

SSD GIRLS' COLLEGE, BATHINDA

DEPARTMENT OF HOME MANAGEMENT & HOME SCIENCE

CERTIFICATE COURSE IN FOOD PRODUCTION AND BEVERAGE SERVICE

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| Eligibility | 10+2 or equivalent with English as subject |
| Duration | 3 months |
| Credits | 4 (2+2) |
| Fees | 2000 INR for college students 3000 INR for outsiders |

Course in "Food Production" is designed with the following objectives:

- i. The course enables the students to establish and manage a small scale food service unit.
- ii. It provides them with the necessary knowledge and skill to run and control all operations in the unit. It also equips the student to find employment in canteens, restaurants, hostel, railway catering and mobile catering.
- iii. It also helps to develop culinary skills.
- iv. It also helps to understand different non-alcoholic beverages with their preparation and services.

UNIT 1: INTRODUCTION TO PROFESSIONAL COOKERY:

- a) Culinary history
- b) Origins of modern cookery

UNIT 2: KITCHEN & PERSONAL HYGIENE:

- a) Personal Hygiene
- b) Cleanliness of surface & Garbage Disposal

UNIT 3: KITCHEN EQUIPMENT AND TOOLS:

- a) Pre-preparation & Preparation equipments
- b) Ancillary equipments: knives, utensils, pots and pans.
- c) Bakery equipment
- d) Modern Development in Equipments

UNIT 4: BASIC METHODS OF COOKERY:

- a) Modes of Heat Transfer
- b) Various methods of Cooking:
 - Moist Methods: Boiling, Poaching, Steaming, Stewing, Braising.
 - Dry Methods: Frying, Grilling, Roasting, Broiling, And Baking. d) Modern Methods

UNIT 5: UNDERSTANDING RAW MATERIALS:

- a) Understanding of common ingredients, classification and available Forms
- b) Uses and storage
- c) Salt, Liquids, sweetening, Fats, and Oils, Raising or Leavening agents.
- d) Thickening and binding agents, Flavorings and seasoning

UNIT 6: NON-ALCOHOLIC BEVERAGES:

- a) Tea & coffee: Types, manufacturing, brand names
- b) Milk based drinks
- c) Juices
- d) Soft drinks
- e) Mineral Waters spring water, nourishing drinks and tonic water

UNIT 7: Food Safety

- a) Food safety standards
- b) Adulteration
- c) HACCP

UNIT 8:-Table Setting

- a) Laying a table
- b) Dining Etiquette
- c) Napkin Folding

Practical

1. Preparation of 2 dishes using different cooking methods
2. Preparation of non alcoholic beverages and mocktails
3. Table setting

REFERENCE BOOKS:

1. Sudhir K. Shibal : The Ashok book of Favourite Indian Recipes
2. Madhur Jaffery's : Cook Book
3. Chandal Padmanabhan : Dakshin Veg. Delicacies from South India
4. J. Inder S. Kalra : Prasad Cooking
5. Jane Grigson : The Book of Ingredients
6. K.T. Achaya, Oxford : Indian Food
7. Le rol a. Polsom : The Professional Chef
8. Sudhir Andrews: F & B Service Trg. Manual
9. Denni R. Lillicrap: F & B Service