

FOOD PRODUCTION (GENERAL)

NSQF LEVEL - 3

TRADE PRACTICAL

SECTOR: FOOD INDUSTRY

(As per revised syllabus July 2022 - 1200 Hrs)



Directorate General of Training

DIRECTORATE GENERAL OF TRAINING
MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP
GOVERNMENT OF INDIA



**NATIONAL INSTRUCTIONAL
MEDIA INSTITUTE, CHENNAI**

Post Box No. 3142, CTI Campus, Guindy, Chennai - 600 032

Sector : Food Industry

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Trade : Food Production (General) - Trade Practical - NSQF Level - 3 (Revised 2022)

Developed & Published by



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FOREWORD

The Government of India has set an ambitious target of imparting skills to 30 crores people, one out of every four Indians, by 2020 to help them secure jobs as part of the National Skills Development Policy. Industrial Training Institutes (ITIs) play a vital role in this process especially in terms of providing skilled manpower. Keeping this in mind, and for providing the current industry relevant skill training to Trainees, ITI syllabus has been recently updated with the help of Mentor Councils comprising various stakeholder's viz. Industries, Entrepreneurs, Academicians and representatives from ITIs.

The National Instructional Media Institute (NIMI), Chennai, an autonomous body under Ministry of Skill Development & Entrepreneurship is entrusted with developing producing and disseminating Instructional Media Packages (IMPs) required for ITIs and other related institutions.

The institute has now come up with instructional material to suit the revised curriculum for **Food Production (General) - Trade Practical NSQF Level - 3 (Revised 2022) in Food Industry Sector under Annual Pattern**. The NSQF Level - 3 (Revised 2022) Trade Practical will help the trainees to get an international equivalency standard where their skill proficiency and competency will be duly recognized across the globe and this will also increase the scope of recognition of prior learning. NSQF Level - 3 (Revised 2022) trainees will also get the opportunities to promote life long learning and skill development. I have no doubt that with NSQF Level - 3 (Revised 2022) the trainers and trainees of ITIs, and all stakeholders will derive maximum benefits from these IMPs and that NIMI's effort will go a long way in improving the quality of Vocational training in the country.

The Executive Director & Staff of NIMI and members of Media Development Committee deserve appreciation for their contribution in bringing out this publication.

Jai Hind

Addl. Secretary/Director General (Training)
Ministry of Skill Development & Entrepreneurship,
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New Delhi - 110 001

PREFACE

The National Instructional Media Institute (NIMI) was established in 1986 at Chennai by then Directorate General of Employment and Training (D.G.E & T), Ministry of Labour and Employment, (now under Ministry of Skill Development and Entrepreneurship) Government of India, with technical assistance from the Govt. of the Federal Republic of Germany. The prime objective of this institute is to develop and provide instructional materials for various trades as per the prescribed syllabi (NSQF) under the Craftsman and Apprenticeship Training Schemes.

The instructional materials are created keeping in mind, the main objective of Vocational Training under NCVT/NAC in India, which is to help an individual to master skills to do a job. The instructional materials are generated in the form of Instructional Media Packages (IMPs). An IMP consists of Theory book, Practical book, Test and Assignment book, Instructor Guide, Audio Visual Aid (Wall charts and Transparencies) and other support materials.

The trade practical book consists of series of exercises to be completed by the trainees in the workshop. These exercises are designed to ensure that all the skills in the prescribed syllabus are covered. The trade theory book provides related theoretical knowledge required to enable the trainee to do a job. The test and assignments will enable the instructor to give assignments for the evaluation of the performance of a trainee. The wall charts and transparencies are unique, as they not only help the instructor to effectively present a topic but also help him to assess the trainee's understanding. The instructor guide enables the instructor to plan his schedule of instruction, plan the raw material requirements, day to day lessons and demonstrations.

In order to perform the skills in a productive manner instructional videos are embedded in QR code of the exercise in this instructional material so as to integrate the skill learning with the procedural practical steps given in the exercise. The instructional videos will improve the quality of standard on practical training and will motivate the trainees to focus and perform the skill seamlessly.

IMPs also deals with the complex skills required to be developed for effective team work. Necessary care has also been taken to include important skill areas of allied trades as prescribed in the syllabus.

The availability of a complete Instructional Media Package in an institute helps both the trainer and management to impart effective training.

The IMPs are the outcome of collective efforts of the staff members of NIMI and the members of the Media Development Committees specially drawn from Public and Private sector industries, various training institutes under the Directorate General of Training (DGT), Government and Private ITIs.

NIMI would like to take this opportunity to convey sincere thanks to the Directors of Employment & Training of various State Governments, Training Departments of Industries both in the Public and Private sectors, Officers of DGT and DGT field institutes, proof readers, individual media developers and coordinators, but for whose active support NIMI would not have been able to bring out this materials.

Chennai - 600 032

EXECUTIVE DIRECTOR

ACKNOWLEDGEMENT

National Instructional Media Institute (NIMI) sincerely acknowledges with thanks for the co-operation and contribution extended by the following Media Developers and their sponsoring organisations to bring out this Instructional Material (**Trade Practical**) for the trade of **Food Production (General) NSQF Level - 3 (Revised 2022)** under **Food Industry** Sector for ITIs.

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NIMI records its appreciation for the Data Entry, CAD, DTP operators for their excellent and devoted services in the process of development of this Instructional Material.

NIMI also acknowledges with thanks the invaluable efforts rendered by all other NIMI staff who have contributed towards the development of this Instructional Material.

NIMI is also grateful to everyone who has directly or indirectly helped in developing this Instructional Material.

INTRODUCTION

TRADE PRACTICAL

The trade practical manual is intended to be used in practical workshop. It consists of a series of practical exercises to be completed by the trainees during the Course of **Food Production (General) under Food Industry Sector**. Trade supplemented and supported by instructions / informations to assist in performing the exercises. These exercises are designed to ensure that all the skills in compliance with NSQF LEVEL - 3 (Revised 2022) syllabus are covered. The manual is divided into Fourteen modules.

Module 1	Maintain cleanliness of kitchen, handling equipment and utensils safely
Module 2	Menu planning and menu engineering
Module 3	Various vegetable cuts
Module 4	Preparation of mise-en-place, Soup, Meat, Vegetable
Module 5	Plan and prepare basic Indian recipe
Module 6	Buffet / A la carte menu
Module 7	Garde Manger (Cold Food Production)
Module 8	Prepare mise - en - place, cook soup, meat vegetables
Module 9	Prepare exotic Indian Foods Plan Menu
Module 10	Garde Manger Of Various Food
Module 11	Carryout duties associated with preparation of meals (Fish cuts)
Module 12	Garde manger food production
Module 13	Bakery Foods - Sweet Dishes and Cold Deserts
Module 14	Prepare food in continental/Chinese kitchen foods

The skill training in the shop floor is planned through a series of practical exercises centered around some practical project. However, there are few instances where the individual exercise does not form a part of project.

While developing the practical manual, a sincere effort was made to prepare each exercise which will be easy to understand and carry out even by below average trainee. However the development team accept that there is a scope for further improvement. NIMI looks forward to the suggestions from the experienced training faculty for improving the manual.

TRADE THEORY

The manual of trade theory consists of theoretical information for the Course of the **Food Production (General) Trade**. The contents are sequenced according to the practical exercise contained in NSQF LEVEL - 3 (Revised 2022) syllabus on Trade Practical. Attempt has been made to relate the theoretical aspects with the skill covered in each exercise to the extent possible. This correlation is maintained to help the trainees to develop the perceptual capabilities for performing the skills.

The trade theory has to be taught and learnt along with the corresponding exercise contained in the manual on trade practical. The indications about the corresponding practical exercises are given in every sheet of this manual.

It will be preferable to teach/learn trade theory connected to each exercise at least one class before performing the related skills in the shop floor. The trade theory is to be treated as an integrated part of each exercise.

The material is not for the purpose of self-learning and should be considered as supplementary to class room instruction.

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LEARNING OUTCOME

On completion of this book you shall be able to

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2	Work with head cook in menu planning and menu engineering. (Mapped NOS: FIC/N9417)	1.2.13 - 1.2.18
3	Undertake various vegetable cuts which will help in cooking to a specific perfection as desired by the Industry. (Mapped NOS: FIC/N9418)	1.3.19 - 1.3.25
4	Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff. (Mapped NOS: FIC/N9419)	1.4.26 - 1.4.39
5	Plan and prepare basic Indian food recipes. (Mapped NOS: FIC/N9420)	1.5.40
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9	Prepare exotic Indian foods and plan menu according to own judgment or as per instructions. (Mapped NOS: FIC/N9423)	1.9.52 & 1.9.53
10	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	1.10.54 & 1.10.55
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12	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	1.12.63
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14	Prepare foods in Continental/Chinese kitchen of various foods preparing organization. (Mapped NOS: FIC/N9426)	1.14.67 & 1.14.68

SYLLABUS

Duration	Reference Learning Outcome	Professional Skill (Trade Practical) (With indicative hour)	Professional Knowledge (Trade Theory)
Professional Skill 40 Hrs.; Professional Knowledge 12 Hrs.	Maintain hygiene and cleanliness of kitchen, kitchen equipments and cooking utensils following safety precautions. (Mapped NOS: FIC/N9416)	<ol style="list-style-type: none"> 1 Visit main kitchen and understand the process flow. (02 hrs.) 2 Visit various sections of kitchen in the institute. (02 hrs.) 3 Demonstrate & practice the kitchen operation process. (02 hrs.) 4 Identify kitchen service equipment. (04hrs.) 5 Familiarize & understand the usage of equipment & tools. (02 hrs.) 6 Practice safe methods of using the kitchen knife and hand tools. (04hrs.) 	<p>Introduction to catering/ hotel industry.</p> <p>Introduction of kitchen.</p> <p>Objective of Cooking</p> <p>An orientation programme on the course and related job/ career opportunities.</p> <p>Organizational hierarchy of Kitchen Department, Attributes, Duties and responsibilities of kitchen services personnel.</p> <p>Small, medium & large equipment and their handling in kitchen.</p> <p>Safety rules for using different types of knives & other equipment. (06 hrs.)</p>
		<ol style="list-style-type: none"> 7 Practice elementary first aid. (03hrs.) 8 Demonstrate safety practices to be observed in kitchen. (04 hrs.) 9 Practice use of personal protective dresses. (05hrs.) 10 Practice on hygiene/ cleanliness and procedure to maintain it. (3hrs.) 11 Practice disposal procedure of waste materials. (05hrs.) 12 Identify emergency exit route, practice firefighting and use of fire extinguishers. (04hrs.) 	<p>First-aid for cuts/ burns and its importance.</p> <p>Fire hazards, contents of first aid.</p> <p>Personal safety and industrial safety.</p> <p>Personal hygiene & Care of Skin, Hand, Feet, Food handlers.</p> <p>Hygienic protective clothing.</p> <p>Grooming and Etiquettes.</p> <p>Working area hygiene and its importance.</p> <p>Preparedness for emergency situations.</p> <p>Waste management. (06 hrs.)</p>
Professional Skill 40 Hrs. Professional Knowledge 12 Hrs.	Work with head cook in menu planning and menu engineering. (Mapped NOS: FIC/N9417)	<ol style="list-style-type: none"> 13 Identify/familiarize commonly used raw vegetables. (5hrs.) 14 Demonstrate and identify commonly used pulses & fruits. (8 hrs.) 15 Demonstrate and identify commonly used Continental vegetables. (8 hrs.) 16 Demonstrate and identify commonly used spices, condiments & herbs. (6 hrs.) 17 Demonstrate and identify commonly used meat products. (8 hrs.) 18 Demonstrate/ video presentation on other raw materials used in kitchen. (5hrs.) 	<p>Classification of raw materials, Preparation of ingredients, Method of mixing foods, Effect of heat on various foods, Weighing and measures texture of food. (12 hrs.)</p>

Professional Skill 100 Hrs. Professional Knowledge 24 Hrs.	Undertake various vegetable cuts which will help in cooking to a specific perfection as desired by the Industry. (Mapped NOS: FIC/N9418)	19 Practice the julienne cuts of vegetables & prepare a dish. (18 hrs.) 20 Practice the jardinière, brunoise cuts of vegetables & prepare a dish. (18 hrs.) 21 Practice the Macedoine cuts of vegetables & prepare a dish. (18 hrs.) 22 Practice the Payssane cuts of vegetables & prepare a dish. (16 hrs.) 23 Practice the Mirepoix cuts of vegetables & prepare a dish. (10 hrs.) 24 Practice the shredding cuts of vegetables & prepare a dish. (10hrs.) 25 Demonstrate and practice other cuts of vegetables used in the kitchen. (10hrs.)	Culinary terms French word for basic food items. Cutting techniques. Yield management/Wastage control (24 hrs.)
Professional Skill 90 Hrs.; Professional Knowledge 30 Hrs.	Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff. (Mapped NOS: FIC/N9419)	26 Practice cooking methods: Boiling - potatoes & rice. (06hrs.) 27 Practice cooking methods: Blanching -tomatoes, vegetables. (06hrs.) 28 Practice cooking methods: Sautéing – vegetables. (08hrs.) 29 Practice cooking methods: Frying-Shallow and deep frying. (06hrs.) 30 Practice cooking methods: Fat frying e.g. fritters, patties etc. (06hrs.) 31 Practice cooking methods: Steaming – rice & pudding. (06hrs.) 32 Practice cooking methods: Stewing-mutton & vegetables. (06hrs.) 33 Practice cooking methods: Poaching-fish & egg. (04hrs.) 34 Practice cooking methods: Roasting/searing -potatoes & chicken. (5hrs.) 35 Practices cooking methods: Grilling – vegetables& fish. (8 hrs.) 36 Practice cooking methods: Braising – chicken& vegetables. (8 hrs.) 37 Practice cooking methods: Baking – potatoes& vegetables. (08hrs.)	Layout of the Kitchen and different Sections. Methods of cooking with special application of meat, fish, vegetables, cheese, pulses and egg etc. Conventional & non-conventional method of cooking: - Solar cooking - Microwave cooking - Fast food operation Variety of fish, meat & vegetable. Cuts of fish, meat etc. (30 hrs.)

