisu
- Sunday roast
- Kidney pie
- Pasta
- Black bean pizza
- Lobster continental
- Chocolate pudding with tropical fruits
- Baked soled fillet

Activity: Make 5 groups in class, each group prepare any continental dish which is popular around the world and present it to teacher.

5.2 Basic spices, sauces & staples

5.2.1 Basic continental spices

Basic continental herbs & spices are listed below

	
Chives	Basil
	
Cilantro	Parsley
	
Cayenne	Cinnamon
	
Bay leaves	Clove

	
Sage	Red chilli powder
	
Rosemary	Star Anise
	
Coriander	Chervil
	
Onion	Garlic

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Ginger	Mace
	
Nutmeg	Oregano
	
Paprika	Black pepper
	
Salt	Turmeric

5.2.2 Types and uses of continental sauces

The five mother sauces are

1. Béchamel Sauce
2. Veloute sauce
3. Espagnole sauce
4. Hollandaise sauce
5. Tomato sauce

These sauces are developed in the 19th century by the French chef Auguste Escoffier. These sauces are used as base in different dishes and other sauces for enhancing the taste of different types of dishes including vegetables, fish, meat, casseroles and pastas etc

Do you know!

Why is it called continental cuisine?

Continental food is the food which is eaten in the European Countries but only in the Continental Parts of Europe that's why this cuisine is specifically called the "Continental Cuisine".

5.2.3 Five mother sauces

Five mother sauces are the basis of all classical sauces. In the culinary arts, the term "mother sauces" refers to any one of five basic sauces, which are the starting level for making various secondary sauces or "small sauces". They are all called mother sauces because each one is like the head of its own unique family. These are the base for all other sauces. The five mother sauces are

- | | |
|----------------------------|----------------------|
| 1. Bechamel sauce | 4. Hollandaise sauce |
| 2. Veloute sauce | 5. Tomato sauce |
| 3. Brown / espagnole sauce | |

5.2.4 Ingredients of continental sauces

As you know, the main element of any sauce is its stability, dripping and pouring consistency. The sauce is accomplished in 3 steps roux, emulsifier and reduction. Four out of five mother sauces are made with roux. Roux is basically the fancy name of equal amount of butter and flour.

Ingredients for béchamel sauce

- Butter
- Flour
- Milk

Ingredients for veloute sauce

- Butter
- Flour
- Stock

Ingredients for Espagnola sauce

- Butter
- Flour
- Tomatoes

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Ingredients for hollandaise sauce

- Butter
- Egg yolk
- Lemon juice
- Mustard
- Salt
- Cayenne powder

Ingredients for tomato sauce

- Tomato
- Spices
- Herbs

Important Note!

The cooking methods which are used in the continental cuisine are

Baking Grilling Frying Stewing

5.2.5 Preparation & storing of Continental sauces

Béchamel Sauce

Name of dish	Béchamel sauce	Preparation time: 15 mins	Cooking time: 10 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Butter	60 gm.	Parmesan cheese	75 gm.
Flour	85 gm.	Salt	As per required
Milk	1 liter	Nutmeg	1 pinch

Method

- Melt the butter on medium to high heat until foaming.
- Add flour into it keep stirring for 2 - 3 minutes until bubbling.
- Turn off the heat
- Add milk gradually and wish it continuously until it turns smooth.
- Then turn on the heat and cook and stir it with a spoon for 10 to 15 minutes until it starts boiling.
- Cook it until it turns into a thick saucy texture
- Add Parmesan cheese, salt and nutmeg into it



Consistency of béchamel sauce

Veloute Sauce

Name of dish	Veloute sauce	Preparation time: 15mins	Cooking time: 15 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Butter	12 gm.	Salt	As per required
Flour	12 gm.	Black pepper	2 gm.
Chicken stock	400 ml.		

Method

- Melt the butter on a sauce pan on low flame.
- Add flour into it and cook for 3 - 5 minutes keep stirring with a whisk
- Now add chicken stock gradually
- Stirring with a whisk until it turns into a smooth mixture and bring it to simmer.
- Keep it on simmering for 10 - 15 minutes until it turns into a thick saucy texture then add salt and black pepper into it.



Pouring consistency of veloute sauce

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Espagnole Sauce:

Name of dish	Espagnole sauce	Preparation time: 15mins	Cooking time: 15mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Carrot (chopped)	1	Beef stock	1 liter
Onion	1 medium (chopped)	Tomato puree	60 gm.
Garlic (chopped)	8 gm.	Celery stick (chopped)	1
Butter	75 gm.	Black peppercorns	2 gm.
Flour	62 gm.	Bay leaves	1

Method

- Melt the butter
- Add carrot and onion into it
- Stir it until golden brown
- Add flour into it and cook it on medium heat Stir it constantly to prevent lumps
- Add tomato puree into it
- Add garlic, celery, peppercorns and
- bay leaf into it and bring it to boil, stirring it continuously.
- Cook it until it reduced to about 3 cups and it turns into a saucy texture and Stain it.



Hollandaise Sauce

Name of dish	Hollandaise sauce	Preparation time: 15mins	Cooking time: 20 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Butter	125 gm.	Dijon	8 gm.
Egg yolk	3	Salt	As per required
Lemon juice	12 ml.	Cayenne powder	1 pinch

Method

- Melt the butter
- Take a blender add egg yolks, lemon juice, Dijon, salt, cayenne powder into it and blend it.
- Now add melted butter into it and blend it to 5 - 7 minutes
- Pour it into a bowl and use it



Tomato sauce

Name of dish	Tomato sauce	Preparation time: 15mins	Cooking time: 20mins
Number of portions:	6	Size of unit:	1

Commodities:

Items	Quantity	Specifications	
Extra virgin oil	20 ml.	Basil	5 gm.
Onion (chopped)	125 gm.	Tomato	1 kg
Carrot (chopped)	1	Tomato paste	4 gm.
Stalk celery	1	Salt	As per taste
Parsley	10 gm.	Black pepper	As per taste
Garlic clove	1		

Method

- Heat the olive oil.
- Add onion, carrot, celery and parsley into it and stir it
- Cook it on low flame for 10-15 minutes stir it until the vegetables are softened
- Add garlic into it and cook for 10 seconds
- Add the tomatoes into it and cook for 5 minutes
- Add tomato paste and basil into it
- Add salt and black pepper into it
- Bring it to low simmer, reduce the flame on low, and cook it until a saucy texture. Blend it to give a smooth consistency.



5.2.6 Staple foods

As you know, staple food is a food which is consumed in large quantity on daily basis according to individual's diets. It supplies the major portion of energy to the body on daily basis.

The basic staple foods includes in continental cuisine are listed below

- Cereals
- Starchy tubers/ root vegetables
- Meat
- Fish
- Eggs
- Milk
- Cheese legumes



5.2.7 Percentage of staple food in average diet

Staple food is the diet that makes a very dominant part of the diet in all over the world. Food staples are the food which is eaten regularly - even daily and it is the source of major part of a person's nutritional needs and energy.

Staple	Maize	Rice	Wheat	Potatoes	Soy bean
Water content	10 ml.	12ml.	13ml.	79ml.	68ml.
Raw grams per 100 g dry weight	111gm.	114 gm.	115 gm.	476 gm.	313 gm.
Nutrients					
Energy	1698 Kcal	1736 Kcal	1574 Kcal	1533 Kcal	1922 Kcal
Protein	10.4 gm.	8.1 gm.	14.5 gm.	9.5 gm.	40.6 gm.
Fat	5.3 gm.	0.8 gm.	1.8 gm.	0.4 gm.	21.6 gm.
Carbohydrates	82 gm.	91 gm.	82 gm.	81 gm.	34 gm.
Fiber	8.1 gm.	1.5 gm.	14.0 gm.	10.5 gm.	13.1 gm.
Sugar	0.7 gm.	0.1 gm.	0.5 gm.	3.7 gm.	0.0 gm.

Nutritional content of 5 major staple foods per 100 g dry weight

5.2.8 Production & processing of staple food

The main continental dishes which are served in British breakfast are

- Butter and bread
- French toast
- Espresso tea
- Poached eggs
- English muffins
- Egg Benedictine
- Fruit juices
- Croissants

Some major staple foods which should be in any continental are

Tea	Coffee	Herbs
Shrimp	Crackers	Vegetable oil
Canned Beans	Bread	Lemon juice
Bouillon Cubes	Flour	Dairy
Bread Crumbs	Garlic	Mustard
Chicken stock	Grains	Nuts
Olive oil	Butter	Sugar
Onion	Rice	yogurt
Parmesan	Potatoes	Tomato paste
Pasta	Vinegar	Canned tomatoes

Following are the three main procedures for Food processing and production

1. The preservation of foods by

- a. refrigeration
- b. Canning
- c. irradiation
- d. pasteurization
- e. Freezing
- f. addition of different preservatives
- g. preservation in salt or sugar
- h. baking food in oven to dry it out
- i. Blanching
- j. Freezing

And with the help of some traditional methods such as

- a. salting
- b. smoking
- c. drying
- d. fermentation

2. The development of protein - rich foods

3. Food additives

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Do you know?

The major staple foods are grains. Corn, rice and wheat together make up 51% of the world's caloric intake.

Recipes

Continental food refers to dishes made and consumed in the European countries.

Dishes of French, Spanish and Italian cuisine fall under the category of 'Continental food'. The key specialty of this food is, they concentrate more on ingredients like olive oil, wine, herbs and minimal spices. The recipes include in continental cuisine are listed below.

Name of dish	Caesar salad	Preparation time: 20 mins	Cooking time: 20mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Paprika powder	2 gm.	Garlic crushed	2
Dried parsley	2 gm.	Lemon juice	10 ml.
Salt	As per taste	Chicken fillet	500 gm
Black pepper	As per taste	Olive oil	12 ml.
Mustard paste	8 gm.		
Dressing:			
Yogurt	125 gm.	Black olive	2 gm.
Mustard paste	5 gm.	Parmesan cheese	4 gm.
Lemon juice	5 ml.	Salt	As per required
Black pepper	As per taste	Olive oil	18 ml.
Garlic crushed	4 gm.		

