

PRE-REQUISITE

THM-103 Introduction to Tourism and Hospitality

LEARNING OUTCOMES:

After Completion of this course the students will be able to:

1. Apply the latest modes of working, in order to master the various existing culinary techniques in national and international cookery, as well as in traditional and contemporary cuisine.
2. Estimates, manage resources and calculate costs, taking into consideration all necessary factors, from purchasing of basic resources, working with suppliers through to the final product, making use of strategic, administrative and marketing concepts.
3. Manage a working team, making the best of their potential and supervising the activities of kitchen aids and auxiliaries, acquiring the necessary competence to solve different problems which may arise in the area of work, as well as the efficient use of time, space and human and material resources within the kitchen.
4. Plan and carry out efficient leadership for the best preparation and elaboration of foods, observing always the safety and hygiene regulations in the work place and following the instructions of a qualified professional.
5. Acquire the knowledge which will allow you to conserve and handle different food resources, and to design and produce menus to meet the quality standards of each area of the market.

COURSE INTRODUCTION AND OBJECTIVES:

Food is fundamental to life. Not only does it feed our bodies, but it is often the centerpiece for family gatherings and social functions.

Module-I Introduction:

- Aims & Objectives of cooking food,
- Introduction to Safety, maintaining personal hygiene, hazards and Risks,
- History and development of cooking, the kitchen brigade,
- Professional cook, food and nutrition, the food guide pyramid, food contamination, Food and Beverage system.
- Health & Safety regulations, hazards in work place, emergencies in work place, communication skills, security procedures, team work, waste management, pest control, storage and stock control.

Module-II Introduction to Hygiene and Sanitation:

- Hygiene, Sanitation, meaning, uses in hotel industry.
- Importance of hygiene and sanitation in catering industry.
- Personal hygiene for staff members in the production areas in preparing food or coming in touch with food and beverages. Personal
- Hygiene for staff coming in touch with guests.

Module-III Basic concepts:

- Foundation Ingredients- fats, oils and their uses, raising agents
- Flavoring and Seasonings, sweetening agents, Thickening agents
- Knife and Knife skills
- kitchen terminologies

Module-IV Preparation concepts:

- Preparation of Ingredients – Washing, peeling, Scrapping, cutting of vegetables,
- Method of mixing foods, methods of cooking foods.

- Sauce meaning, uses, points to be observed when preparing recipe for mother sauces, Names and derivatives of mother sauce.

Module-V Menu concepts:

- Menu and types of menu , Basic Stocks types,
- Soups and its types
- Rice and types of rice
- Egg dishes,
- Pasta and cooking methods of pasta,
- Fish course,
- Poultry, key preparation techniques for poultry,
- Introduction to vegetables and cooking techniques.

ASSIGNMENTS – TYPE AND NUMBER WITH CALENDAR

It is continuous assessment. The weightage of Assignments will be 25% before and after mid term assessment. It includes:

- classroom participation,
- attendance, assignments and presentation,
- homework
- attitude and behavior,
- hands-on-activities,
- short tests, quizzes etc.

ASSESSMENT AND EXAMINATIONS:

Sr. No.	Elements	Weightage	Details
1.	Mid Term Assessment	35%	It takes place at the mid-point of the semester
2.	Formative Assessment	25%	It is continuous assessment. It includes: classroom participation, attendance, assignments and presentation, homework, attitude and behavior, hands-on-activities, short tests, quizzes etc.
3.	Final Assessment	40%	It takes place at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.

RECOMMENDED TEXT BOOKS/ SUGGESTED READINGS:

1. Child, J., Bertholle, L., & Beck, S. (2014). 31. From Mastering the Art of French Cooking. In *Books That Cook* (pp. 218-224). New York University Press.
2. Hallam, E. (2004). *Food Technology*. Nelson Thornes.
3. Brown, D. R. (2003). *The restaurant manager's handbook: How to set up, operate, and manage a financially successful food service operation* (Vol. 1). Atlantic Publishing Company.
4. Dendy, D. A., & Dobraszczyk, B. J. (2001). *Cereals and cereal products: chemistry and technology*. Boom Koninklijke Uitgevers.
5. Barham, P. (2001). *The science of cooking*. Springer-Verlag GmbH.
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Module-I:

- Hors d' Oeuvres,
- Appetizers and starters,
- Salads,
- Cold sauces,
- Introduction to desserts.
- (Preparation of 6 recipes from each course)

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