		38 Practice cooking methods: Microwave – rice & vegetables. (08hrs.) 39 Practice cooking methods: Broiling of spices, grinding processes. (5hrs.)	
Professional Skill 110 Hrs. Professional Knowledge 24 Hrs.	Plan and prepare basic Indian food recipes. (Mapped NOS: FIC/N9420)	40 Prepare and practice different menus. (110 hrs.) (i) Dal -05 variety (ii) Vegetables-10 variety (iii) Chutney-05 variety (iv) Raita-05 variety (v) Rice-05 variety (vi) Indian Bread-05 variety	Balancing of recipes Standardization of recipe Maintaining recipe files Menu planning Brief study of Portion control Purchasing specification, quality control, indenting & costing Rechauffe. (24 hrs.)
Professional Skill 20 Hrs.; Professional Knowledge 06 Hrs.	Prepare foods for breakfast buffet/ ala carte menu. (Mapped NOS: FIC/N9421)	41 Prepare and practice the Breakfast-egg preparation: (12hrs.) (i) Boiled (ii) Omelet (iii) Poached (iv) Steamed (v) Fried (Sunny side up) (vi) Scrambled etc. 42 Practice egg cookery including classical preparation. (8Hrs.)	Egg Structure and their correlation to heat. Selection of quality Various ways of cooking eggs with examples in each. Method & prevention of blue ring formation. (06 hrs.)
Professional Skill 20 Hrs.; Professional Knowledge 06 Hrs.	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	43 Prepare different types of Simple Salad - 05 varieties. (20Hrs.)	Salads and their classification Accompaniments & Garnishes. (06 hrs.)
Professional Skill 110 Hrs. Professional Knowledge 36 Hrs.	Work with head cook in preparation of mise-en-place and foods, prepare, season and cook soup, meat, vegetable and other foodstuff. (Mapped NOS: FIC/N9419)	44 Prepare different stocks: (10hrs.) (i) White stock, (ii) Brown stock (iii) Fish stock 45 Demonstrate& prepare Basic mother Sauce along with 5 derivative of each. (25hrs.) 46 Prepare & practice compound butter- 3 Nos. (5 hrs.) 47 Prepare & practice Soups- 5 Nos. (5 hrs.) 48 Prepare & practice Purees- 2 varieties. (5 hrs.) 49 Prepare & practice Cream - 3 varieties. (5hrs.)	Basic stocks, Aspic & jellies. Roux blanc, Roux blonde, Roux burn. Recipes and quantities required to produce 1 ltr of stocks white & brown. Recipes required to produce 1 ltr of the different sauce with the necessary precaution to be observed while preparing. - Bechamel Sauce - Tomato sauce - Veloute sauce - Espagnole sauce - Hollandaise sauce - Mayonnaise sauces

		50 Prepare & practice International soups – 5 variety. (5 hrs.)	Soup:- definition, classification with example in each group, Recipe for one litre consomme, 10 Nos popular consommés with their garnishes. Famous national soups of some countries. Butter: History, types, butter making procedure. (22 hrs.)
		51 Prepare and practice cooking: (i) Vegetables - 10 varieties. (30hrs.) (ii) Potatoes - 10 varieties. (20hrs.)	Vegetables: Effect of heat on different vegetables Reaction with metal, In acid/ alkaline medium. Method of cooking of different vegetables. (14 hrs.)
Professional Skill 40 Hrs.; Professional Knowledge 12 Hrs.	Prepare exotic Indian foods and plan menu according to own judgment or as per instructions. (Mapped NOS: FIC/N9423)	52 Prepare and practice Festive Menus based on regional cuisine -05 Nos. (20 hrs.) 53 Prepare and practice - Ethnic royal Cuisine-05 varieties (20 hrs.)	Larder organization & Lay-Out. Larder control, maintenance & upkeep of Larder equipment & supplies. (12 hrs.)
Professional Skill 20 Hrs.; Professional Knowledge 06 Hrs.	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	54 Prepare and practice different Compound salad - 5 varieties (10hrs.) 55 Prepare & practice Salad dressing - 05 varieties. (10hrs.)	Classification of <i>Hors d'oeuvre</i> . Composition of salads and salad dressings. (06 hrs.)
Professional Skill 120 Hrs. Professional Knowledge 36Hrs.	Carry out duties associated with preparation of meals. (Mapped NOS: FIC/N9424)	56 Demonstrate various cuts of fishes. (10 hrs.) 57 Prepare and practice fish dishes. (25hrs.) (i) Snacks - 4 Nos. (ii) Indian main preparation – 4 Nos. (iii) Continental preparations - 4 Nos.	Fish classification, scaling, cleaning & preparation. Basic cuts and its uses & storage. (12 hrs.)
		58 Demonstrate various cuts: (20 hrs.) (i) Lamb, (ii) Mutton 59 Prepare and practice meat dishes. (20 hrs.) (i) Indian - 4 Nos. (ii) Continental - 4 Nos. (iii) Snacks - 4 Nos. 60 Demonstrate cuts of chicken. (10hrs.)	Butchery cut of beef, Lamb, Mutton & Pork, its uses and weight. (12 hrs) Poultry: Classification
		61 Practice preparations of Chicken. (25hrs.) (i) Indian - 5 Nos. (ii) Continental - 5 Nos. 62 Demonstrate poultry and Game bird. (10hrs.)	Preparation, dressing & cuts with its uses. Classification of game birds. Preparation and cuts with its uses. (12 hrs.)

Professional Skill 20 Hrs.; Professional Knowledge 06 Hrs.	Work in the Garde manger of various food preparing organizations and prepare salads, sandwiches, fruit juices and other cold foods. (Mapped NOS: FIC/N9422)	63 Practice preparation of the following: (i) Sandwiches -10 varieties (ii) Canapés -10 varieties. (20 hrs)	Assembling of: - Cold buffets - Sandwiches - Canapés Proper storage of leftovers. Classification of Cheese and their uses. Variety of pasta and their cooking methods. (06 hrs.)
Professional Skill 70 Hrs. Professional Knowledge 18 Hrs.	Work in the bakery of various food preparing organizations and prepare various desserts and sweet dishes. (Mapped NOS: FIC/N9425)	64 Prepare and practice various type of Bread and Bread rolls. (10hrs.) 65 Prepare Soup Sticks/ Garlic breads/ Cheese sticks. (10 hrs.)	Characteristics & types of Leavening/ Raising agent. Theory of bread Making Bread rolls, Bread Slices, Indian Breads. (06 hrs.)
		66 Prepare and practice of: (50 hrs.) (i) Pastries (ii) Jam tort (iii) Lemon Tort (iv) Swiss roll (v) Puff (vi) Pastries/Vegetables (vii) Patties (viii) Cookies (ix) Cakes	Recipes of Pastry; - Short crust pastry, - Puff Pastry, Flaky Pastry, - Choux Pastry, - Danish pastry and their derivatives. Kitchen stewarding & upkeep of equipment& its role. (12 hrs.)
Professional Skill 40 Hrs.; Professional Knowledge 12 Hrs.	Prepare foods in Continental/Chinese kitchen of various foods preparing organization. (Mapped NOS: FIC/N9426)	67 Identify Pasta and prepare Farinaceous dishes. (20 hrs.) (i) Spaghetti - 2 varieties (ii) Marconi - 2 varieties (iii) Penne - 2 varieties 68 Prepare and practice Chinese dishes. (20hrs.) (i) Soups - 4 Nos. (ii) Noodle & rice - 4 Nos. (iii) Meat dishes - 2 Nos. (iv) Vegetables - 2 Nos.	Prevailing food standards in India. Food adulteration as a public health hazard. Sample tests in the detection of common food. HACCP/ISO22001 (12 hrs.)

Project work/ Industrial visit

Broad Areas:

- Prepare special meals/medical meals for people under medical restrictions.
- Prepare special menu for special festive occasions with an ethnic touch.
- Plan & prepare different types of Oriental/ Continental food according to own judgement.

Food Production (General) - Maintain cleanliness of kitchen, handling equipment and utensils safely

Visit main kitchen and understand the process flow

Objectives: At the end of this exercise you shall be able to

- **Knowing the full details of the kitchen**
- **Knowing about the sections of the kitchen**
- **Knowing the working methods of the kitchen**
- **Visiting the canteen areas of the training center.**

(Main kitchen) - The main kitchen is the central part of the star hotel where the raw materials are procured, preserved, prepared, cooked and served.

At the venue, the central kitchen serves Indian food, continental food, Mexican food and Italian food.

Fig 1



Food Production (General) - Maintain cleanliness of kitchen, handling equipment and utensils safely

Visit various sections of kitchen in the institute

Objectives: At the end of this exercise you shall be able to

- **knowing about the subdivision of the kitchen.**

A place where food is cooked. (Fig 1)

Fig 1



Chopping board for vegetables and meats (Fig 2)

Fig 2



Vegetable oven? (Fig 3)

Fig 3



A place where goods are carried . (Aisle) (Fig 4)

Fig 4



Electrical Equipment Storage (Fig 5)

Fig 5



Dish Washing Area. (Fig 6)

Fig 6



Food Serving Place. (Fig 7)

Fig 7



Food Production (General) - Maintain cleanliness of kitchen, handling equipment and utensils safely

Demonstrate & practice the kitchen operation process

Objectives: At the end of this exercise you shall be able to

- understanding how to work in the kitchen
- know the activities followed in the kitchen
- acquire the knowledge of kitchen appliances

Requirements

Tools/Instruments

- Small appliances
- Large appliances
- Electrical equipment
- All vessels

Each big and small hotels differ in their size according to the star category, and the central main kitchen in it also differs. There will be some differences in its functions. A larger portion of the pantry (Section) has more portions of the kitchen.

Functional Action Modes

- 1 Safety is very important. Follow safety procedures properly.
- 2 Clean kitchen uniform should be worn.
- 3 Non-slip safety shoes should be used.
- 4 Do not use strong perfume (scent) (Nasreengyal).
- 5 Do not wear too much jewellery.
- 6 Chef Cap should be worn.
- 7 Electrical equipment should be properly maintained.
- 8 Coolers (coolers) that protect curry and power types should be properly maintained.
- 9 Kitchen floors (tops) should be cleaned frequently.
- 10 The kitchen should be cleaned after the completion of work following proper instructions.