Method

- In bowl, add paprika powder, salt, black pepper, mustard powder, garlic and lemon juice and mix well.
- Marinade chicken fillet for 30 mins in mixture
- Grease grill with olive oil and grill marinated chicken until tender
- Cut chicken fillet in slices

- For dressing, combine yogurt, mustard paste, lemon juice, black pepper, olives, cheese, salt and olive oil.
- Whisk well
- In bowl, add ice bergs, salad dressing, bread cubes and chicken.
- Mix well and serve.



Alfredo pasta

Name of dish	Alfredo pasta	Preparation time: 20 mins	Cooking time: 30 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Butter	250 gm.	Garlic crush	8 gm.
Cream	20 ml.	Parmesan cheese	125 gm.
Salt	As per required	Fettuccini pasta	300 gm.
Black pepper	As per required		

Method

- Add water in a pot and bring it to boil
- Add salt in it and then fettuccini pasta in it.
- Cook for 10 mins and then drain the water
- In a saucepan, heat cream with butter on medium heat.
- Add salt, pepper and garlic in it
- Add cheese and stir until thick sauce produce
- Add pasta into sauce and serve hot.



Stuffed chicken

Name of dish	Stuffed chicken	Preparation time:	Cooking time:
		30 mins	30mins
Number of Portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Breast fillet	500 gm.	Cheddar cheese	125 gm.
Salt	As per required	Cooking oil	15 ml.
Black pepper	As per required	Butter	10 gm.
Dried parsley	5 gm.	Garlic chopped	10 gm.
Garlic paste	5 gm.	Mustard paste	10 gm.
Olive oil	10 ml.	Cream	60 ml.
Fresh parsley	5 gm.	Milk	125 gm.

Method

- Wash and dry chicken and set aside in a bowl, add spices.
- Add chicken fillet and mix well.
- Cut the chicken fillet and stuffed with parsley and cheese in it
- Close the pocket with toothpick
- Fry the chicken in pan on both sides till tender.
- Add butter and garlic in frying pan.
- Add spices, cream and cheese.
- Lastly add chicken in it.



Spanish churros

Name of dish	Spanish churros	Preparation time: 30 mins	Cooking time: 15 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Water	250 ml.	Egg	1
Butter	56 gm.	Vanilla essence	2 gm.
Sugar	13 gm.	Oil	For frying
Salt	1 pinch	Granulated sugar	For coating
Flour	140 gm.	Cinnamon	For coating

Method

- For the coating whisk together 1/2 cup sugar and cinnamon in a shallow dish, set aside.
- Heat about 1 1/2 inches vegetable oil in a large pot or deep skillet over medium-high heat to 360 degrees Fahrenheit. While oil is heating prepare batter.
- Add water, butter, sugar and salt to a large saucepan, bring to a boil over medium-high heat.
- Add flour reduce heat to medium-low and cook and stir constantly with a rubber spatula until mixture comes together and is smooth (a few lumps in it are fine).
- Transfer mixture to a large mixing bowl, let cool 5 minutes.
- Add vanilla and egg to flour mixture then blend immediately with an electric mixer. Blend until mixture comes together and is smooth (it will separate at first but keep mixing it will come together).
- Transfer to a 16-inch piping bag fitted with a rounded star tip.
- Carefully pipe mixture into preheated oil, into about 6-inch lengths, cut end with clean scissors.
- Let fry until golden brown, about 2 minutes per side. Transfer to paper towels to dry briefly then transfer to cinnamon sugar mixture and roll to coat.
- Repeat process with remaining dough (frying no more than 5 at once). Serve warm with chocolate ganache or caramel sauce for dipping if desired.



Spanish churros

Tiramisu

Name of dish	Tiramisu	Preparation time: 30 mins	Setting time: 3 hrs
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Coffee	20 gm.	Sugar	65 gm.
Lady fingers	40	Cream cheese	25 gm.
Water	250 ml.	Whip cream	500 gm.
Egg yolk	6	Coco powder	15 gm.

Method

- In a bowl, stir together 1 1/2 cups espresso. Quickly dip half of the ladyfingers, one at a time and arrange in a single layer in the bottom of a 9x13 casserole dish. Dip once on each side so they are moist but do not soak ladyfingers or the cake will collapse.
- In a separate rimmed medium glass bowl, whisk together yolks and sugar. Place over steam (on a saucepan with simmering water) and whisk 10 minutes on low heat until the mixture is lighter in color, slightly thickened and not grainy when you rub between your fingers. Remove from heat and let cool slightly
- Beat together cream cheese. Use an electric hand mixer to beat in the warm yolk mixture until well incorporated.
- In a separate bowl, beat cold heavy whipping cream until stiff peaks form (about 3-4 minutes).
- Use a spatula to gently fold half of the whipped cream into mascarpone cream then blend in remaining whipped cream, just until incorporated.
- Do not over fold or it will become grainy.
- Spread half of the cream over the first layer of ladyfingers.
- Dip and arrange remaining ladyfingers. Spread remaining cream.
- Refrigerate overnight. Dust with cocoa powder before serving. It is ok to dust with cocoa ahead of time - it will just darken it in color from the moisture.



Tiramisu

Mashed potatoes

Name of dish	Mashed potatoes	Preparation time: 15 mins	Cooking time: 20 mins
Number of portions:	4	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Potato	500 gm.	Salt	As per required
Hot milk	300 ml.	Parsley	For garnish
Butter	250 gm.		

Method

- Wash and peel potatoes
- Bring it to boil and cook for 15-20 mins
- Drain water and mix well with mixer
- Slowly add milk in it
- Then add butter and spices in it
- Garnish with parsley and serve.



Key points

- Continental cuisine is collectively referring to the cuisines of Europe and other countries (French, Italian, Russian, New Zealand and Spanish). In this cuisine, continental dishes are made from large amount of olive oil, wine, garlic and various herbs & spices.
- Continental dishes are made by using different cooking methods including stewing, grilling and roasting. These recipes are very low in calories and minimum use of fat. Continental food is mainly depending on high protein diet like eggs and meat.
- There are 5 mother sauces of continental cuisine
 - Béchamel Sauce
 - Volute sauce
 - Espanola sauce
 - Hollandaise sauce
 - Tomato sauce
- Staple food is a food which is consumed in large quantity on daily basis according to their diets. It supplies the major portion of energy to the body on daily basis.

Exercise

Select the most appropriate option

1. Which of the sauces is known as the white sauce
 - a. Veloute
 - b. Béchamel
 - c. Hollandaise
 - d. None of these
2. Which sauce is known as the brown sauce
 - a. Tomato Sauce
 - b. Espagnole Sauce
 - c. Veloute Sauce.
 - d. Both b & c
3. Roux is a mixture of
 - a. Flour and Puree
 - b. Flour and butter
 - c. None of these
 - d. both a & b
4. Mayonnaise is a sauce
 - a. Emulsion sauce
 - b. Sweet sauce
 - c. Cold sauce
 - d. White sauce

Give short answer of the following questions.

1. How many regions are included in continental dishes?
2. Enlist the five mother sauces?
3. In continental cuisine which herbs and aromatic are used for add the aroma into the dishes?
4. Which sauce is used in the production of alfredo pasta?

Answer the following questions in detail.

1. Describe the procedure for the production of tiramisu? Explain in detail every step of production.
2. Explain about five mother sauces; also describe the steps for the production of these sauces?

Activity

- Prepare, cook and finish any one appetizer of continental cuisine.
- Arrange the class into small groups, each group will prepare and cook one main dish of continental cuisine.
- Arrange the class in small groups; each group will make one mother sauce and describe the uses of each sauce.

Teacher's guide

- The teacher is required to teach the students about the production of mother sauces and their derivatives.
- The teacher is required to teach students about the preparation, cooking and finishing methods of main course of continental cuisine.

Chapter 6: Baking



Students learning outcomes

After completing this chapter, you will be able to:

- describe types and categories of baked products and its uses.
- know standard process to prepare baked products.
- know different baking techniques for different items.
- understand appropriate methods & temperatures to store baked products.
- understand how to finish, garnish and present different baking products.

6.1 Baking Products

Baking is a dry heat cooking method in which food is cooked at specific temperature and specific time with the help of hot air (convection). There are different types of baking products which are listed below.

- I. Cakes and Sponge products
- II. Biscuit's products
- III. Pastry products
- IV. Dough products



Nan khtai



chocolate muffins



biscuits products



Dough product



Cake product

6.1.1 Categories of baked products and its use

1. Bread & Dough Products

Bread and dough products are made of flour and water kneaded together and sometimes fermented with yeast. Yeast goods are baked and consumed all over world. Yeast products can be sweet or savory and eaten as a part of each meal.



Doughnuts – dough products

Products	Uses
Fermented breads such as sandwich bread, milky bread etc	Breads are used in breakfast meal.
Unfermented breads such as roti, poori, paratha etc	Unfermented breads are used in daily lunch and dinner along with main dish.
Enriched products like fruit buns, doughnuts etc.	Buns and doughnuts use as snacks with tea.

2. Cakes & Pastries

Cakes and sponge products are extremely important as morning tea, afternoon tea and desserts items. Cakes are mostly baked at traditional events. Cakes are based on creaming method.

Cakes products include fruit cake, Madeira cake, muffins, cupcakes and marble cake. Sponge products include chocolate fudge cake, red velvet cake, pineapple cake and Swiss roll etc.

Cake and sponge products are the major part of birthday parties, weddings, receptions, anniversaries etc.

Do you know!

Muffins are larger in size than cupcakes. Muffins are without frosting and cupcakes are always decorated with frostings.



