



**Youth Employability Skill Training Co-operative Educational Society Ltd.**  
**AN AUTONOMOUS VOCATIONAL TRAINING INSTITUTION**  
**(NATIONAL YOUTH PROGRAMME)**

**COURSE NAME: DIPLOMA IN FOOD PROCESSING AND BAKERY**

**DURATION :6 Months**

**SUBJECTS:**

<b><u>SL. NO</u></b>	<b><u>SUBJECTS</u></b>	<b><u>TOTAL MARKS</u></b>
1	BAKERY & CONFECTIONERY	50
2	FOOD & BEVERAGE SERVICE	50
3	FOOD PRODUCTION	50
4	PRACTICAL	50

## **SYLLABUS:**

### **BAKERY & CONFECTIONERY**

#### **Course Outcome**

- Imparting knowledge about different types and ingredients required for cake making.
- Creating the awareness about various methods required for cake making.
- Analysing the role of various ingredients used in bread making and effect of processing conditions.
- Understanding the working of various types of ovens, methods of bread making and characteristics of a good bread.

#### **UNIT: I**

Introduction of Hotel Industry knowledge of Basic equipment, tools – Bakery Brigade – Basic knowledge of Baking Food Commodities – Classification of raw materials – methods of mixing food – Types of Textures – batter – dough – Baking temperature and time – principles of food storage – food contamination.

#### **UNIT: II BREAD MAKING**

Definition – Bread making ingredients – role of each ingredient in bread making – types of bread dough – bread making methods- process of bread making – kneading, fermentations, proving. Bread fault – remedies – Bread Preservatives – International Bread Products.

#### **UNIT: III CAKE MAKING**

Definition of cake ingredients – Function of each ingredients – types of cake – cake making methods – Icing – Decorative works – Cake fault and rectification – International cake foods.

#### **UNIT: IV PATISABLE GOODS**

Definition of cookies – types – method – precaution to be taken while preparing cookies products.

#### **UNIT: V PASTRY GOODS**

Pastry Goods – Definition of short crust pastry – puff pastry – Choux pastry – Filling, creams, accompaniment sauces.

#### **Reference Books**

1. Basic Baking by Dubey
2. Bread Machine by Shapter
3. Technology of Cake Making by Bennion Bam Ford
4. Complete Pastry Work by Nicoletto
5. Pastry, Savoury & Sweets by Roux, Micheal

## **FOOD & BEVERAGE SERVICE**

- Identify and describe the various food and beverage service positions
- Describe and demonstrate selling skills required in a food and beverage operation.
- Perform various service styles.
- Identify types and functions of tableware.

### **UNIT 1. The Food & Beverage Service Industry**

Introduction to the Food & Beverage Industry. Classification of Catering Establishments (Commercial & Non-Commercial) Introduction to Food & Beverage Operations (Types of F&B Outlets) Restaurant, Coffee Shop, Room Service, Bars, Banquets, Snack Bar, Executive Lounges, Business Centers, Discotheques & Night Clubs. Ancillary department.

### **UNIT 2 Food& Beverage Service Equipment**

Types & Usage of Equipments- Furniture, Chinaware, Silverware & Glassware, Linen, Disposables, Special Equipment Care& maintenance

### **UNIT 3 Food& Beverage Service Personnel**

Food & Beverage Service Organization Structure - Job Descriptions .Attributes of Food & Beverage personnel.BasicEtiquettes.Interdepartmental relationship

### **UNIT 4 Types of Food & Beverage Service**

Types of Meals, Mis-en-place & Mis-en-scene Table Service –English / Silver, merican, French, Russian Self Service – Buffet & Cafeteria Specialized Service – Gueridon, Tray, Trolley, Lounge, Room etc. Single Point Service – Take Away, Vending Kiosks, Food Courts &Bars, Vending machines.

### **UNIT 5. Menu knowledge**

Introduction. Types –Ala Carte & Table d’hôte.Menu Planning, considerations and constraints. Menu Terms.Classical French Menu.Classical Foods & its Accompaniments with Cover.

### **Reference books:**

1. Food & Beverage Service – Lillicrap & Cousins, ELBS
2. Food & Beverage Service Training Manual – Sudhir Andrews, Tata McGraw Hill
3. Food & Beverage Service – Vijay Dharwan

## **FOOD PRODUCTION**

- Develop knowledge & interest in basic Indian food production.
- Know different equipment used in cooking.
- Understand basic skills required in the food production department. Know the history of cooking, its modern developments and develop brief idea of various cuisines;
- Have through knowledge raw materials and understanding basic bakery.

### **Unit I**

Introduction to Cookery- Definition, Origin of Cookery, Classes of Professional Cookery. Culinary History- French, Indian, Chinese, International and Nouvelle cuisine. Aims and objects of cooking- Effects of cooking, Characteristics of Raw materials. Method of Cooking- Cooking techniques, Basic methods of cooking in Continental, Indian and Chinese.

### **Unit II**

Characteristic of Raw materials. Spices and Herbs used in the Cookery. Preparation of various ingredients and Texture.

### **Unit III**

Stocks and Soups- definition, types, classification and its preparation, international soups and its origin. Sauces – definition, types, derivatives and its uses. Vegetables cookery – composition and nutritive value, selection criteria, vegetable preparation, effect of cooking on vegetables, Continental and Indian vegetables, standard vegetable cuts.

### **Unit IV**

Egg cookery- structure, size, quality, preparation.  
Rechauffe techniques adopted in culinary preparation.  
Culinary terms: Indian and continental.  
Fuels used in the kitchen.  
Basic first aid and precaution step to be followed in the food production operation

### **Unit V**

Food costing – costing, Importance of costing  
Calculation of food cost and selling price, Avoiding wastage

### **Reference Books:**

1. Theory of Cookery – Krishna Arora.
2. Theory of Catering – Ronald Kinton and Ceserani.
3. Modern Cookery Vol.I – Thangam. E. Philip
4. The complete cookery Manual – Antony O'Reilly.
5. The Art and Science of Culinary Preparation – Ninemar.

## PRACTICAL - FOOD PRODUCTION

### Demonstration

- Basic ethics to be adapted in the kitchen.
- Identification of Ingredients and equipments used in the kitchen.
- Cuts of vegetables
- Preservation of nutritive value of vegetables, avoiding discoloration.
- Preparation of stock and sauces.
- Cuts of chicken, fish, undercut of beef, etc.,

Suggested menus of the following should be duly prepared and presented by the student neatly with help of the demonstrator:

Menu 1: Pulao, Yellow dhal, Chicken pepperoni, Phulka, Aloo capsicum, Carrot hulwa.

Menu 2: Oeuf farcis, Tomato soup, Poulet grille, tossed vegetables, Bread and Butter pudding.

Menu 3: Kachumbar, Coconut pulao, Mutton Kurma, Bhinidi masala, Shahi tukra.

Menu 4: Potage Minestrone, Macaroni Neapolitaine, Ratatouille, Crème brûlée.

Menu 5: Green salad, Chicken Biryani, Dalcha, Gulab jamun.

Menu 6: Different types of Egg Preparation.

Menu 7: Preparation of different shapes: Bread Roll, Sandwich Bread

Menu 8: Cheese Bun -Burger Rolls -Dough nuts

Menu 9: Brown Bread: Milk / Fruit Bread / Multigrain Bread

### Reference Text Books:

1. Modern cookery, Vol.I& II – Thangam E. Philip.
2. Practical cookery - Kinton & Ceserani.
3. Practical cookery - Cracknell and Kaufmann.