Health regulations

Practice good hygiene before entering the kitchen

- 1 Should bath daily. Wash your hair frequently or daily. Underwear and socks should be changed daily. (Fig 1)
- 2 Brush your teeth twice a day especially after eating. (Fig 2)
- 3 Keep the hair and beard trimmed. Women should tie their hair with a hair net (Fig 3)

Fig 1



HOS168P0101

Fig 2



HOS168P0102

Fig 3



HOS168P0103

- 4 Nails should be trimmed with nail clippers and no nail polish should be used. (Fig 4)

Fig 4



HQS168P0104

- 5 Cuts and burns should be covered with waterproof dressings (Fig 5)

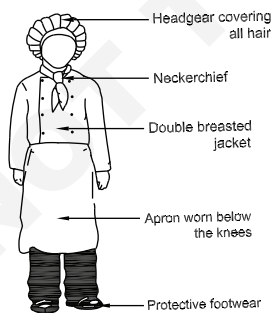
Fig 5



HQS168P0105

- 6 Any cold, sore throat, blisters, itchy skin, diarrhea and stomach upset should be reported to the supervisor.
- 7 Clean and well ironed uniforms should be worn. (Fig 6)

Fig 6



HQS168P0106

- 8 Neck band should be worn.

- 9 A new headscarf should be worn loosely to cover the hair completely. (Fig 7)

Fig 7



HQS168P0107

- 10 Wear protective clothing.

- 11 Wash hands frequently with antiseptic soap. (Fig 8)

Fig 8



HQS168P0108

Food Production (General) - Maintain cleanliness of kitchen, handle equipment and utensils safely

Identify kitchen service equipment

Objectives: At the end of this exercise you shall be able to

- Identify different service machinery and equipment used in kitchen.

Requirements

Tools/Instruments







- Small / Large Appliances
- Work tables
- Electrical equipment
- All machines
- All character

Identifying the food serving utensils in the kitchen

Equipment	Names
	Ladle
	Plate
	Hotbox
	Vessel

Equipment	Names
	Skimmer ladle
	spoon
	tumbler
	Soup cup or bowl

Equipment	Names
	Soup spoon
	tray
	Storage/grocery container
	Sauce pan
	Small bowl
	Saute pan

Equipment	Names
	Large vessel
	Tongs
	Spatula
	Trivet
	Casserole
	Stock Pot

Food Industry
Food Production (General) - Maintain cleanliness of kitchen, handle equipment and utensils safely

Exercise 1.1.05

Familiarize & understand the usage of equipment & tools

Objectives: At the end of this exercise you shall be able to

- To know the different uses of tools and equipment used in the kitchen





Requirements
Tools/Instruments <ul style="list-style-type: none"> • Electric tools • Hand tools • Work tables • Large appliances • Small appliances

tools	name	uses
	Oven	To prepare cake and bakery type food
	Mixie	Grind the ingredients
	fridge	To maintain preserve and fruits and vegetables



tools	name	uses
	Weighing machine	to weight
	Toaster	To make toast bread
	Salamander	To make grill
	Briar (Fryer)	To fry the ingredients
	Egg Beater	to beat eggs

tools	name	uses
	Wooden Spoon	Mix food
	Skimmer spoon	To take fried food
	ladle	To pick up the materials
	Bowl scrapers (or) Rubba spatula	Scrape the dough from the sides
	Dosa laddle	To flip dosa

tools	name	uses
	Whisk	Mix the eggs/blend ingredients
	Fork	to pick food
	Assorted Tongs	To pick up different types of items
	Measuring cup	To measure volume of ingredients
	(Assorted measuring spoon)	To measure and take sizes

Tools	Name	Uses
	Palatte knife	To decorate the cake
	Measuring cup	To measure and take the amount of liquid
	Potato masher	Rolling Indian Breads
	Rolling pin	To mash the boiled potatoes
	Juice measurer	To measure joss juice

Tools	Name	Uses
	Chef knife	To all vegetables cut
	Boning knife	to peel off the skin
	Bread knife	To cut bread and cake
	Tin opener	To open steels
	Kitchen scissor	To cut fresh herbs, chilli peppers to cut roots of vegetables

Tools	Name	Uses
	P i z z a cutter	To Cut the pizza
	Vegetable peeler	To Peel the vegetable skin
	Cutting board	To cut vegetables

Identification of small tools and equipment used in the kitchen

Objectives: At the end of this exercise you shall be able to

- Finding small appliances used in the kitchen
- Identify the uses of equipment

Recipe

Identify equipment and its uses.

Tools	Name	Uses
	Paring knife chef knife	To Peel apples, oranges
	Peeler	To Peel the skin of all vegetables
	Assorted cutting board	To cut vegetables, fruits, pork, meat, fish, milk and cheese
	(Sauce pan)	To boil milk and water

Tools	Name	Uses
	Soup laddle	To serve soup and gravy
	Soup strainer	To Strain the soup
	Rice strainer	To Drain the boiled vegetables
	All purpose Grater	To grate All kinds of vegetables, cheese

Tools	Name	Uses
	Coconut grater	To grate Coconut
	Cooker	Boil vegetables, meats, lentils and rice
	(Stone mortar)	To saute fry vegetables meat By demolishing and using all kinds of objects
	(Measuring jar)	To crush and grind ingredients to fine powder or paste

Tools	Name	Uses
	Measuring jar	To measure volume of Milk, water, stock
	Stock pot	Stocks pot and soups pans are used to make soups
	(Cooking range cum baking oven)	An oven used for roasting/heating and for baking
	Steamer	Boil rice, vegetables, lentils and milk

Tools	Name	Uses
	(Assorted mixie)	To grind all kinds of spices
 	(Wet Grinder)	To grind spices, rice and flour
	(Braising pan)	To braive For of vegetables and meats

Food Production (General) - Maintain cleanliness of kitchen, handle equipment and utensils safely

Practice safe methods of using the kitchen knife and hand tools

Objectives: At the end of this exercise you shall be able to

- Practice safe handling of various knives and small hand tools used in the kitchen
- Practicing knife handling techniques
- Practicing safety measures when using knives

Requirements			
Tools/Instruments			
• Variety of knives		• Safety shoes and socks	- 1 pair
• Hand tools		• Antiseptic soap	- 1 No.
• Chef Coat (White Color)	- 1 No.	• Paper towel	- 1 roll
• Chef's pants (small size)	- 1 No.	• Kitchen cloth	- 2 sheets.
• Protective overcoat (thick cotton)	- 1 No.	Materials	
• Neckerchief	- 1 No.	• Nail clipper	- 1 No.
• Head cover	- 1 No.	• Knife and Beaner	- 1 set

There are many types of knives used in the kitchen. They are available in small size, large size and many shapes. There are several safety precautions to be followed when using knives.

- 1 Use the right knife for the right job
- 2 Use a cutting board and a knife to cut vegetables and meat
- 3 The knife should be sharp
- 4 The handle of the knife should be oil-free and free from moisture.

- 5 Do not keep the knife in the top pocket and belt pocket.
- 6 Cutting arm should be used
- 7 Small equipment should be handled properly
- 8 Handle carefully while using the blur.
- 9 Take care of your hands while using the grater.
- 10 Pizza cutter clean the before use

PROCEDURE

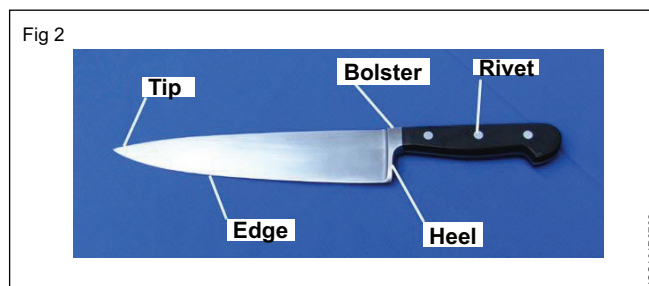
TASK 1: Familiarize yourself with the technique of using knives.

How to Hold a Knife (Fig 1)

- 1 Hold the knife firmly between the thumb fore finger



- 2 Grip the handle of the knife with the fingers other than the thumb. Parts of Knife (Panel, Blade, Tip & bolster, rivet). (Fig 2)



Proper centering of blade

A Guide to Correct Arm Centering (Fig 3)

- 1 Place the thumb behind the other finger as shown in the picture.
- 2 This method prevents cuts to the hands or makes it easier to cut the material.

Fig 3



HOS101P0703

Kung - Fu - Grip

Tip - Fulcrum Method (Fig 4)

- 1 Place the tip of the knife on the cutting board
- 2 Move the blade downwards and upwards. (Fig 4)

Fig 4



HOS101P0704

Wrist Fulcrum Method (Fig 5)

- 1 The lower part of the knife base should be on the cutting board and the tip should be facing up.
- 2 Move your hand to cut vegetables up and down to all. (Fig 5)

Fig 5



HOS101P0705

Rock Chop

- 1 Keep the tip of the knife in place and move it up and down around the bottom.
- 2 The cutting edge of the knife should not pass over the grasping hand

Cross Chop

- 1 Keep the tip of the knife in a certain position and move only the lower part
- 2 Move the blade sideways to cut the material.

Figure:

- 1 Place the tip of the knife on the cutting area and draw the knife yourself.

TASK 2: Practice safety when using knives.

- 1 When carrying the knife in the kitchen, its sharp part should be pointed downwards
- 2 The knife should be tilted on the table.
- 3 Knives should not be placed on edge areas of the table.
- 4 While using the knife, keep your eyes and mind focused on the work you do.
- 5 Use the right knife for the right job.
- 6 The knife should always be kept sharp.
- 7 After the work the knife should be washed and put away.
- 8 The handles of the knife should be kept clean without any oil residue.

Food Production (General) - Maintain cleanliness of kitchen, handle equipment and utensils safely**Practice elementary first aid**

Objectives: At the end of this exercise you shall be able to

- **Practicing simple first aid**

Requirements**Tools/Instruments**

- First aid kit and all supplies

1 fire injury

- Apply Burnol
- If the burn is large, soak the burnt area in cold water and then apply a sterile bandage and send go to the hospital.

2 Bleeding

- Clean the wound with tincture or dettol.
- A sterile bandage should be applied.

3 Fire on cloth.

- Don't run with the fire.
- It should be wrapped with a heavy cloth like a blanket.

4 If there are any small objects inside the eyes.

- Do not squeeze your eyes.
- Wash the eyes with cold water.
- Remove the material with a cotton swab.
- consult a doctor

5 heart attacks

- Follow the CPR procedure
- Contact the doctor immediately.

Food Production (General) - Maintain cleanliness of kitchen, handle equipment and utensils safely**Demonstrate safety practices to be observed in kitchen**

Objectives: At the end of this exercise you shall be able to

- Explaining the safety practices to be followed in the kitchen
- Adherence to kitchen safety measures

Requirements**Tools/Instruments**

- Plastic gloves
- Rubber gloves

1 Getting used to handling knives:

Knives are very dangerous so the blade must be handled with care. Do not play in the kitchen with a knife. Knives should be kept sharp. The knife should be kept safely in its proper place.

2 Method of using a cutting board

The cutting board is available in many colours. Each color is used to cut different materials. Thus there is no chance of food spoilage separate chopping boards are used. Curry should not be cut on a vegetables cutting board used for meat because cross contamination is likely to spoil the food.

3 Frequent hand washing

Hands are an important part of spreading germs. So wash your hands frequently with soap. Wash hands immediately after touching curry and meats.

4 Do not walk in the kitchen with bare feet, wear shoes.

5 One should take practice in mixing the fire extinguishing

6 Do not handle electrical equipment with wet hands.

7 Safety shoes must be worn.

8 Work area should be washed frequently with disinfectant.

9 Safety uniform and chef cap should be worn.

10 Handle hot pan and place with care.

Food Production (General) - Maintain cleanliness of kitchen, handle equipment and utensils safely

Practice use of personal protective dresses

Objectives: At the end of this exercise you shall be able to

- Practicing the use of personal protective clothing
- to learn about the benefits of personal protective clothing

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Cotton cloth • Chef coat • Chef cap • Apron • Scraf • Shoe 	

Kitchen Wear:

It is very important that kitchen workers wear appropriate clothing and safety shoes

Personal protective clothing should possess the following:

- 1 security
- 2 Washable
- 3 white
- 4 Light weight and comfortable
- 5 Strong (cotton) not be torn easily
- 6 Must have absorbent capacity

Dress

Clothes worn in the kitchen should protect the body from excessive heat. For this reason, the cook must have an apron and coat with double folds and long sleeves. They protect the chest and arms from the heat of the stove and prevent hot foods or liquids from burning the body.

Shields

These are designed to protect the body from burns or scalds. (These are made of hard rubber or plastic).