Cake



Eclairs

Interesting Information!

Biscuits have crunchy and crispy texture.

Cookies have soft from inside and crisp from outside.

3. Biscuits and cookies

Biscuits and cookies are made with creaming method. These are mostly used in morning breakfast, afternoon teas and snacks. Biscuits and cookies are mostly served with tea or coffee.

Activity: Arrange the class into small groups. Assign them a task to prepare different types of biscuits



Various types of biscuits

6.1.2 Process to prepare baked products

Standard processes to prepare baked products are:

- Mis en place – collection of ingredients & utensils according to recipe.
- Weighing of ingredients- weight ingredients according to recipe.
- Beating- mixing of ingredients with food mixture.
- Whisking- mixing with hand whisk.
- Kneading- mixing of bread and dough with hands or kneader.
- Folding- mixing of batter with flour into clockwise with spatula.

- Greasing- apply fat in baking mould.
- Lining – arrange butter paper in mould.
- Baking- bake in oven with specific temperature & times.



Mixing of ingredients

6.2 Baking Techniques

Baking is a dry heat cooking method used to bake product in an oven at specific time and temperature.

The basic techniques or procedure for baking includes mis en place, weighing, mixing, beating etc, as learned in 7.1.2. Baking has basic 4 commodities flour, fat, sugar and eggs. While baking a cake follow these methods

Do you know?

1 pound of cake is equals to 450 gm.

- Accuracy in weighing
- Execution of the product
- Pre heating of oven
- Sifting of flour and other dry ingredients
- Baking at correct temperature
- Storage of product at correct temperature.



Measuring ingredients of baking

6.2.2 Baked products storage method and temperature

Baking products consists of various products like sponge and cake products, biscuits products, pastry products, dough products and desserts. Each product requires a specific temperature for storing as shown in table below:

Baking Products	Storage temperatures and methods
Cream cakes	Stored in refrigerator at 1°C to 5°C for 3 days
Fresh dry cakes	Stored in airtight container at 5°C
Bread and other dough products	Stored in airtight packing at 3°C to 5°C for 3 days
Pastry products	Stored at 4°C for 24 hrs
Frozen desserts	Stored in freezer at -10°C

6.2.3 Finishing, garnishing and presentation of different baked products

Finishing methods are the methods which convert the baked product into its final serving look by adding colors, textures and designs.

Finishing methods of cakes, pastries and other baking products includes:

	
Piping with sauces and creams	Glazing with syrup
	
Spreading of icing, chocolate and cream	Garnishing such as motif, run outs



Finishing method- Piping, Garnish

Recipes

Vanilla sponge

Name of dish	Vanilla sponge	Preparation time: 15 mins	Baking time: 25-30 mins
Number of portions:	4	Size of unit:	1
Commodities			
Items	Quantity	Items	Quantity
Eggs	4	Flour	100 gm.
Icing sugar	100 gm.	Vanilla essence	2 ml.

Method

- Preheat the oven at 180 °C for 15 mins.
- Prepare the cake pan with butter paper and oil.
- Start by creaming of sugar and eggs together with beater.
- Beat till fluffy and airy.
- Sift the flour.
- Fold flour into batter, add vanilla essence in it.
- Bake at 180 °C for 20 mins.



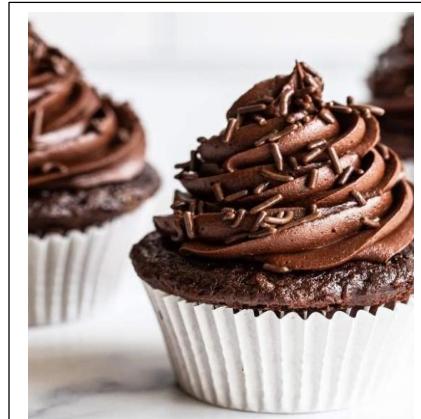
Vanilla sponge

Chocolate cupcakes

Name of dish	Chocolate cupcakes	Preparation time: 15 mins	Baking time: 25-30 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Flour	95 gm.	Icing sugar	100 gm.
Coco powder	41 gm.	Oil	80 ml.
Baking soda	2 gm.	Butter milk	120 ml.
Baking powder	2 gm.	Whip cream	200 ml.
Egg	2		

Method

- Preheat the oven at 180 C for 15 mins
- Sift the dry ingredients
- Beat eggs and icing sugar together
- Fold dry ingredients in it
- Lastly add oil in it
- Pour in cupcake mould and bake for 25-30 mins.
- Cool the cupcakes.
- Whip cream and frosting on cupcakes.



Chocolate chip cookies:

Name of dish	Chocolate chip cookies	Preparation time: 15 mins	Baking time: 25-30 mins
Number of portions:	6	Size of unit:	1
Commodities:			
Items	Quantity	Items	Quantity
Sugar	100 gm.	Vanilla essence	2 ml.
Brown sugar	165 gm.	Baking soda	2 gm.
Salt	2 gm.	Chocolate chip	110 gm.
Butter	115 gm.	Dark chocolate chunks	110 gm.
Egg	1		

Method

- In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps.
- Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.
- Sift in the flour and baking soda, then fold the mixture with a spatula
- Fold in the chocolate chunks, then chill the dough for at least 30 minutes. For a more intense toffee-like flavor and deeper color, chill the dough overnight. The longer the dough rests, the more complex its flavor will be.
- Preheat oven to 180°). Line a baking sheet with parchment paper.
- Scoop the dough with an ice-cream scoop onto a parchment paper-lined baking sheet, leaving at least 4 inches (10 cm) of space between cookies and 2 inches (5 cm) of space from the edges of the pan so that the cookies can spread evenly.
- Bake for 12-15 minutes, or until the edges have started to barely brown



Chocolate chip cookies

Tea cake:

Name of dish	Tea cake	Preparation time: 15 mins	Baking time: 25-30 mins
Number of portions:	6	Size of unit:	1

Commodities:

Items	Quantity	Items	Quantity
Butter	200 gm.	Baking powder	2 gm.
Flour	200 gm.	Vanilla essence	2 ml.
Icing sugar	200 gm.	Egg	2

Method

- Beat butter and sugar together
- Add egg one by one and beat well
- Add vanilla essence in it
- Sift dry ingredients and fold them into batter
- Pour the batter into greased loaf pan
- Bake in pre heat oven at 180°C for 30 mins.



Key Points

- Baking is dry heat cooking method in which food is cooked at specific temperature and time with the help of hot air (convection).
- Bread and dough products are made of flour and water kneaded together and sometimes fermented with yeast. Yeast goods are baked and consume all over world.
- Cakes and sponge products are mostly used as morning tea, afternoon tea and desserts items. Cakes are mostly baked at traditional events. Cakes are based on creaming method.
- Standard process for baking products includes weighting, mixing, beating, folding, sifting, greasing and lining etc.

Exercise

Select the most appropriate option

1. Which one of the following is most likely to cause a cake to sink in the center, once removed from the oven
 - a. Under baked
 - b. Over baked
 - c. Use of fresh eggs
 - d. Use of soft flour
2. Salt is used in baking for
 - a. Counter balance
 - b. Soften the baking product
 - c. Give good texture of sponge
 - d. For caramelization
3. Madeira cake is also known as
 - a. Fruit cake
 - b. Marble cake
 - c. Scones
 - d. Pineapple cake
4. Margarine is a type of
 - a. Bread
 - b. Fat
 - c. Pastry
 - d. Cake

Give short answer of the following questions

1. Differentiate between cooking and baking?
2. Describe the steps of creaming method?
3. What is the baking temperature of bread?
4. What is correct serving temperature of cream cake?

Answer the following questions in detail.

1. Describe the basic baking techniques of cakes?
2. Explain the garnishing techniques for cakes & pastries?

Activity

Prepare, cook and finish tea cake in class according to standardized recipe by using the following steps.

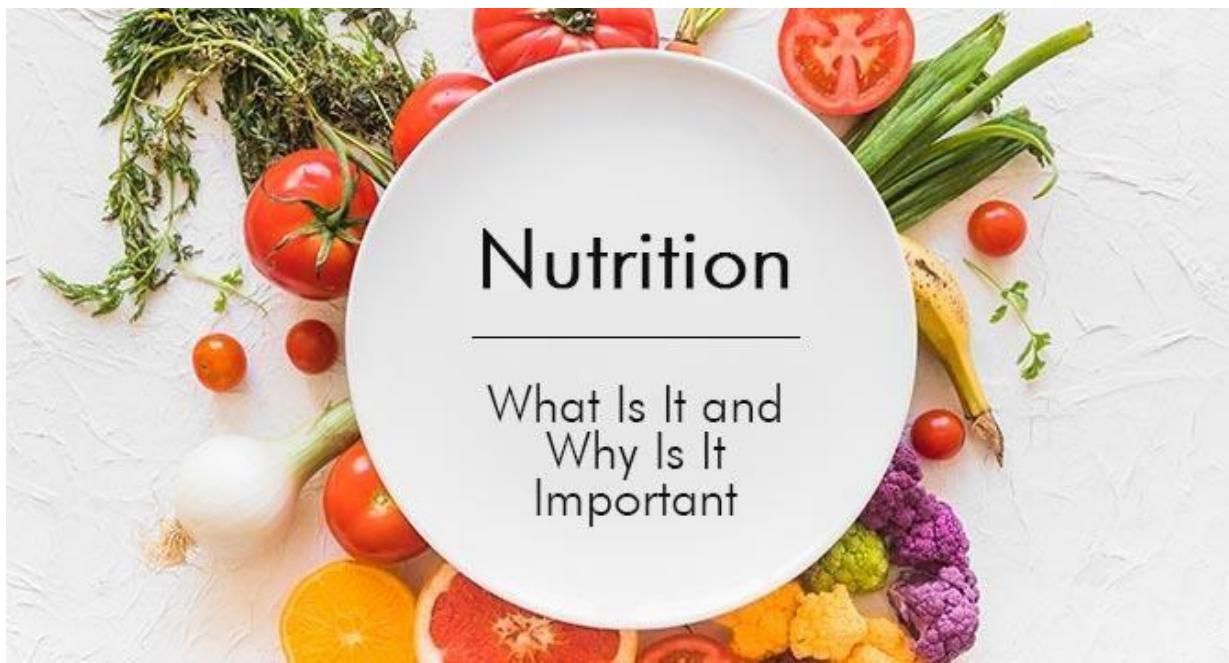
1. mise en place of ingredients
2. Measure of ingredients
3. Mix the ingredients as per requirement
4. Line the desired mould
5. Fill the mould with batter
6. Set time and temperature of oven
7. Perform preheating of the oven
8. Fill mould with batter
9. Bake it
10. Remove and settle down the temperature
11. Slice and serve with Tea

Prepare, cook and finish cupcakes in class by using above steps

Teacher's guide

- a The teacher is required to teach students about concepts of baking, giving knowledge about basic baking skills and different tips for making perfect product.
- b The teacher is required to guide students about the importance of measurements in baking, sifting of dry ingredients in baking and how to fold dry ingredients into wet ingredients.
- c The teacher is required to demonstrate the students about the production of various desserts and baked products.