Chef Cap

It is designed to enable airflow over the head. This makes the head cool. The main purpose of the hat is to prevent loose hair from falling into the food and to absorb sweat from the front head.

Safety Shoe

It should be thick, protect and support the feet. The quality must be paid attention to as the kitchen staff spend many hours standing.

Fig 1



Food Production (General) - Maintain cleanliness of kitchen, handling equipment and utensils safely**Practice on hygiene/ cleanliness and procedure to maintain it**

Objectives: At the end of this exercise you shall be able to

- To know the importance of keeping the kitchen clean and hygienic
- Knowing how to dispose of waste products
- To know the process of proper disposal of kitchen waste

Requirements**Tools/Instruments**

- Biodegradable garbage can
- Different colored dustbins
- Non-biodegradable garbage disposal bin.

Kitchen hygiene is very important, as no one wants to eat food prepared in a dirty kitchen, so maintain a hygienic environment in the kitchen.

Ventilation

Adequate ventilation should be provided so that the heat from the stoves is expelled from the kitchen, good ventilation facilitates the evaporation of sweat from the body, which keeps one cool.

Light

Kitchen workers need good lighting to keep their eyes from straining while working. To properly clean the kitchen, good lighting is essential for staff to see around corners.

Plumbing

There should be enough hot and cold water to protect the kitchen clean.

wash basins and work tables should be cleaned frequently.

Flooring

It should be easy to clean.

Should be smooth but not slippery.

The floor should be free of cracks.

Walls

Walls should be strong, smooth, washable and light in colour.

Doors and windows

Doors and windows should be properly fitted and cleaned. The glass must be clean inside and outside.

Food lift

As lift shafts are ideal places for insects, worms and to enter kitchens, lifts should be kept very clean and free of food particles.

Centralised kitchen exhaust wood (Duct)

It is a heat transfer device in the kitchen. Because the whole kitchen gets very hot during operation. All kitchen stoves require an exhaust fan to exhaust this heat. This will give employees a good environment while working.

Food Production (General) - Maintain cleanliness of kitchen, handle equipment and utensils safely**Practice disposal procedure of waste materials**

Objectives: At the end of this exercise you shall be able to

- To know the importance of keeping the kitchen clean and hygienic
- Knowing how to dispose waste products
- To know the process of proper disposal of kitchen waste

Requirements**Tools/Instruments**

- Biodegradable garbage can
- Different coloured dustbins
- Non-biodegradable garbage disposal bin

Top Ten Rules for Effective Waste Disposal

- 1 Use separate bins for recyclable and non-recyclable waste.
- 2 Remove food waste from the kitchen daily.
- 3 Garbage should be collected and disposed frequently
- 4 Do not allow garbage cans to overflow
- 5 Always use a garbage bag in the garbage can
- 6 Clean dustbins regularly
- 7 Close trash can lids tightly when not in use
- 8 Use a special dustbin to dispose of hazardous materials such as broken glass.
- 9 Refrigerate food waste to prevent bacterial growth in hot weather
- 10 Always wash hands after handling waste containers.

Food Production (General) - Maintain cleanliness of kitchen, handle equipment and utensils safely

Identify emergency exit route, practice firefighting and use of fire extinguishers

Objectives: At the end of this exercise you shall be able to

- To know the procedures for finding the exit route in case of emergencies
- Knowledge of fire extinguisher applications and fire fighting procedures

Requirements

Tools/Instruments

- Emergency exit panel
- Notice board
- A – Type Fire Extinguisher
- B – Type of fire Extinguisher
- C – Type Fire Extinguisher
- Guidance notice board

What is an Emergency Exit Route?

An emergency escape route is a pre-defined travel route used to escape during an emergency. It is designed to provide employees with a safe and predictable means of evacuating their workplace in the during of an emergency. Escape routes allow employees to exit the building.

An emergency exit route has three primary features:

- Firstly, it provides a safe travel route for the employees
- Secondly, the path is clearly designed so that employees do not get lost even in low light.
- Thirdly, the exit route is explained to the employees in advance of an actual emergency, so that they know the route to take in the during an emergency situation.

Identifying Emergency Exit Route:

Fig 1



Fig 2



All types of hotels have emergency sign posts

in each area for use in case of emergencies. If we follow the route we can, come out of the hotel and come to the safe assembly place.

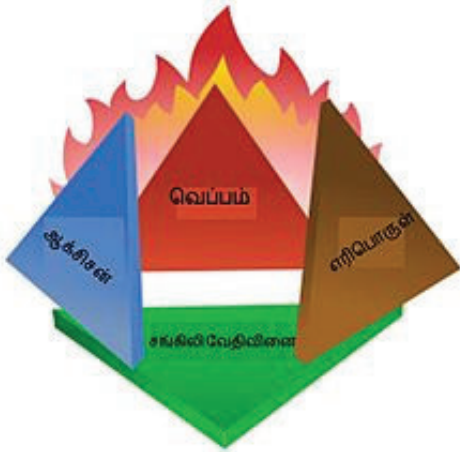
The three main elements of fire

- 1 air
- 2 Heat
- 3 Fuel

If any of these components is removed, the fire can be extinguished (Fig 3)

Fire Extinguisher Applications:

Fig 3



Fire Prevention

Safe Kitchen Practices – Fire prevention

Various safe kitchen practices are summarized below. The most important thing is the primary cause

kitchen fires is careless cooking. The staff should give their full attention to the cooking. Stove burners should be turned off when an employee leaves the kitchen. Be careful when cooking with oil. Precautions include using the minimum amount of oil necessary, using an adequate pan, not getting the oil so hot that it smokes, and draining food before placing it in the pan to avoid oil splatter. Allow hot cooking oil to cool completely before removing.

Use only the recommended amount of heat to cook food. Setting the burners on high to cook food quickly can lead to kitchen fires.

Flammable items such as paper towel dispensers, oven mitts, or wooden cookware should never be placed on or near the stove. Such disposable items should be kept in a safe place.

It is important to keep things safe and clean in the kitchen that can spread fire quickly.

Follow fire fighting procedures

Class 'A' (Fig 4): Fires caused by materials such as wood, cloth, paper etc. are classified as 'Class A'. A water fire extinguisher that expels water under high gas pressure to extinguish the fire is required.

Fig 4



Class 'B' (Ibhall - 'B') (Fig 5): Fires caused by substances such as grease, oil, petrol etc. are classified as "Class" fires. A fire extinguisher is required to put out the fire with a mechanical foam chemical foam

Fig 5



Class 'C' (Ibhall - 'E') (Fig 6): A fire caused by a short circuit is classified as a "Class C" fire. It requires a dry chemical powder (EDE) type fire extinguisher to extinguish the fire.

Fig 6



Identify/ familiarize commonly used raw vegetables






Objectives: At the end of this exercise you shall be able to

- Identify and use commonly used green vegetables.








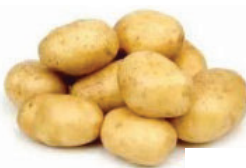
Requirements**Materials**

- All kinds of green vegetables.

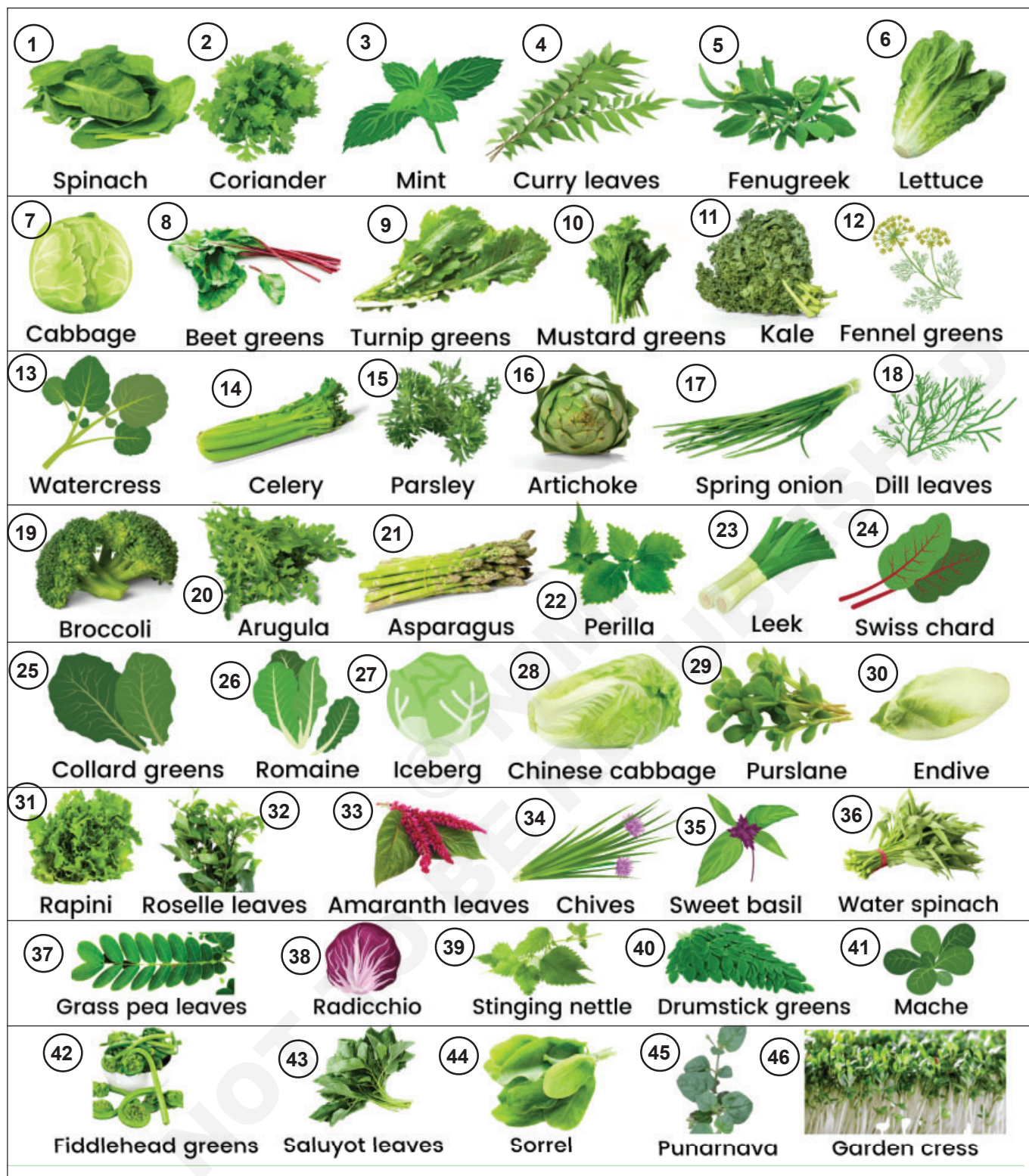
Vegetables	Names
	Onion
	Mushroom
	Cabbage
	Pumpkin
	Tomato

Vegetables	Names
	Garlic
	Cauliflower
	Ladies finger
	Turnip
	Ginger

Vegetables	Names
	Raddish
	Peas
	Cuccumber
	Capsicum
	Bitter gourd
	Brinjal
	Bottle gourd
	Snake gourd

Vegetables	Names
	Ridge gourd
	Plantain
	Chilli
	Turnip
	Carrot
	Beetrot
	Mint
	Potato

(Green Leafy vegetables)



Green leafy Names of

- 1 Spinach
- 2 Coriander
- 3 Mint Leaf
- 4 curry leaves

- 5 Fenugreek leaf
- 6 Lettuce
- 7 cabbage
- 8 Beet greens
- 9 Turnip

10 Mustard leaf.

11 Kale leaf

12 Fennel leaf

13 Watercress

14 Celery

15 Parsley

16 Artichoke

17 Spring onion

18 Dill leaf.

19 Broccoli

20 Arugula

21 Asparagus

22 Perilla

23 Leeks

24 Swiss Chard

25 Green gelato

26 Roman

27 Iceberg lettuce

28 Chinese cabbage

29 Leaf

30 endive

31 Rappini

32 Roselle leaf

33 amaranth leaf

34 Chives leaf

35 Sweet basil

36 Water spinach

37 Green pea leaf

38 Radicchio

39 Stinging nettle

40 drumstick leaves

41 Macchi

42 fiddle leaf



43 Saluyot leaves



44 Sorrel



45 Punarnava


46 Garden Cress

(Flower Vegetables)

Flower vegetables	Names
	(Artichoke)
	(Banana flower)

Flower vegetables	Names
	(Braccoli)
	(Cauliflower)

Flower vegetables	Names
	Choi sum
	Romanesco

Flower vegetables	Names
	Zucchini flower

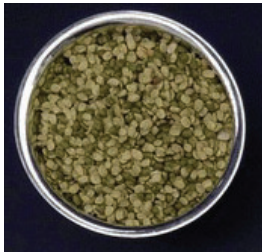




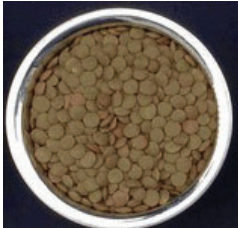


Demonstrate and identify commonly used pulses & fruits





Objectives: At the end of this exercise you shall be able to

- Identify commonly used pulses
- Identify commonly used fruit varieties

Requirements**Materials**

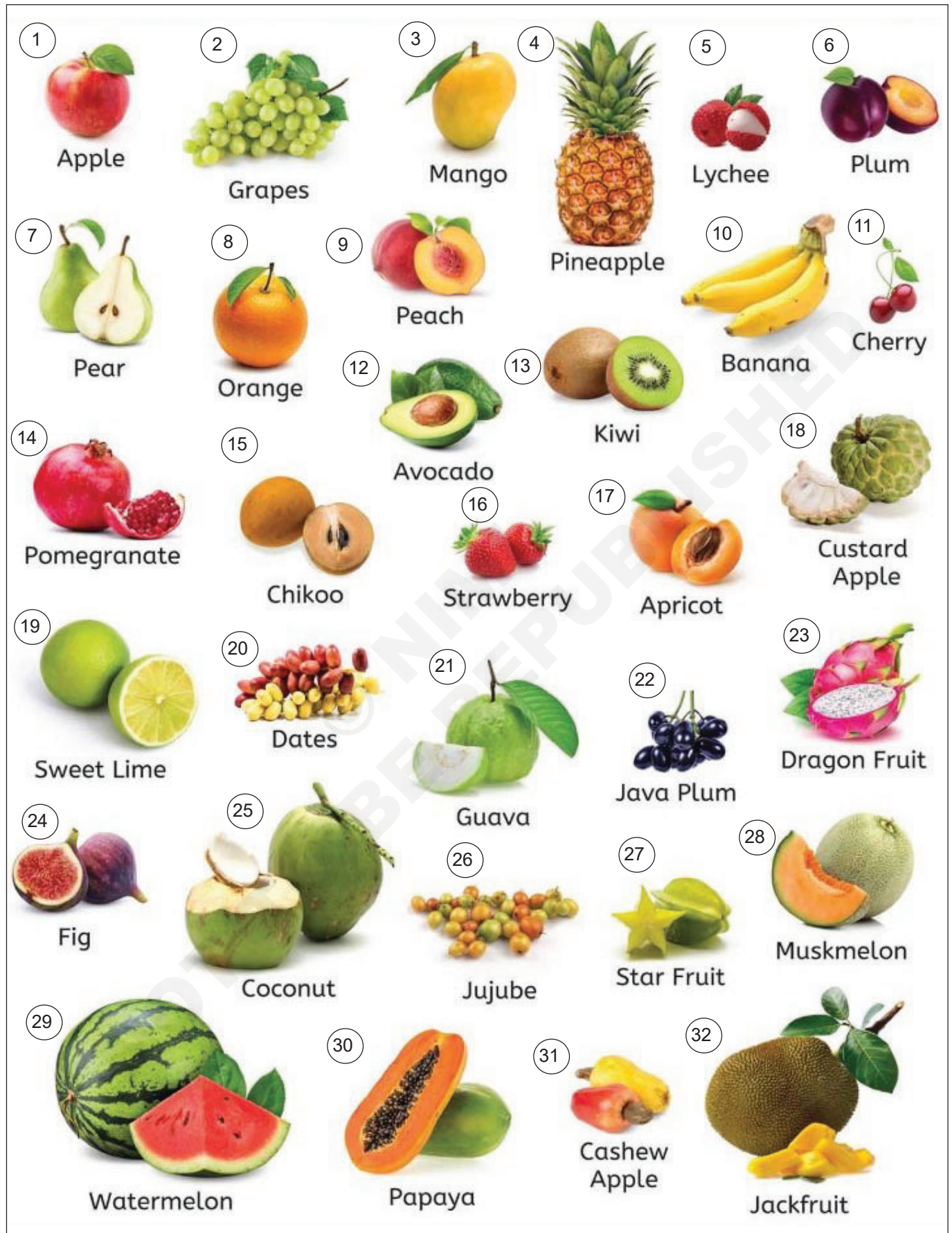
- Pulses
- Fruit varieties

Pulses	Names	Pulses	Names
	Split green gram		Split black gram
	Black eyed beans		Green gram
	Yellow pigeon peas		Red lentils
	Kidney beans		Adzuki beans

Pulses	Names
	Green peas
	White peas
	Black gram beans
	Split & skinned green gram

Pulses	Names
	split red lentils
	Turkish/dew gram
	Split bengal gram
	Split & skinned black gram

(Fruits)



Fruit puddings

- 1 Apple
- 2 grapes
- 3 Mango
- 4 Pineapple fruit
- 5 Lychee
- 6 Plum
- 7 Pear
- 8 Orange
- 9 Peach
- 10 banana
- 11 Cherry
- 12 Avocado
- 13 Kiwi
- 14 Pomegranate
- 15 Sapota

- 16 Strawberry
- 17 Apricot
- 18 custard apple
- 19 Sweet lime
- 20 Dates
- 21 Guava
- 22 Java plum
- 23 Dragonfruit
- 24 fig
- 25 Coconut
- 26 Jujube
- 27 star fruit
- 28 Musk melon
- 29 Watermelon
- 30 Papaya
- 31 Cashew fruit
- 32 Jack fruit

Demonstrate and identify commonly used continental vegetables






Objectives: At the end of this exercise you shall be able to



- Identify commonly used continental vegetables
- Knowing how to use these types of vegetables


Requirements**Materials**

- Continental Western vegetables

Continental Western vegetables	Names
	Asparagus
	Avacado
	Baby beetroot
	Broccoli
	Brussel sprouts

Continental Western vegetables	Names
	Red pepper
	Yellow pepper
	Carrot
	Fennel
	Zucchini

(Continental) Western vegetables	Names
	Parsnips
	Red cabbage

(Continental) Western vegetables	Names
	Rhubarb

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Demonstrate and identify commonly used spices, condiments & herbs

Objectives: At the end of this exercise you shall be able to






- A commonly used spice Ingredients, Condiments and identifying and familiarizing with methods.




Requirements**Materials**

- Spices
- Condiments
- Sources

(Spices):

Spices	Names
	Anise
	Caraway
	Cardamom
	Celery seed
	Chillies
	Connamon



Spices	Names
	Cloves
	Coriander
	Cumin
	Dill seed
	Fennel / Anise

Spices	Names
	Fenugreek
	Ginger
	Mace
	Nut Meg
	Mustard seeds

(Contiments):

Contiments	Names
	Barbeque sauce
	Soy sauce
	Mustard



Spices	Names
	Pepper corns
	Saffron
	Turmeric
	Vanilla

Contiments	Names
	Wasabi
	Mustard beans
	Ketchup

Condiments	Names
	Garlic sauce
	Tomato sauce
	Pesto sauce

Condiments	Names
	White sesame
	Black sesame
	Ginger

Sauce or spice used to add extra flavor to food:






















Masala (a) Sauce	Names
	Ketchup
	Mayonnaise
	Mustard
	Sugar

Masala (a) Sauce	Names
	soy sauce
	Salt
	Pepper
	Honey

Masala (a) Sauce	Names
	Jam
	Wasabi
	Syrup

Masala (a) Sauce	Names
	Hot sauce
	Barbeque sauce
	Vinegar

(Herbs):

						
purple basil	sweet basil	chervil	celery	cilantro	dill	estragon
						
fennel	green garlic	wild garlic	hyssop	horseradish	lemon balm	marjoram
						
mint	oregano	parsley	peppermint	rosemary	sage	thyme

Names of the herbs

- | | |
|----------------|----------------|
| 1 Berberine | 12 Horseradish |
| 2 Sweet basil | 13 Lemon balm |
| 3 Chervil | 14 Marjoram |
| 4 Celery | 15 Mint |
| 5 Cilantro | 16 Oregano |
| 6 Dil | 17 Parsley |
| 7 Estragon | 18 Paper Mint |
| 8 Fennel | 19 Rose Mary |
| 9 Green garlic | 20 Sage |
| 10 Wild garlic | 21 Thyme |
| 11 hyssop | |

Demonstrate and identify commonly used meat products

Objectives: At the end of this exercise you shall be able to

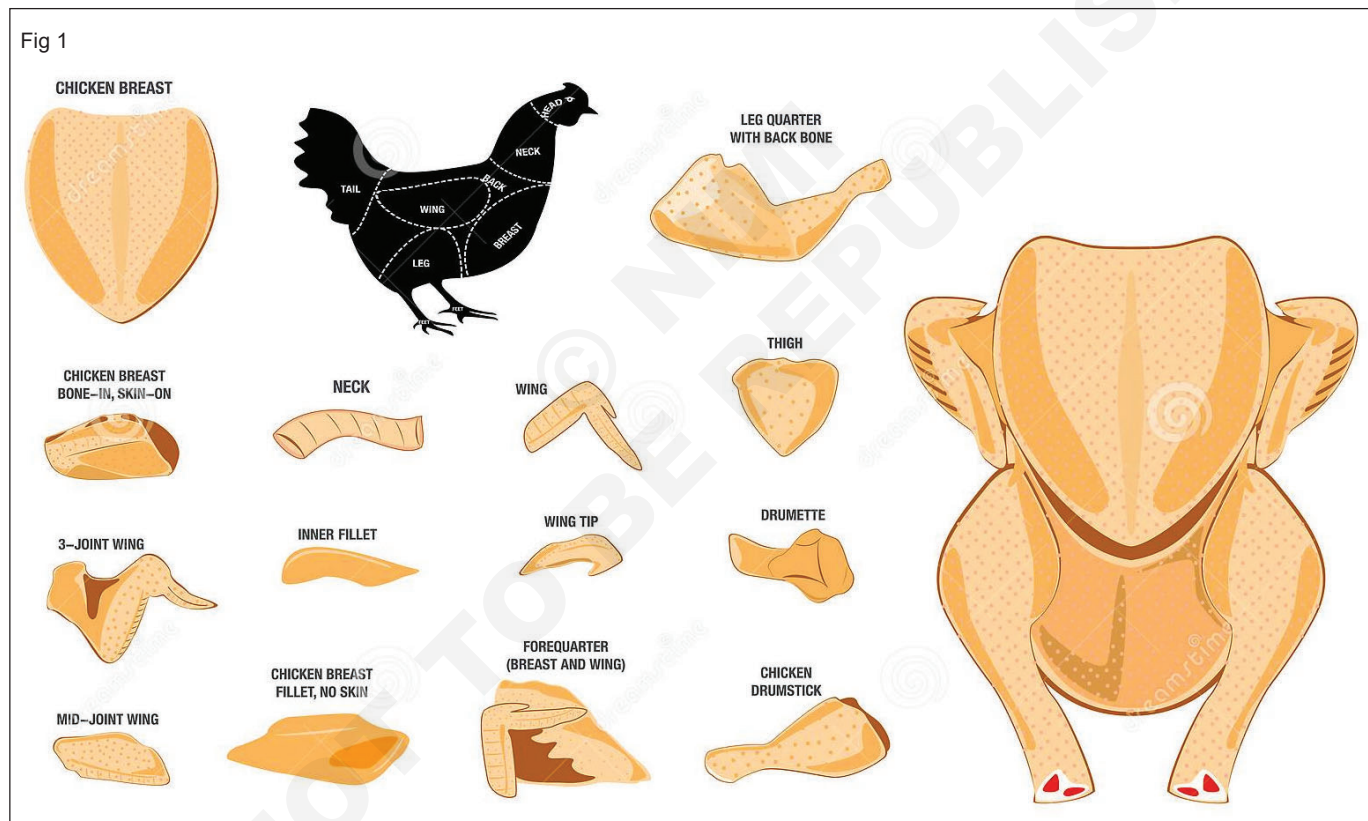
- Identify and familiarize yourself with the types of meat that can be used in the kitchen
- Video explanation of ingredients used in cooking
- To learn about other items used in the kitchen