Chapter 7: Food and Nutrition



Students learning outcomes

After completing this chapter, you will be able to learn:

- learn about the basic principles of importance of nutrition.
- understand different types of nutrition.
- learn about basic requirements of nutrition for various age groups.
- recognize the significance of dietary guidelines.
- understand the concept of dietary guidelines approved by health authorities.

7.1 Importance of Nutrition

Nutrition is derived from “Nutrients”. It’s the science of nourishing the human body properly. It is how food affects the body health. Food contains micronutrients like protein, carbohydrates and fat, which provide energy to body. If we do not eat enough nutrients or right balance of nutrients, then it will cause health problems.



Nutrition is very important for a healthy body as it's refers to healthy diet. A healthy diet throughout life promotes healthy results, support normal growth, development and aging, help in maintaining normal body weight and reduce the risk of chronic diseases.

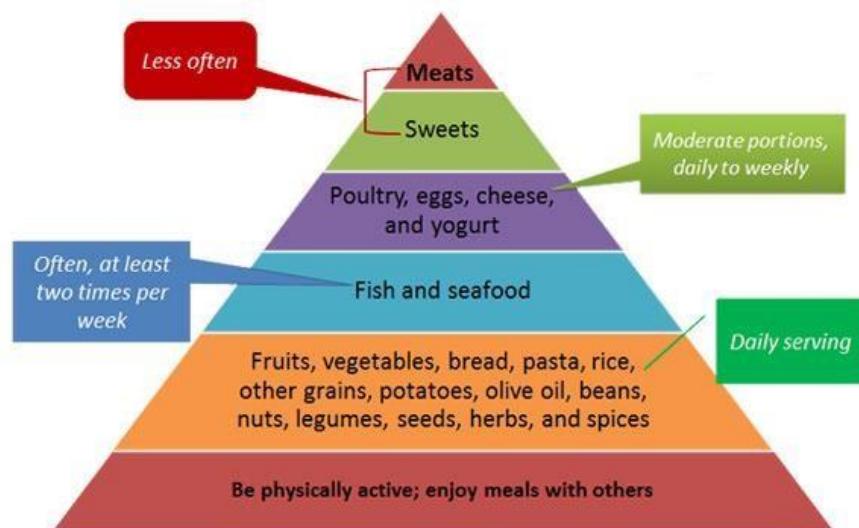
7.1.1 Principles and importance of nutrition

Nutrition is the process of intake and utilization of food substances. These processes include ingestion, digestion, absorption, transportation and metabolism of nutrients found in the body.

There are 5 principles of nutrition which can improve quality of life

- i Add more intake of water
- ii Add more fruits and vegetables in diet
- iii Add more fiber in diet
- iv Always take less amount of sugar and salt
- v Take less amount of processed foods

FUNDAMENTALS OF COOKING



Food pyramid- balanced healthy diet

7.1.2 Types of nutrients

There are six basic nutrients that body needs

- i Carbohydrates
- ii Protein
- iii Fat
- iv Vitamins
- v Minerals
- vi Water



7.2 Nutrition and age groups

Nutritional requirements must be different for different age groups. The population classified as 4 different groups

1. Infant and preschool
2. Adolescence and childhood
3. Pregnancy and lactation
4. Old age

Interesting Information!

Human body contains 60-70% water in body.

7.2.1 Nutritional requirements for various age groups

1. Pregnancy and lactating mothers:

Men require about 2900 Kcal per day, while women need 2200 Kcal per day. The major factor behind this accounting for the different energy needs of men and women is body size and composition.

A pregnant and lactating woman must need energy not only for herself, but also for unborn or breastfeeding child. It is estimated that women lose 3 to 5 % of their bone mass during pregnancy that's why she needs more amount of **calcium** during this time period.

Iron is much important for woman than a man, men need 8 mg per day but women need 18 mg per day during childbearing age.



2. Infant and Pre-school

Growth is rapid during pregnancy. Child doubles its birth weight during first 6 months and triples at the end of year. To grow properly child must need adequate amounts of energy, protein, vitamins and minerals.

Age (months)	Energy requirements
0-3	120 Kcal
3-6	115 Kcal
6-9	110 Kcal
9-12	105 Kcal
Average	112 Kcal

Energy requirements during first year of age

2. Adolescence and Childhood

The childhood is defined as the years between 3 and 11. It is the rapid physical growth and development age that's why child needs healthy and balanced nutrition. Child gain 4 to 7 pounds and 1 to 4 inches per year. The balanced amount of fat, protein, carbohydrates, minerals and water are required for the balance growth of child.

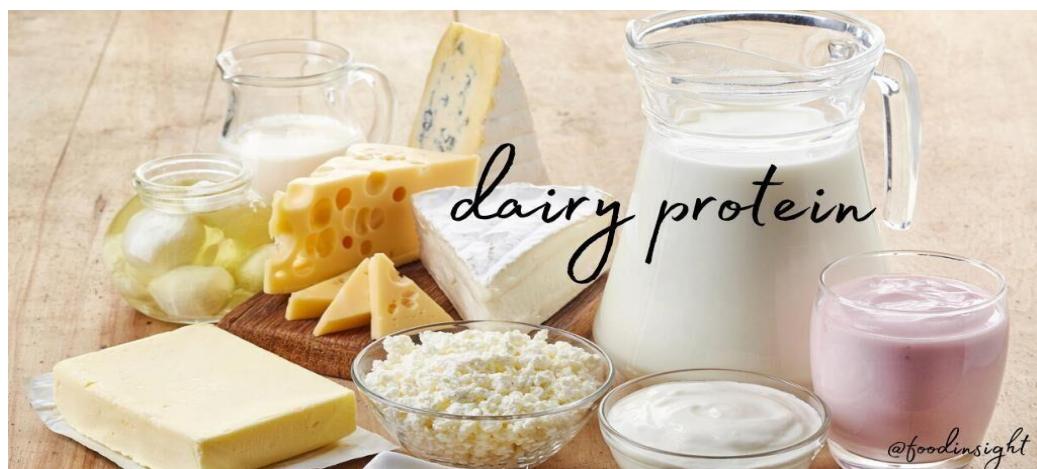


Lunch box with balanced nutrients

3. Old age

In old age metabolism slows down and decline as 30 % of lifetime. That's why old people lead to chronic fatigue, depression and weakened immune system.

In old age about 1600 Kcal are required per day. More milk and protein products and enhance iron and calcium intake during this lifespan.



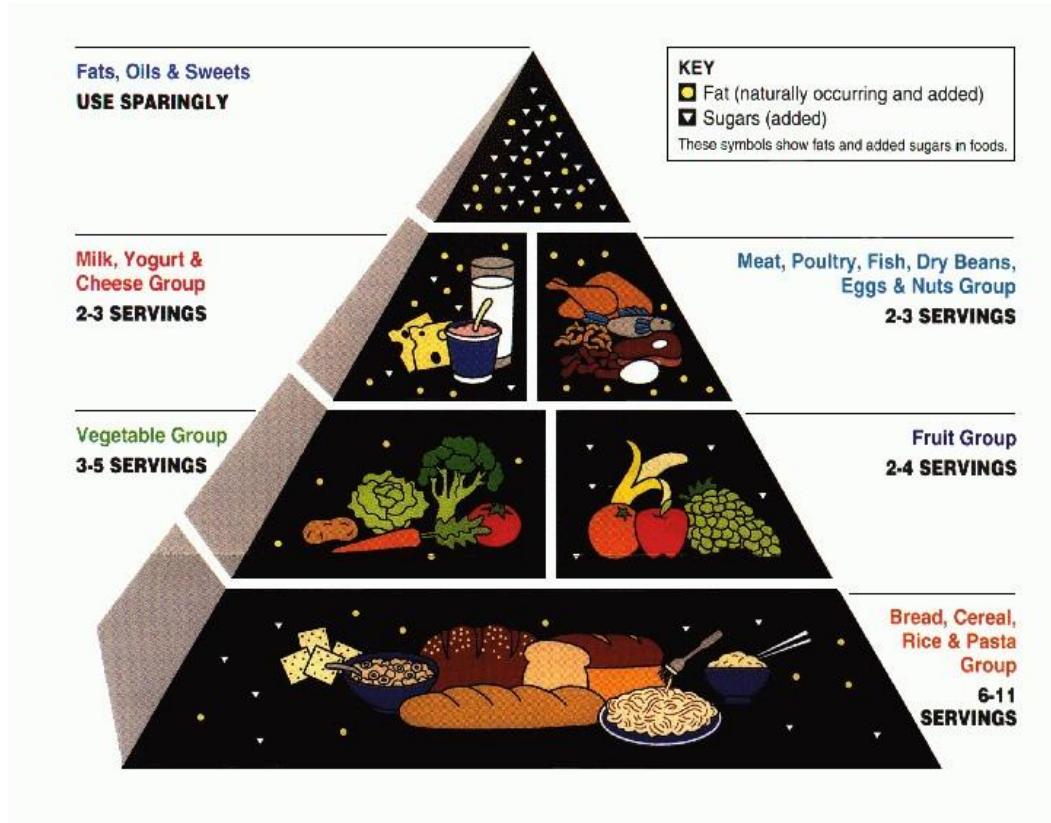
Do you know!

Osteoporosis is a common calcium deficiency disease present in old age.

Do you know!

1 cup of tea contains 50mg caffeine.
1 cup instant coffee contains 75mg caffeine.

7.2.2 Nutritional effects on different age groups



Food pyramid- Food portions need for different age groups

Activity: Prepare a chart showing nutritional effects on different age groups.

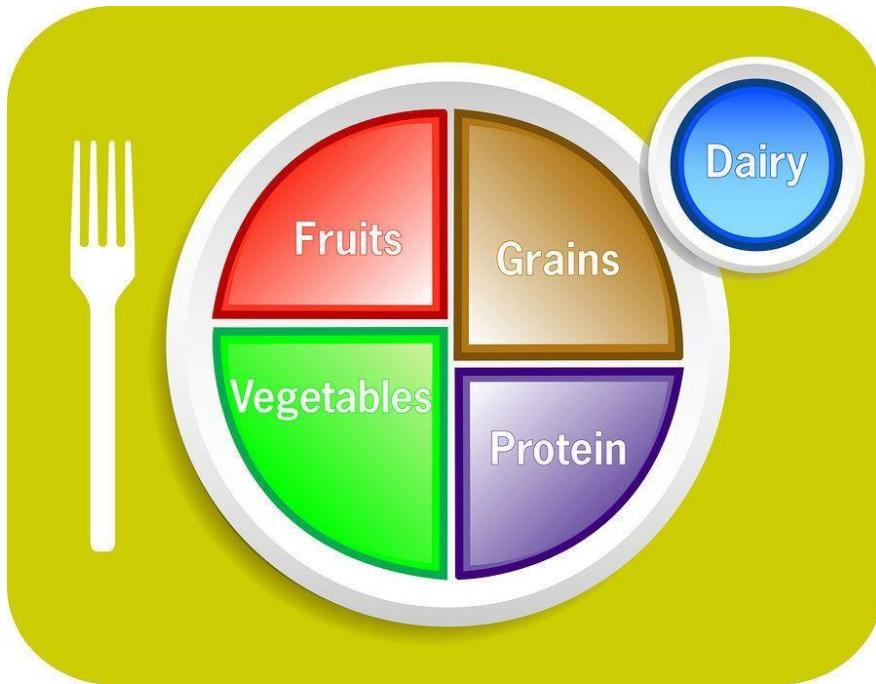
7.3 Dietary Guidelines

Dietary guidelines are guidelines that help to choose diet that will meet nutritional requirements, promote health, support healthy lives and reduce chronic diseases.

The main steps include in dietary guidelines are:

- Eat variety of foods
- Moderate fat diet that is low in saturated fat

- Energy intake and physical activity
- Increase intake of carbohydrates and fiber
- Reduce salt and sodium
- Moderate intake of alcoholic beverages



Daily portion of nutrients in meal

7.3.1 Significance of dietary guideline

Dietary guidelines are set of advisory statements providing good dietary practices to promote overall nutritional well-being. They also control diet related diseases in general public. As you learn in 7.3, if we follow these guidelines then we can control diseases like hypertension, diabetes, obesity and other chronic diseases.

The basic significances of dietary guidelines provide advices on what to eat and drink to nutrients needs, promote health and prevent diseases. It is developed and written for the professional audience, including policy makers, health care providers, nutritional educators, and federal nutritional program operators.



Dietary guidelines

7.3.2 Dietary guidelines approved by health authorities

Dietary guidelines are the basic few points or statements which are approved by health authorities include:

- Eat variety of foods
- Moderate fat diet that is low in saturated fat
- Energy intake and physical activity
- Increase intake of carbohydrates and fiber
- Reduce salt and sodium
- Moderate intake of alcoholic beverages

Key points

- Nutrition is very important for a healthy body as it refers to healthy diet. A healthy diet throughout life promotes healthy results, support normal growth, development and aging, help in maintaining normal body weight and reduce the risk of chronic diseases.
- There are 6 basic nutrients in a body includes fat, carbohydrates, protein, minerals, vitamins and water.
- Men require about 2900 Kcal per day, while women need 2200 Kcal per day. The major factor behind this accounting for the different energy needs of men and women is body size and composition.

FUNDAMENTALS OF COOKING

- Dietary guidelines are guidelines that help to choose diet that will meet nutritional requirements, promote health, support healthy lives and reduce chronic diseases.

Exercise

Select the most appropriate option

1. Iron is
 - a. Nutrient
 - b. Vitamin
 - c. Micronutrient
 - d. None of these
2. Milk, yogurt and cheese is a rich source of
 - a. Calcium
 - b. Protein
 - c. Carbohydrates
 - d. Fats
3. Butter is
 - a. Saturated fat
 - b. unsaturated fatty acid
 - c. None of these
4. A human body needs
 - a. 2200 Kcal
 - b. 3200 Kcal
 - c. 3000 Kcal
 - d. 1500 Kcal

Give short answer of the following questions.

1. Define the term nutrition.
2. Enlist the basic nutrients.
3. Enlist types of nutrition?
4. What is Mal nutrition?

Answer the following question in detail.

Describe the Basic principles of nutrition?

1. Elaborate the basic dietary guidelines with examples?

Activity

- Enlist the nutritional components available in a cookie.
- Group discussion on effects of nutrition of human body.
- Draw and present nutritional pyramid individually.

Teacher's guide

- The teacher is required to explain and demonstrate the students about the calculation of nutrients in every food. He/she will also guide them about the percentage calculation of protein, carbohydrates and fat.
- The teacher is required to teach about the dietary guidelines strategies and its significance in our daily life.

Chapter 8: Service Skills



Students learning outcomes

After completing this chapter, you will be able to learn:

- learn about basic concept of services.
- understand relationship between cooking and serving.
- know the significance of professional services skills.
- learn about food services operations.
- comprehend the difference between food preparation operations & food service operations.
- understand various types of F & B services.
- recognize to choose a suitable service style.
- learn the usage of cookery and cutlery used in services.
- understand the basic layout of dining table.
- learn about group services etiquettes with respect to age & gender.
- identify the holding, carrying and loading the service trays.

8.1 Introduction to Food & Beverage services

Food and beverage services are defined as the process of preparation, presenting and service of the food & beverages to the customers. The customer visits the premises to avail these services. The premises should be well equipped and well-furnished to attract customers to avail F & B services.

8.1.1 Services concept

The basic concept of food service in any food industry is related to make, transport, or sell the cooked and prepared food to the decided destination like restaurant, hospitals, school, hostels, cafeteria etc. It is a process in which the food and beverages are prepared, present and serve to the customers who are in or far away from their homes.

There are two major types of Catering.

1. On Premises Catering (Indoor Catering Service)
2. Off premises catering (Outdoor catering services)

On premises catering services are the services in which food

Important note!

In British language Food Services are known as the "Catering Services".

prepared and served at the same place. No transportation takes place. In this type of service food is placed in one dining hall. An international level 3 dining halls are present

- VIPs / Elite class /high class
- Normal or A class
- Budgeted or economy class



In **off premises catering services** 60% food preparation take place on the chef's place and 40% on the venue for which the food is ordered. Some other types of Catering services are :

- Party Food Catering
- Hot Buffet Catering
- Full Service Catering
- Transport Catering
- Airline Catering
- Railway Catering
- Ship Catering etc



Outdoor catering services

Concept of Catering

Catering Service are based on 2 basic concepts

1. Commercial Catering
2. Non commercial catering

Commercial catering

Commercial Catering is the catering which takes place for the sake of money and for the business point of view.



Commercial catering service

Non-Commercial Catering

Noncommercial catering is the catering which is just for the welfare of the people that's why noncommercial catering is also known as the "Welfare Catering". Noncommercial catering is free of cost for the labors.

For example: Edhi House, Behria dastar khuwaan etc.

8.1.2 Relation between cooking & services

Relationship between cooking and service are very important because if you are professional and work in a food industry then you understand the importance of services which you are providing to your customers.

When you are working in kitchen and making food for your customer you have to make sure that the services which you are providing are according to the nature of the dish.

FUNDAMENTALS OF COOKING

If you are making hot food for your customers, make sure to serve in hot platters according to true temperatures. For examples sizzling brownies, Alfredo pasta with chicken steaks and BBQ. Cold food should be served in cold platters.

8.1.3 Significance of professional service skills

In the Food service skills, a wide range of skills is involved such as knowledge of supplies, ability to follow routine instructions, ability to follow safety procedures and safe use of cleaning equipment and supplies.

In food services food preparation, customer services, and hotel or restaurant management are included. All the staff members like cooks, servers, bartenders and hosts are all positions that use food service skills.

Some important professional service skills are

- Empathy
- Clear communication skills
- Adaptability
- Self-control
- Take responsibility
- Work ethics
- Patience
- Ability to use positive language

Food services skills improvement

Food service skills can be improved by these ways.

1) Work as a host

Learn how to engage your guests with the help of your communication skills as you greet them, take reservations, seat them, and answer them about their queries.

2) Become a server

Server is a person who can manage food orders, serve their customers, and work with a team. A team of cooks, hosts and other servers make sure that guests have a good and memorable dining experience.