Requirements**Materials**

- chicken meat
- goat meat
- beef
- pork

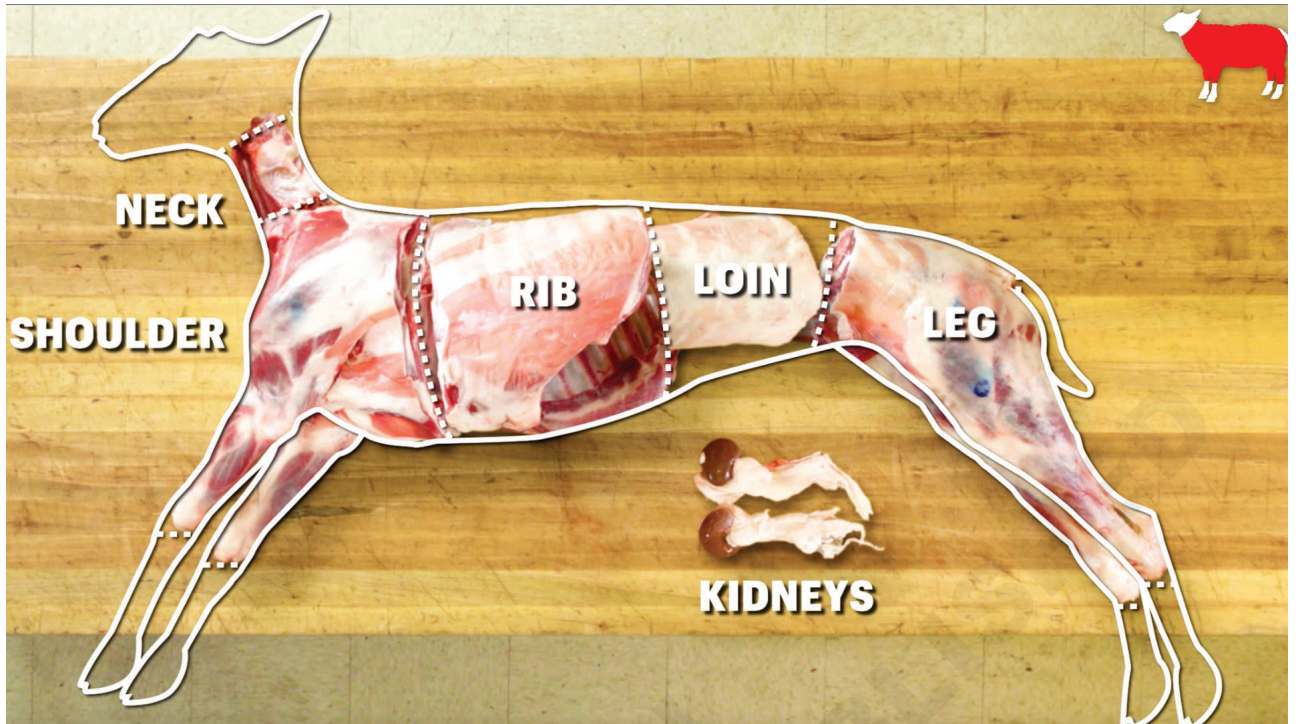
1 Chicken meat – white meat

Fig 1



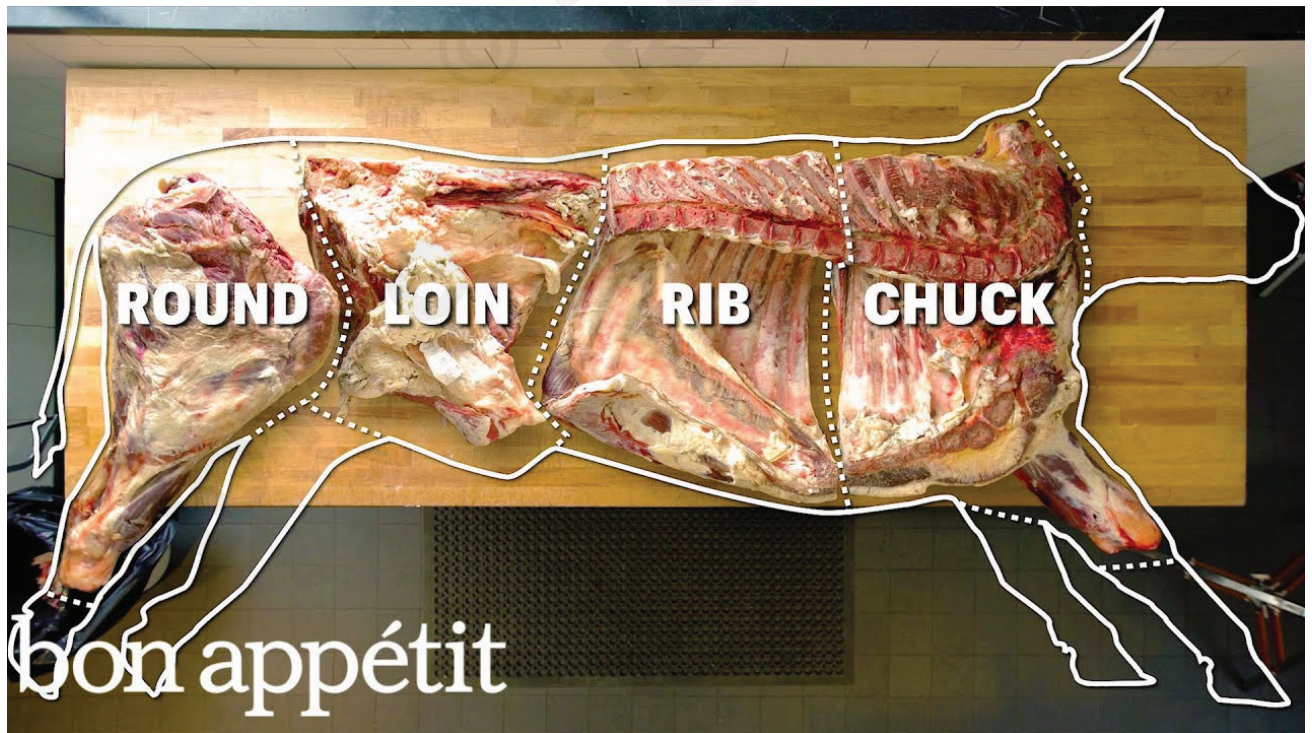
2 Lamb meat – red meat

Fig 2



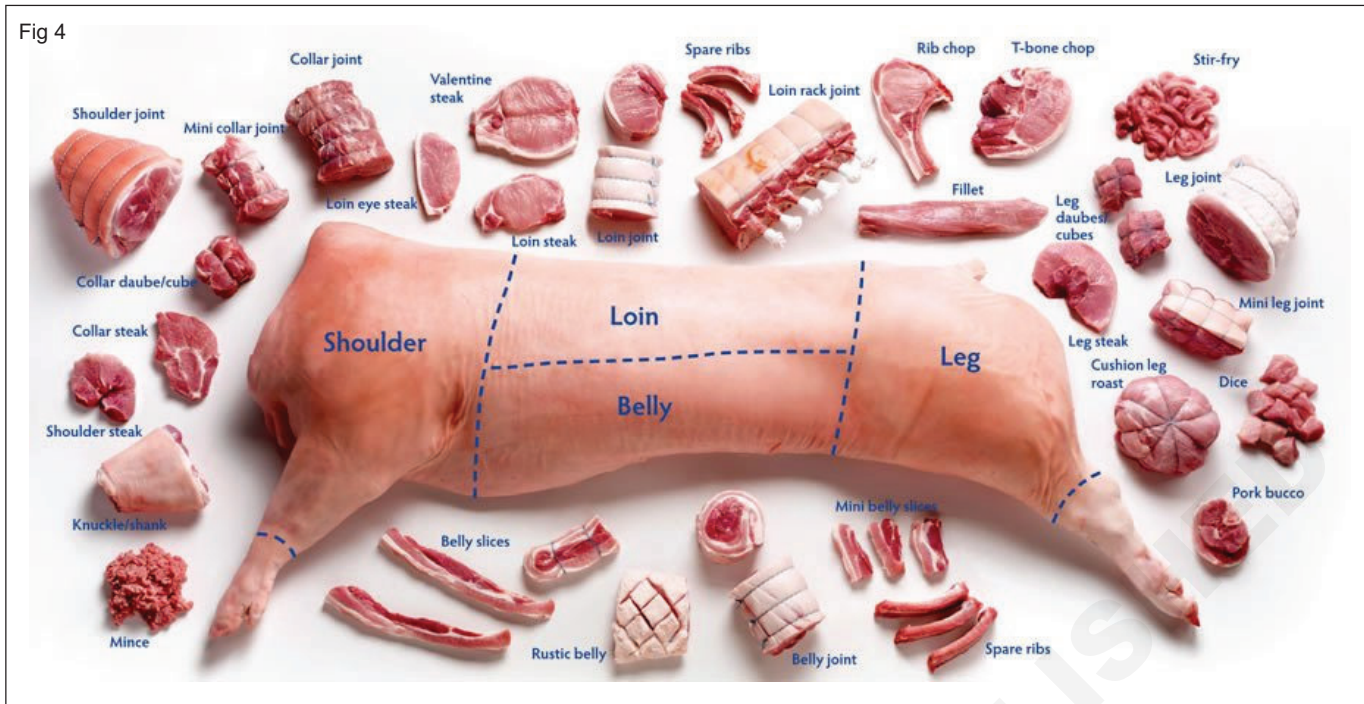
3 Beef – Red meat

Fig 3



Pork – white meat

Fig 4



Demonstrate/ video presentation on other raw materials used in kitchen

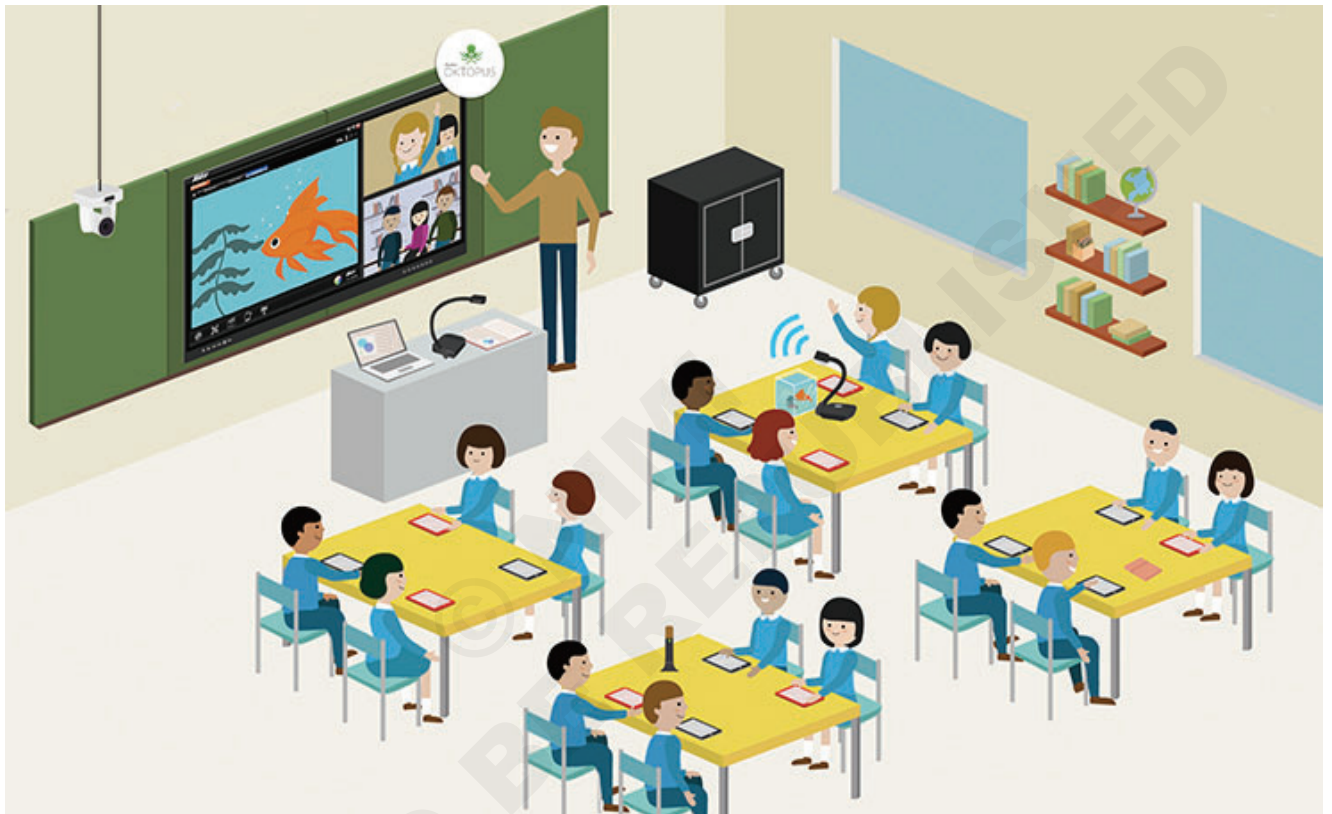
Objectives: At the end of this exercise you shall be able to

- **To learn about all types of perishable and non-perishable raw materials**

All types of vegetables, fruits, pulses through video demonstration (Smart classroom) and online (Video presentation) classes in smart classroom (Youtube)

Explaining and describing spices, vegetables, meat, dairy and fish based foods,

Fig 1



Practice the julienne cuts of vegetables & prepare a dish

Objectives: At the end of this exercise you shall be able to

- Cut the vegetables into julienne cut to the right size 2mm x 2mm x 2 inches (eg) like a match stick of fire
- Cooking food with these vegetables (eg) (coleslaw with mayonnaise dressing)
- Mayonnaise Dressing with coleslaw.