3) Work in the kitchen

When you are a chef or a cook you can't see your guests. Cooks and those who are involved in food preparation gain many valuable skills for working in the busy environment. Manage cooking time for multiple dishes which all are served at once.

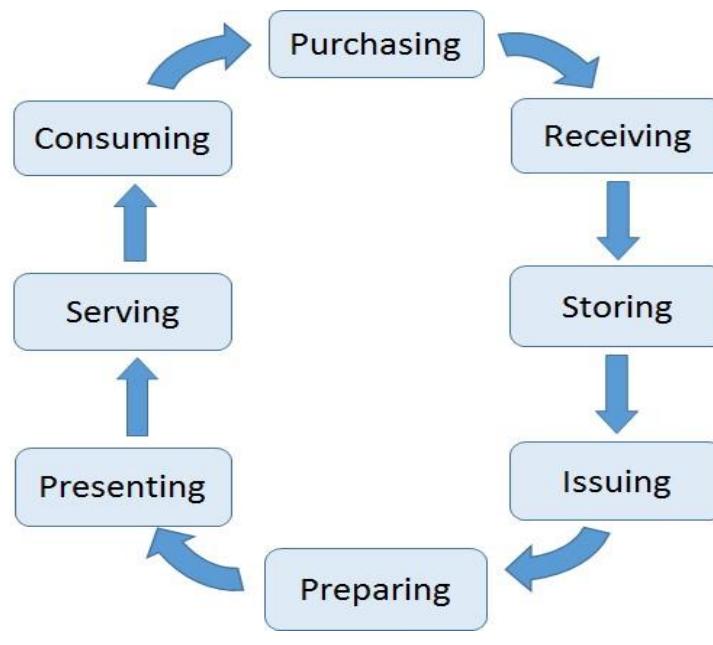
Earn Certificates

Gaining certificates as a food service employee will add your knowledge and it will increase your professional skills and abilities.

8.2Food & Beverages (F & B) Services

8.2.1Food services operations

Food and Beverages services operation is a cycle involving multiple activities which engage the staff from purchasing raw material, preparing food, keeping inventory, maintaining service quality etc.



Food & beverage operations

Types of Food Service Operations

There are two different categories of food service operations are there.

- I. Commercial Food Service.
- II. Noncommercial food service

The purpose of commercial food service operation is production and selling food and beverages. Commercial establishment includes full-service restaurants, catering, nightclubs, fast food etc. All of these are focused primarily on providing food and earning profit. Non Commercial Food Service exists inside of the organization such as hospitals, school, nursing homes, military bases and offices etc.

There are many different types of food and beverage services. Major categories are:

- Plate Service
- Cart Service
- Platter service
- Buffet Service
- Family Style Service



Buffet Services

8.2.2 Difference between food preparation & food services

8.3 Types of dining services

Dining services are all services related to direct dining operations. It is a set of plates & dishes in which food is eaten and served. The major dining services are:

- Informal silver services
- Formal silver services
- Russian services
- English services
- French services
- American services

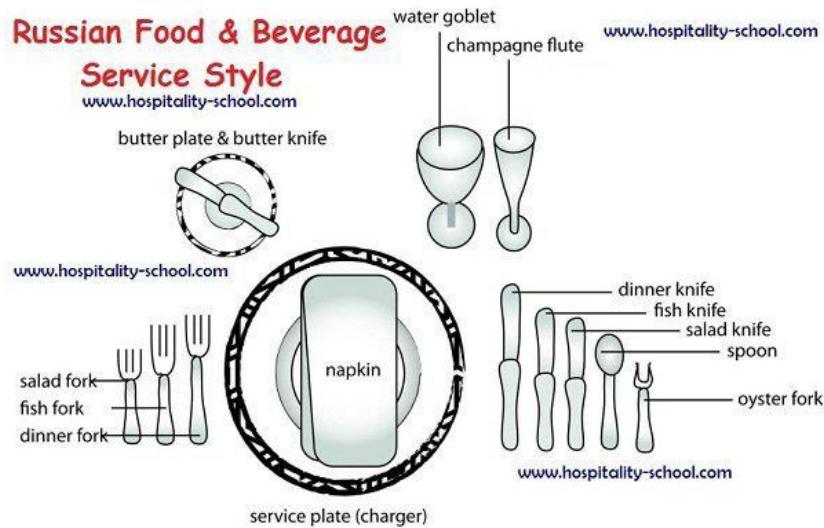
8.3.1 Types of F & B services

There are 3 types of services which are under the F&B services.

- i Food and beverage production
- ii Food and beverage services
- iii Stewarding

1. Russian table services

This service is a little bit close to the French service. In this service the food is sent out of the kitchen piping hot when the time is right for it, and offered to diners by waiters, serving from a diner's left side. The servers dish up the desired portion on the guest's plate using a large spoon and fork. In Russian service a server uses the spoon to serve vegetables and other items as per guidance.



2. English table services

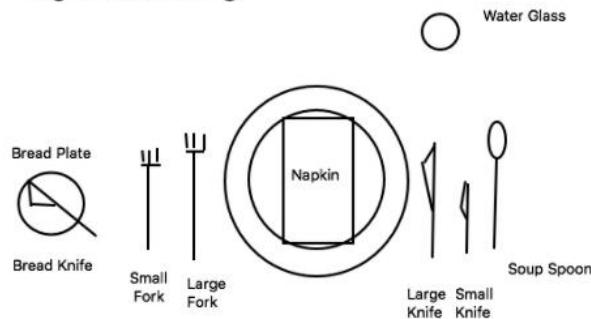
English Service is also called the "Silver Service". In this service first we greet the guests.

Food is in bulk and the food is placed in the center of the table.

All the duties are done by the waiter. This service is little bit same like the French and Russian services

This service is also known as the " Silver Service" because it is a great way of bringing everyone together.

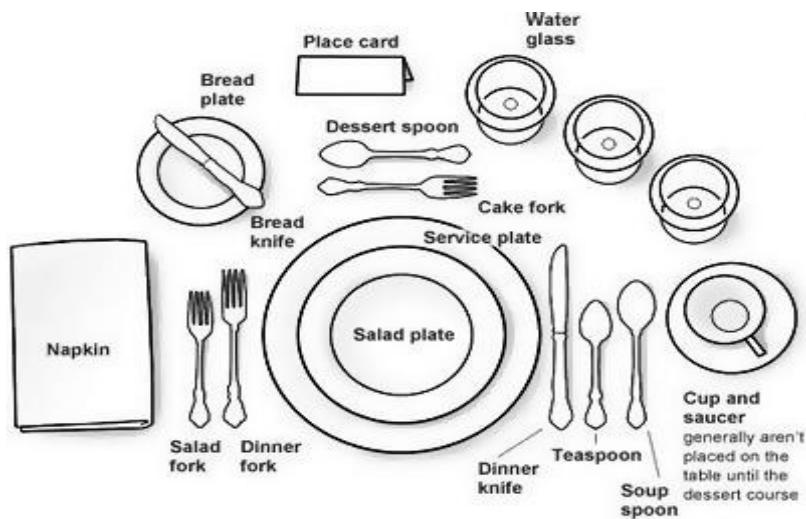
English Place Setting



3. French table services

French service is also called "Royal Service". In French language it is known as "Greedone Service". In French service we give personal attachments to our guests. In this service we give a proper protocol to the guests. We greet the guests Give a welcome drink to the guest, arrange the setup areas for the guests. Waiter stands along side and he gives everything which customer wants from table.

Then one person come with a trolley on which order is placed. First person who serves the food to plate.

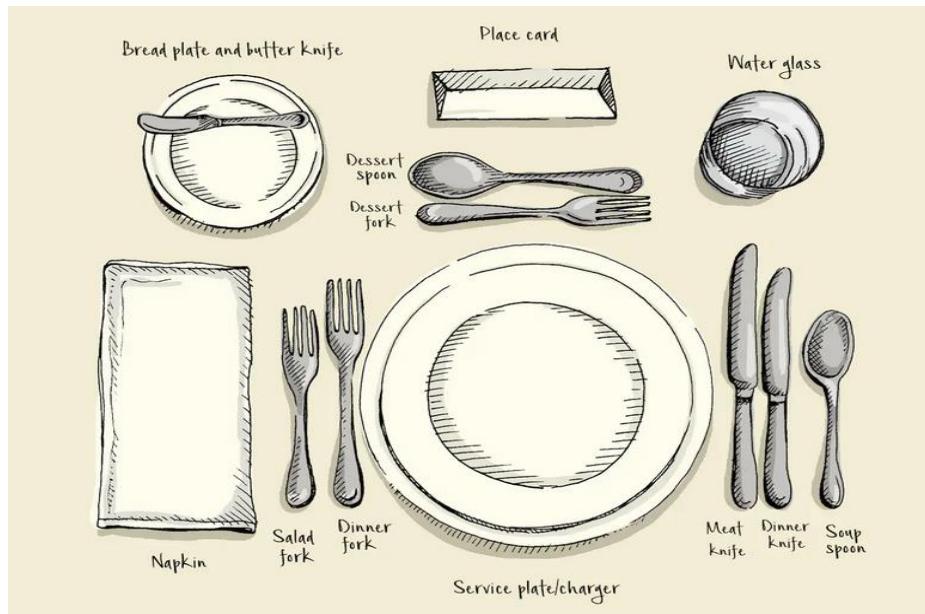


4. American table service

American Service is also called "Plate Service". In this service plate is basically called a "platter". In this service no extra protocol is given to the guests. This service is not so expensive and this service is fast than the French service

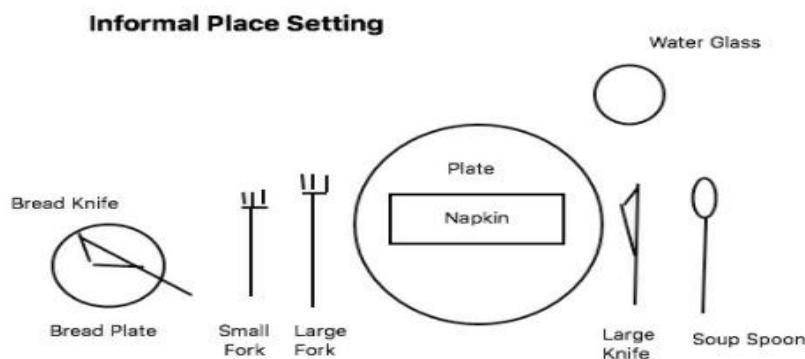
Do you know!