Requirements

Tools/Instruments

- Cutting board
- Knife
- Peeler
- Bowl
- Whisk
- Spoon
- Ladle

Recipe

Getting used to different cutting methods of vegetables

Julienne (Fig 1)

Fig 1



Julienne

1. Firstly cut the first vegetable to desired length. (5 cm or 10 cm)
2. Finely chop the vegetable into 4mm thickness pieces.
3. Place the vegetable on a cutting board and make slices
4. Cut more thinly to reduce thickness.

Mayonnaise Dressing with Coleslaw (Coleslaw with mayonnaise dressing) (Fig 2)

No.	required things	Qty
1	Cabbage (Julian Cuts)	30 grams
2	Carrots (Julian Cuts)	10 grams
3	Umbrella pepper (Julian)	5 grams

Fig 2



No	For dressing	Qty
1	Mayonnaise sauce	30 grams
2	Crushed Pepper / Pepper Powder	5 grams
3	Salt	As required

Recipe

1. Mix all the chopped vegetables in a large bowl.
- 2) Mix the mayonnaise, salt, and pepper for the dressing together .
3. Finally Mix of the chopped vegetables and the mayonnaise dressing well
4. Serve with chilled lettuce.

Practice the jardinière, brunoise cuts of vegetables & prepare a dish

Objectives: At the end of this exercise you shall be able to

- Chopping vegetables into jardinières, cutting them to the right size- 5mm x 5mmx5cm
- Vegetables – Cut into brunoise, cut to size 1 to 2mm (3 millimeter)
- french fries & brunoise salad with vinegerette dressing

Requirements

Tools/Instruments

- Cutting board
- Knife
- Peeler
- Bowl

- Whisk
- Spoon
- Paddle
- pan
- Cooking range

Brunoise (Fig 1)

Fig 1



Brunoise

- 1 This type of cut is very fine 5mm It will be fine.
- 2 First cut vegetable to Julienne
- 3 And then Take that Julienne- it and cut it into fine pieces.

Fig 2



Baton or Jardennere

Baton or jardinière (Fig 2)

From the essential vegetables

- 1 Cut the vegetables lengthwise.
- 2 Then cut the vegetables to desired size.
- 3 Cut the vegetables into equal pieces.

Fig 3



No.	required things	Qty
1	potato	100 grams
2	Oil (for frying)	required amount
3	Salt & pepper powder	required amount

French fries (Fig 3)

Recipe

- 1 Peel the skin of the potato (Baton method) Wash the cut potato in cold water and keep it filtered.
- 2 Boil water in a pot and add some salt.
- 3 Boil it lightly.
- 4 After it is cooled down Keep it in the freezer for some time.
- 5 Fry it till it becomes golden brown sprinkle salt and pepper.
- 6 Serve with sandwiches and burgers.

Fig 4



No.	required things	Qty
1	tomato	10 grams
2	Zucchini	10 grams
3	Red chillies	10 grams
4	Yellow pepper	10 grams
5	onion	10 grams
6	Parsley	10 grams
7	Lemon	10 grams
8	Olive oil	2 tea spoons
9	Salt & pepper powder	2 tea spoons

Brunoise salad with vinaigrette dressing (Fig 4)

Recipe

- 1 Place the finely chopped vegetables in a large bowl.
- 2 To do Vinaigrette dressing add Olive oil, Vinegar, Salt and Pepper and mix.
- 3 Mix well the Chopped vegetables and dressing
- 4 Serve chilled.

Practice the macedoine cuts of vegetables & prepare a dish

Objectives: At the end of this exercise you shall be able to

- cutting vegetables into macedoine
- Cutting to the right size - 1/4 inch or (5mm) small dice
- Prepare a meal with it (russian salad)

Requirements

Tools/Instruments

- Cutting board
- Knife
- Peeler
- Bowl
- Whisk
- Spoon
- Ladle
- Cooking range

Macedoine cutting (Fig 1)

Fig 1



No.	required things	Qty
8	Sugar	10 grams
9	Egg	1 no
10	Salad tomatoes	1 no

Russian salad (Fig 2)

Fig 2



recipe

- 1 First wash the vegetable and dice them take them a bowl.
- 2 Bring water to a boil in a pot and add the chopped vegetables them out half boiled
- 3 Immediately rinse with cold water. (By doing this over boiled vegetables will lose their temperature and this method prevent them from overcooking.
- 4 In another vessel, add Mayonaise Sauce, cream, Mustard Powder, Salt and Pepper Put and mix.
- 5 Add the cooked vegetables after dressing and mix well.
- 6 Add chilled Lettuce and serve garnished with egg and tomato

No.	required things	Qty
1	Carrots cut into small squares	20 grams
2	Cut potatoes into small squares	20 grams
3	beans cut into small squares	20 grams
4	green peas	20 grams
5	Mayonnaise sauce	40 grams
6	Mustard powder	5 grams
7	Pepper powder & salt	required amount

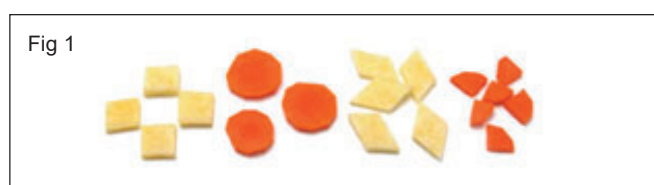
Practice the payssane cuts of vegetables & prepare a dish

Objectives: At the end of this exercise you shall be able to

- **Vegetables – cut into chunks, cut to proper size – ½ by ½ by 1/8 inch (10mm×10 mm×3mm)**
- **Making a dish with these vegetables (eg) strip fried vegetable pods (Chinese style)**

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Cutting board • Knife • Peeler 	<ul style="list-style-type: none"> • Bowl • Whisk • Spoon • Ladle

Paysanne cutting (Fig 1)



Stir fired vegetable chinese style (Fig 2)



No.	required things	Qty
8	Sugar	1 teaspoon
9	Pepper powder	2 pineches
10	Lemon juice	½ teaspoon
11	soy sauce	1 teaspoon
12	Chinese salt	a pinch
13	Corn flour	1 teaspoon

Recipe

- 1 In a Chinese Wok in once oil is hot, add chopped garlic and onions and saute.
- 2 Add chopped carrots and saute for a while, add Cabbage and Cauliflower Add some water and saute..
- 3 Saute until cooked well.
- 4 Then add lemon juice, pepper and salt and sugar to it.
- 5 Dissolve the corn flour in a little water.
- 6 Add it to vegetables and make it as a semi gravy .
- 7 Add finely chopped spring onion and serve hot.

No.	required things	Qty
1	Garlic	2 Flakes
2	onion	100 grams
3	Carrot	100 grams
4	cabbage	100 grams
5	cauliflower	100 grams
6	Oil	2 tbsp
7	Salt	required amount

Practice the mirepoix cuts of vegetables & prepare a dish

Objectives: At the end of this exercise you shall be able to

- Mirbua style cutting of vegetables
- Proper Chopping Cut vegetables into small pieces
- Prepare a dish with these vegetables (eg) Mirbua soup

Requirements

Tools/Instruments

- Cutting board
- Knife
- Peeler
- Bowl
- Whisk
- Spoon
- Ladle
- Cooking range

Mire poix cutting (Fig 1)

Fig 1



Vegetable Mirepoix soup (Fig 2)

Fig 2



No.	required things	Qty
5	Dried thyme leaves	5 grams
6	Pepper powder	10 grams
7	Salt	required amount
8	Vegetable stock (vegetables boiled in water)	½ liters
9	Garlic	10 grams
10	Parsley	1 bunch

Recipe

- 1 Toss finely chopped carrot, onion, leek in olive oil in a bowl.
- 2 thyme salt, Pepper and toss.
- 3 (Baking tray) Place on a baking tray and bake at 180°C.
- 4 After it is cooled down reducing the heat, mash well and add a pinch of salt and pepper powder.
- 5 parsley and serve.

No.	required things	Qty
1	onion	50 grams
2	Carrot	70 grams
3	olive oil	20 million liters
4	Leeks	10 million liters

Practice the shredding cuts of vegetables & prepare a dish

Objectives: At the end of this exercise you shall be able to

- **Vegetables – Shredding Cutting to proper size 5/64” 5/16” so 8” x 11”**
- **Prepare a dish with these vegetables (eg cous salad**

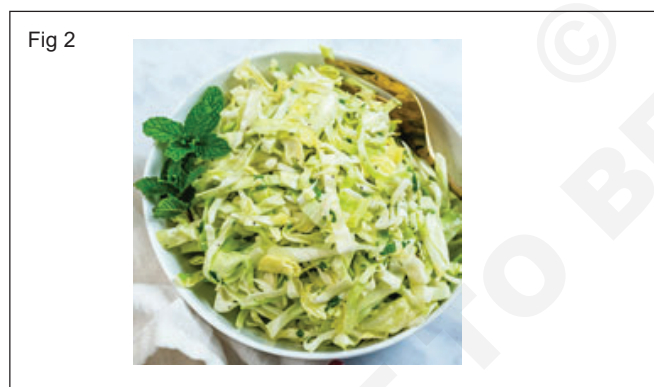
Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Cutting board • Knife • Peeler 	<ul style="list-style-type: none"> • Bowl • Whisk • spoon • Ladle

Shredding cut (Fig 1)



No	For dressing	Qty
1	Olive oil	20 milli grams
2	Cedar Vinegar	20 milli grams
3	Sugar	5 grams
4	Dijon Mustard Paste	10 grams
5	Salt	required amount

Cabbage salad (Fig 2)



Recipe

- 1 First wash the vegetables in cold water. Then take chopped cabbage and carrot in a bowl.
- 2 In another Dressing vessel add Olive oil, vinegar, sugar, mustard salt and mix well..
- 3 vegetables to dressing
- 4 Sprinkle finely chopped parsley leaves. Serve chilled.

No.	required things	Qty
1	Red Goose Shredded	20 grams
2	Green Goose Shredded	20 grams
3	Carrot Shredded	10 grams
4	Basla leaves are chopped	5 grams

Demonstrate and practice other cuts of vegetables used in the kitchen

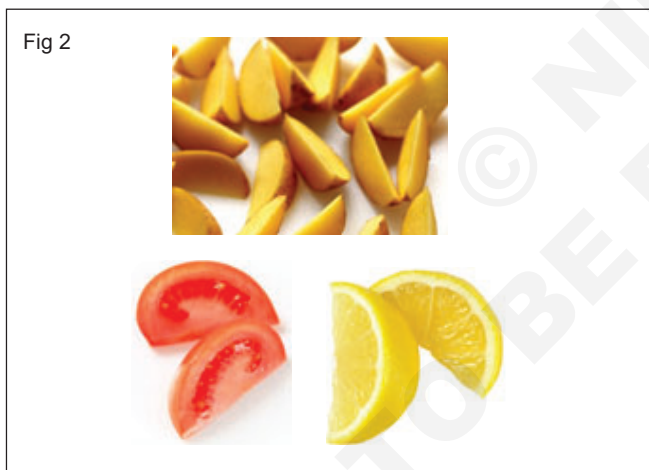
Objectives: At the end of this exercise you shall be able to

- varieties of lettuce – chiffonade cutting method
- wedges – Tomatoes, Cucumbers, Lemons – mincing
- diamond Cuts – Carrots, Beans – Crushing
- slicing

Chiffonade cuts (Fig 1)



Wedges (Fig 2)



Diamond cuts (Fig 3)



Slicing (Fig 4)



Practise cooking methods: Boiling - potatoes & rice

Objectives : At the end of this exercise you shall be able to

- to boil potatoes properly and cook it as food
- getting used to cook rice properly.