French Service is the slower as well as the expensive service as compare to other services.



5. Informal silver services

Home delivery service is very common now a days. In this service food is delivered on the door steps of the customers. Terms and conditions are applied on this condition.



6. Formal silver services

Buffet service is also known as "Self Service". In this service variety of ready food dishes are displayed according to the sequence of the table either hot or cold. In buffet service trolley is used to take dirty crockery and utensils to the stewarding area.

There are many different types of buffet Service

- Breakfast Buffet
- Lunch Buffet
- Dinner Buffet
- Salad Buffet
- Brunch Buffet
- Festival Buffet

8.3.2 Service style

There are different types of services styles

1. French service
2. American service
3. English service
4. Russian service
5. Buffet
6. Self service



These services are described in previous topic 8.3.1

Activity: Arrange the students into small groups. Each group arranges a table according to Formal service.

8.3.3 Usage of cutlery and crockery in table services

Cutlery any hand implement used in preparing, serving and especially eating food. A customer first reaction on entering in a hotel or restaurant is ambience. The creation of ambience by the right choice depends on décor, layout and use of cutlery and crockery. These items should be clearly chosen by color, design and shape. This will be determined by factors such as

- Type of client expected
- Location
- Layout of F & B service area
- Types of services offered

A wide range of crockery and cutlery items are available in figure. As a guide the sizes are as follow.

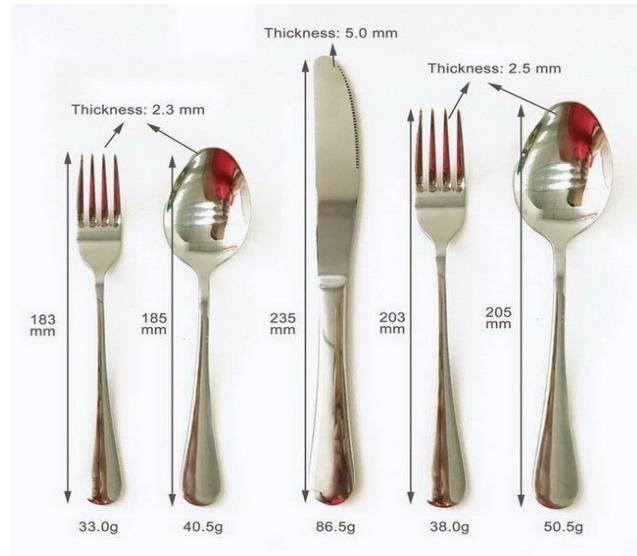
- Side plates 15cm
- Sweet plate 18 cm
- Fish plate 20 cm



Different crockery sizes



Different crockery designs



Different sizes of cutlery

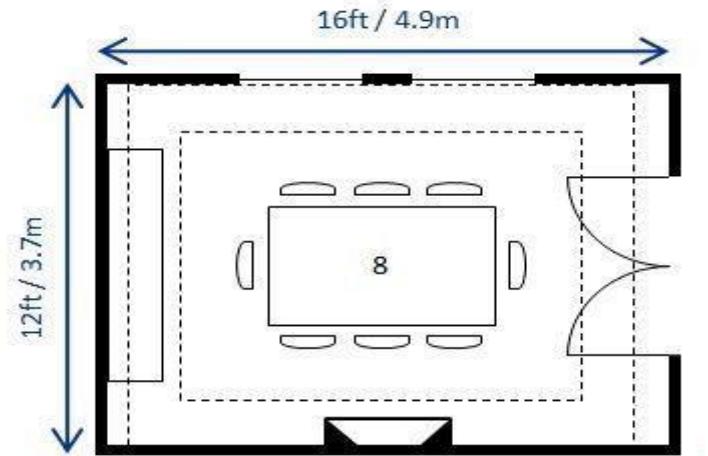
8.4 Table layouts

A table layout is defined as a raw data of rows and columns in source location. The good table layout should focus on the following points.

- Circulation and moment
- Connectivity between front of house and back of house
- Comfortable for customers and staff
- Optimum utilization of space
- Safety

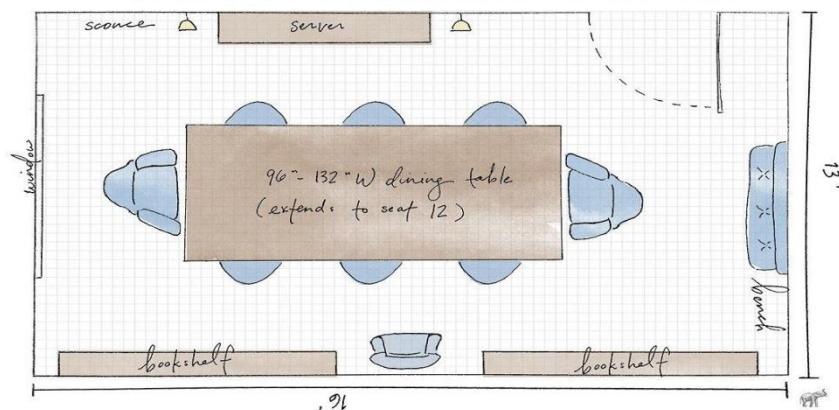
8.4.1 Layouts of dining table

Basic layout for dining table includes



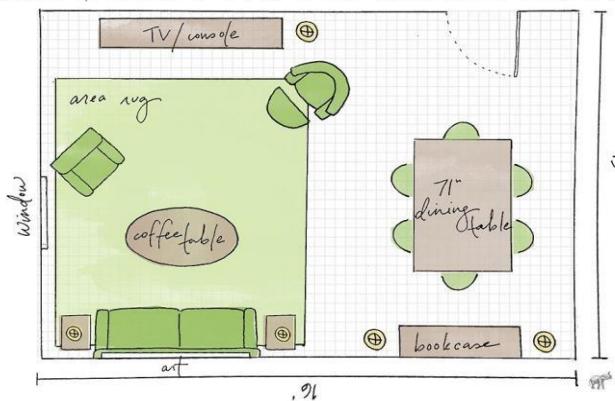
Informal dining layout

THE FORMAL DINING ROOM



Formal dining layout

THE DUAL-PURPOSE DINING ROOM



Dual purpose dining layout

8.4.2 Group services etiquettes with respect to age & gender

Before the meal begin, these etiquettes are most important to follow

- Be on time.
- Dress accordingly.
- Never comb your hair and apply makeup on table.
- Wash your hands before eating meal.
- Wait for host to tell you where to sit.
- Show respect to elders by letting them go ahead.
- You should be polite to all the persons on tale.

During the meal, these etiquettes are important to follow.

- Place your napkin on your lap.

- Never insert napkin under your chin.
- Sit up straight with feet should be on floor.
- Keep elbows off to the table.
- Wait until everyone is served.
- Use courtesy words like “please” and “thank you” when asked for food to be passed.
- Use the serving utensils properly.
- Chew your food with lips closed.
- After the use of fork and knife, keep them on the plate not on table.
- After eating your meal, place your napkin to the side of the place on the table.

Activity 1: Arrange the class into small groups; each group will set a dinner table for 2 Persons.

Activity 2: Arrange the class into small groups; each group set a table according to the French Service.

8.4.3 Holding, carrying and loading the service trays

Your hands should be flat and your fingers should be spread out with only the tips of your fingers. Hands are raised to support the base of the tray. Trays are carried on the palm of left hands with the tips of the fingers slightly raised.

Servings trays are very important functional items usually used to carry plates of food and dishes. This is reason why they must be able to deal with relatively heavy weight.

Do you know! Proper techniques of holding and carrying a heavy tray can reduce the amount of strain on a server's joints and muscles.

Key points

- Food and beverage services are defined as the process of preparation, presenting and service of the food & beverages to the customers. The customer visits the premises to avail these services.
- There are two major types of Catering, On Premises Catering (Indoor Catering Service) and off premises catering (Outdoor catering services).
- In the Food service skills a wide range of skills is involved such as knowledge of supplies, ability to follow routine instructions, ability to follow safety procedures and safe use of cleaning equipment and supplies.

FUNDAMENTALS OF COOKING

- Food and Beverages services operation is a cycle involving multiple activities which engage the staff from purchasing raw material, preparing food, keeping inventory, maintaining service quality etc.
- Dining services are all services related to direct dining operations. It is a set of plates & dishes in which food is eaten and served.
- Crockery and cutlery are used in service of food as well for the consumption of food.

Exercise

Select the most appropriate option

1. Food service always start from which side of the table
 - a. Left side
 - b. Right side
 - c. From the elder person of table
 - d. None of these
2. Bain-marie is used for keep the food
 - a. Safe from dust
 - b. Hot and fresh
 - c. Stay away from sunlight
 - d. None of these
3. Which F&B service is the most expensive service?
 - a. French service
 - b. American service
 - c. English service
 - d. Russian service
4. Which hand holds the knife when you cut the item in your plate
 - a. Left side
 - b. Right side
 - c. Up to you
 - d. It is not important when you are in hotel

Give short answer of the following questions.

1. How you greet your guests if you are the employee of the hotel?
2. What do you know about American service?
3. Which type of crockery and cutlery is used in English service?
4. Enlist five etiquettes of group service during meal?
5. What do you know about brunch?

Answer the following questions in detail.

1. Describe the significance of professional service skills?
2. Explain the types of F & B services?

Activity

- Arrange the class into small groups. Each group is assigned the task to arrange different table services
- Prepare a formal meal consist of appetizer, main course and dessert and serve it according to English Service.
- Carry a tray that has more than 8 glasses or bottles on it with your forearms and hands.
- Carry a tray with less than 8 bottles and glasses on it with your wrist and hand.

Teacher's guide

- The teacher is required to plan industrial visit to nearest restaurant, in which students will learn about different services skills.
- The teacher is required to give knowledge to the students about different table service styles and layouts.
- The teacher is required to demonstrate the students about how to set table according to meal
- The teacher is required to demonstrate the students about the holding and carrying the trays bearing 8 numbers of glasses and bottles.
- The teacher is required to demonstrate the students about the holding and carrying the trays bearing less than 8 numbers of glasses and bottles.

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GLOSSARY

A la carte - Menu dishes individually ordered and priced.

AL dente - It is an Italian term means "to the tooth" it is a cooking terminology for cooked pasta or other food items with a bit of bite, but not a hard center.

Allspice - it is a combination of different spices such as cloves, cinnamon, nutmeg, black pepper, bay leaves etc.

Agr agr - it is an alternative to gelatin for vegetarians.

Abrasive - Any material which can be used for grinding or polishing.

Bacteria - a single celled microorganism which cause changes in food.

Bain - Marie - a water bath like container which keep the food hot and fresh.

Baking - it is a dry heat cooking method used in bakery.

Balsamic Vinegar - it is a Italian vinegar that enhance the aroma and flavors in different salads.

Besan Flour- made from chickpeas, used in making Fritters (Pakora).

Cabernet - A variety of grape which is used in making wine with smooth overtones.

Café de Paris - a compound butter made with spirits, herbs, curry and spices.

Calcium - Essential mineral which is important for bone structure and teeth.

Calorie - A measure of energy derived from food.

Carpetto - Italian word mean "kid" the meat from a young goat.

Danger Zone - the temperature between 5°C and 60°C in which bacteria multiply rapidly.

Darne - A fish cutlet sliced through the bone of a round fish.

Debris the leftover of the food that is not shown or served to the customers.

Deep frying a cooking method in which food is submerging in hot fat on 140°C to 190°C.

Degreasing - removing the fat from stock and sauces.

E. Coli - a type of bacteria that can lead to severe bacteria.

Eclairs - length of choux pastry (612 cm) baked.

Economical - A term describe the profitability of any item.

Egg wash - beaten eggs used for crumbing.

Elastin - yellow connective tissue that has to be minced or chopped for eating.

Farinaceous dishes - menu items containing starch, such as rice, pasta and gnocchi.

Feathering - mixing two or more sauces for presentations.

Fennel vegetable variety with an aniseed flavor.

Fenugreek - a spice with a strong curry-like aroma and flavor.

Fermentation - the conversion of sugars and other carbohydrates into alcohol, acids, and carbon dioxide for production of beer, wine and bread.

Ganache - A mixture of hot cream and melted chocolate.

Garlic Butter - a compound butter with the addition of garlic.

Garnish trimmings add onto a dish to enhance its taste and eye appeal.

Gelatine a setting agent made from animal skins and bones.

GIGO - Garbage In Garbage Out **Gratinate** - to place food item under a salamander to brown on the top.

HACCP - (Hazard analysis and critical control points) a system to minimizing the food poisoning.

Hache finely chopped e.g. parsley, mince or corriender.

Harissa Hot, spicy Moroccan sauce made from fresh chilli, coriander (seed and fresh) mint, caraway seed and garlic.

Harmonic flavors - flavors that leave a pleasant taste in the mouth and do not compete with each other.

Heat Transfer Method of conversion of heat from one thing to another.

Ice cream a frozen dessert.

Ice slurry mixture of crushed ice and water.

Icing a mixture of icing sugar with the addition of moisture, lemon juice, egg white, sour cream etc.

Invertebrates- animals without a spine.

Implements - tools used to assist your work, such as knife, cutting boards etc.

Jalousie- a French term meaning blind and shutter, a puff- pastry slice with a topping of pastry.

Jam a preserved mixture of fruits and sugar.

Jarish crushed wheat and yogurt casserole.

Jasmine rice a type of long grain rice

Jell to congeal a substance.

Kumara - red sweet potato with a pinkish orange flesh.

Ketchup- a thick sweet and spicy sauce.

Key lime - a Tart, golf ball size yellow and green citrus fruit.

Kahlua - a coffee liqueur used for desserts.

Kinilaw Cuisine- a true Philippine cuisine.

Lacto-vegetarian Vegetarian diet which includes dairy but not eggs.

Larder -cold section in the kitchen.

Lavash bread - soft pocket flat bread used in Lebanese dishes.

Lavosh - crispy bread pieces served with cheese.

Leek - large stalk vegetable of the onion family.

FUNDAMENTALS OF COOKING

Mandoline - a tool used in the kitchen for slicing vegetables.

Maple Syrup - sap of the maple tree.

Mixing- to combine different ingredients.

Mayonnaise - a cold emulsion sauce made with egg yolks.

Matignon - a small mirepoix cut used for short cooking time.

Naan - flat, slightly leavened bread, round or oval in shape.

Nage - Aromatic poaching liquid. Can be vegetable or herb stock.

Napper- to coat or mask a food item with sauce.

Napolitaine - garnish style referring to the Italian town of Naples.

Navarin - a brown stew made with diced lamb.

Oats - a cereal grass cultivated for its edible seed.

Offal - edible parts of animal excluding the muscle meat, such as liver and kidney.

Okra - A vegetable shaped like a cylinder.

Open Sandwich - a sandwich that is not covered by a slice of bread and the filling is exposed.

Oregano -Strong herb used in Italian cooking.

Paring - trimming, as of meat or vegetables.

Paring knife - a knife used for turning, trimming and peeling.

Palatable - having appealing flavors and taste.

Pathogens - Bacteria which cause diseases.

Paysanne - a basic vegetable cut in approximately 10mm slices.

Quark cheese - is a type of cheese.

Quiche - German word means cake.

Quick bread - quick bread can be made quickly and easily.

Quinoa - a type of grain.

Ragout - a stew, as in beef ragout or ragout fin.

Raita - a mixture of yogurt, cumin, vegetables and fruits.

Ratio - the relationship on one ingredient to another such as 1:2 in pastry mean 1 part butter and 2 parts flour.

Ravioli - a variety of pasta that encases food in pastry.

Raw sugar - unrefined sugar appear much like sugar.

Sabayon - egg yolks and liquid whipped and cooked over a Bain – Marie.

Saccharometer - an instrument used to measure sugar density.

Saffron - the stamen of a crocus flower used for flavor and coloration.

Sailor style - garnish used for seafood with prawns and bacon.

Salamander - a grill operating with top heat only.

Table d'hoté - a meal with no or limited choice, at a fixed price.

Tahini - a type of paste made up with sesame seeds.

Tempura - Japanese batter used for deep - fried food.

Thickening agents. - It helps to bind and thicken agent.

Thyme an herb that is used in stocks, soups, sauces and meat dishes.

Universal rules - that can't be changeable.

Univalve- a mollusc with one shell.

Utensils- tools used for cooking.

Urchins- a kind of invertebrates.

Vanilla essence Flavor produced by dissolving vanilla pods in an alcoholic solution.

Vanilla pod - The pods of a creeper.

Veal- Young beef, calf.

Vegan-a person who does not eat any meat products.

Vegetable oil - oil that is derivative of a vegetable or seed.

Wrapping sheet - a thin plastic sheet in which food is wrapped.

Wedge- shape of a potato cut on a slant with a triangle.

Wheat- the grain of cereal grass used for food.

White chocolate - made with cocoa butter with the addition of milk, solids and sugar.

Wild Rice - a native grass of North America.

Xmas pudding - English specialty, also called plum pudding, served at Christmas.

Yogurt - easily digested fermented milk product.

Yeast - microorganisms used in cooking to aerate food.

Yeast extract - a mixture of yeast, salt and vegetable extract.

Yams a root of a climber high in vitamin C and used like potato.

Yabby - a freshwater.

Zabaglione - a foam- style dessert.

Zest the rind of citrus fruits.

Zester a tool to remove zest from citrus fruits.

About the author

The Author is a Senior food Preparation and Culinary Arts –Patisserie Principle Trainer and Owner of Business **ANAYA’s PATISSERIE** with an extensive background as a Food and Nutritionist, Food Safety in Catering in well renowned Conglomerate Companies such as Hashoo Foundation, Kitchen Cuisine, Pearl Continental, Hashoo Hunar and TDCP- ITHM. She is currently working as senior food Preparation and culinary arts-patisserie principle trainer at Tourism Development Corporation Punjab college Institute Of tourism & Hotel Management Lahore. She also owned her own Business and Member of Curriculum Development Community in **NAVTTC**. She holds a degree of Food and nutritionist and also International Diploma in Food safety in catering principles United Kingdom. Her passions include travel and mentoring young people to develop their own professional paths.

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Contact the Author:

Facebook: <http://www.facebook.com/20562025676294?referre=whatsapp>

Instagram: <http://instagram.com/mariy.amzahid?gshid=hiamvd3ollu>

قومی ترانہ

پاک سر زمین شاد باد! کشورِ حسین شاد باد!
تو نشانِ عزِم عالی شان ارض پاکستان
مرکزِ یقین شاد باد!

پاک سر زمین کا نظام وقتِ اخوبت عوام
قوم، ملک، سلطنت پاتنده تابنده باد!
شاد باد منزلِ مُراد!

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National Vocational & Technical Training Commission (NAVTTC)

Plot No.38, Sector H-9/4, Kirthar Road, Islamabad.

Tel: +92-51-9207518

Website: www.navttc.gov.pk