Requirements**Tools/Instruments**

- Oven
- Vessels
- Cutting board
- Knife
- Tray
- Work table
- Peeler
- Ladle

Boiling potato (Fig 1)

Fig 1



No.	Required things	Qty
1	Potato	200 grams
2	Salt	10 grams
3	Water	2 Liter

Procedure

- 1 Select about 2 or 3 medium sized potatoes.
- 2 Wash each potato thoroughly and then peel off the skin.
- 3 Cut into small pieces and keep.
- 4 Add water to cover the yams in a pan and add the cut potatoes.
- 5 Add salt and cook until soft. Then serve as needed,

**Practice boiling rice Boiled rice
Boiling rice (Fig 2)**

Fig 2



No.	Required things	Qty
1	Rice	100 grams
2	Water	Required quantity (4 servings)
3	Salt	required amount

Procedure

- 1 Wash the rice thoroughly with water 2 to 3 times.
- 2 Soak the rice in clean water for half an hour.
- 3 Heat water in a pan 4 times the size of rice.
- 4 Add the soaked rice to it and boil it well.
- 5 Then strain the porridge and serve hot.

Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable

Practise cooking methods: blanching-tomatoes, vegetables

Objectives : At the end of this exercise you shall be able to

- get used to properly blanching tomatoes as they are to be used for cooking
- get used to properly blanching vegetables as they are to be used.

Requirements

Tools/Instruments

- Oven
- Vessel
- Cutting board
- Knife
- Tray
- Work table
- Shimmer ladle

Practice blanching

Blanched tomatoes (Fig 1)

Fig 1



No.	Required things	Qty
1	Tomato	200 grams
2	Water	required amount

Procedure

- 1 Take enough water to immerse the tomatoes in a bowl.
- 2 After washing the tomato, its upper part should be scratched like this towards the '+' horizontally.
- 3 Heat the water to boiling point. At the same boiling point, put the tomatoes in boiling water and blanch them.
- 4 Then immediately take it out of hot water and put it in cold water.
- 5 Once it is cooled down, remove the skin and seeds.

(Blanched vegetables) (Fig 2)

Fig 2



No.	Required things	Qty
1	Vegetables	200 grams
2	Salt	required amount
3	Water	required amount

Procedure

- 1 Clean and cut the vegetables well.
- 2 Heat a pot of water to boiling point. Then put the vegetables in hot water at the same boiling point and blanch.
- 3 Then immediately take it out of hot water and put it in cold water.
- 4 Use as needed after draining.

Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable)

Practice cooking methods: sauteing - vegetables

Objectives : At the end of this exercise you shall be able to

- learn how to saute various vegetables as they are used in cooking and cooking.

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • oven • vessel • cutting board • knife 	<ul style="list-style-type: none"> • tray • Work table • ladle • Filter • Nonstick saute pane

Practice Sauteing (Fig 1)

Fig 1



Procedure

- 1 Wash and clean the vegetables well.
- 2 Cut to required size.
- 3 Heat a non-stick saute pan
- 4 Pour oil in it and heat it. Once the oil becomes hot, add the chopped vegetables and saute well.
- 5 Add salt as required and saute till the vegetables are cooked.
- 6 Then add pepper powder, stir and serve hot..

No.	Required things	Qty
1	Vegetables	200 grams
2	Salt	required amount
3	Oil	20 million
4	Pepper (crushed)	10 grams

Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable)

Practise cooking methods: Frying-shallow and deep frying

Objectives : At the end of this exercise you shall be able to

- practising shallow frying and deep frying of food items.

Requirements

Tools/Instruments

- oven
- vessel
- cutting board
- knife
- Rolling pin

- Pan
- dosa ladle
- A ladle
- Work table
- Filter
- (Non-stick pan)

Practice Frying - Shallow fry

Parota (Fig 1)

Fig 1



- 6 Brush with oil and toss/roll until smooth. Then flatten it and cook it on a hot dosa pan until it is golden brown on both sides.
- 7 Flatten the parotta with both hands and serve hot.

Practise Deep Frying

Crispy fried vegetables (Fig 2)

Fig 2



No.	Required things	Qty
1	Maida flour	400 grams
2	Salt	Amount required
3	Oil	50 million
4	Water/milk	200-250 million

Procedure

- 1 First sift the maida flour well.
- 2 Place the flour on the work table and mix it with salt and water/milk until smooth.
- 3 Wrap the kneaded dough in a wet cloth and soak it for about an hour.
- 4 Roll the soaked dough into small balls.
- 5 Roll it flat with a chapati rolling pin

No.	Required things	Qty
1	Carrot	50 கிராம்
2	Beans	50 கிராம்
3	Cauliflower	50 கிராம்
4	Mushrooms	50 grams
5	Potato	50 grams
6	Corn flour	250 grams
7	maida flour	100 grams
8	Oil	500 milliliters
9	Salt	as required

No.	Required things	Qty
10	Chilli paste	30 grams
11	Garlic paste	20 grams
12	water	as required.
13	Vinegar	50 million

- 2 In a wide pan, mix the maida flour and corn flour with water and salt.
- 3 Mix the vegetables with garlic paste, salt, chilli paste and vinegar.
- 4 Mix these vegetables in batter and then deep fry in hot oil until crispy.
- 5 Serve hot with tomato sauce.

Procedure

- 1 Cut all the above vegetables into slices.

Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable

Practise cooking methods: Fat frying e.g. fritters, patties etc.

Objectives : At the end of this exercise you shall be able to

- getting used to frying fritters and patties.

Requirements

Tools/Instruments

- oven
- vessel
- cutting board
- knife
- pan
- A Skimmer ladle
- Work table

- Filter
- Cooker

Equipment/Machines

- Mix
- Meat mincer

Practice Fat Frying

Paneer Fritters (Fig 1)

Fig 1



Procedure

- 1 First, cut the paneer into flat shapes.
- 2 Then in a bowl add ginger, garlic paste, salt, pepper powder, egg, chili powder and mix well.
- 3 Add paneer this mixture and fry in hot oil until golden brown.
- 4 Serve with tomato sauce.

Chicken Patties (Fig 2)

Fig 2



No.	Required things	Qty
1	(Slice)	250 grams
2	Red chili paste	10 grams
3	Pepper powder	5 grams
4	Garlic (paste)	5 grams
5	Ginger (paste)	5 grams
6	Egg	2 numbers
7	Maida flour	75 grams
8	Salt	required amount
9	Maize corn flour	50 grams
10	Tomato sauce	50 grams

No.	Required things	Qty
1	Chicken (finely chopped/grinded)	200 grams
2	Onion (finely chopped)	50 grams
3	Dry chilli (Flakes)	20 grams
4	Finely chopped garlic	10 grams
5	Dry Italian Seasoning	10 grams

No.	Required things	Qty
6	Salt	required amount
7	Egg	1 Numbers
8	Bread crumbs	50 grams
9	Oil (for frying)	500 milli liters
10	Mashed Potatoes	100 grams

Procedure

- 1 First grind/mash the chicken meat well.
- 2 In a wide pan mix the mashed chicken with finely chopped onion and red chilli flakes, Add finely chopped garlic, 50 grams of potato, salt, egg and enough breadcrumbs to mix well.
- 3 Make this mixture into small balls and then flatten and deep fry in hot oil.
- 4 Remove from oil and serve hot.

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Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable

Practise cooking methods: Steaming – rice & pudding

Objectives : At the end of this exercise you shall be able to

- getting used to rice
- getting used to cook pudding cook rice using steaming method.

Requirements

Tools/Equipment /Instruments

- Oven
- vessel
- Spoon
- Work table
- Cooker
- Whisk

- Baking mould
- Double boiler

(Equipment/Machines)

- Steamer
- Weighing machine

Practice Steaming

Steamed Rice (Fig 1)

Fig 1



Procedure

- 1 Rice should be washed well in clean water.
- 2 Soak the washed rice in clean water for half an hour.
- 3 Pour required amount of water in steamer machine or pot and boil it.
- 4 Add soaked rice to it Keep steaming for 20-25 minutes.
- 5 Serve boiled rice (rice) with vegetable or chicken curry gravy.

Steaming Pudding

(Fruit pudding) (Fig 2)

Fig 2



No.	Required things	Qty
1	Rice	500 grams
2	Water	2 liter
3	Salt	required amount
4	Oil	A teak spoon

No.	Required things	Qty
1	Sugar	100 grams
2	Egg	6 Numbers

No.	Required things	Qty
3	Maida flour	100 grams
4	Baking powder	5 grams
5	Butter	100 grams
6	Tutti frutti	100 grams
7	Fruit Essence	25 Million
8	Salt	A pinch
9	Milk	50 Milli liter

Procedure

- 1 In a wide bowl, it becomes (whisk) the butter with the sugar until smooth.

- 2 Then break each egg and mix both.
- 3 Sift together the maida flour, baking powder and salt.
- 4 Add salt to the flour. Mix egg, flour, milk and make them has batter.
- 5 In this mixture finally add Tutti frutti, bread essence and mix.
- 6 In a baking mould brush with butter/oil has (Greasing) Pour this mixture in it and steam it/steamer for 15-20 minutes.
- 7 Remove the fully cooked from the mould let it cool.
- 8 Serve this pudding with vanilla custard sauce (Vannila Custard Sauce) with medium heat.

Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable

Practise cooking methods: Stewing-mutton & vegetables

Objectives : At the end of this exercise you shall be able to

- to be familiar with stewing mutton
- to be familiar with stewing vegetables.

Requirements

Tools/Instruments

- Casserole Pot
- oven
- cutting board
- knife
- Work table
- spoon

- Tongs
- Stock Pot
- Stewing Pan

Equipment/Machines

- (Oven)

Practise Stewing

Irish stew (Fig 1)

Fig 1



Procedure

- 1 Cut the mutton into equal pieces.
- 2 Peel the potatoes and cut them into large pieces.
- 3 Put the mutton, some potato, onion slices, salt, pepper powder and stock in a stewing pan or pot and cook in the oven or stove until the mutton is three-quarters cooked.
- 4 Add the remaining potatoes and cook well.
- 5 Serve warm with french bread/garlic bread.

Stock is water (seasoned water) in which meat bones/vegetables have been boiled.

No.	Required things	Qty
1	Mutton	500 grams
2	potato	500 Kg
3	Sliced onion	225 grams
4	Pepper	10 grams
5	Salt	required amount
6	Chicken stock or Water	600 Milli liter

Vegetable stew (Fig 2)

Fig 2



No.	Required things	Qty
1	Potato	115 grams
2	Carrot	115 grams
3	Cabbage	225 grams
4	Green peas	115 grams
5	Celery	55 grams
6	Onion	55 grams
7	Vegetable stock/water	600 milli liter
8	Milk	150 Milli liter
9	Maida flour	15 grams
10	Pepper	A little bit
11	Bay leaf	1 One
12	Salt	required amount

Procedure

- 1 Clean the vegetable and cut them equal size pieces.
- 2 Boil the vegetables in the stock pot. Add salt, pepper, vegetable stock/water and cook.
- 3 Mix maida flour with water/milk and make it a paste.
- 4 Add the paste to the stock pot and let it boil.
- 5 Serve hot with French bread/garlic bread.

Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable

Practise cooking methods: Poaching-fish & egg

Objectives : At the end of this exercise you shall be able to

- to be familiar with cooking fish in poaching method
- to be familiar with poaching eggs and practice poaching

Requirements

Tools/Instruments

- oven
- vessel
- A ladle
- Work table
- Tongs
- cutting board
- Sauce pan

Poaching Fish- Poached Fish Fig 1

Fig 1



No.	Required things	Qty
1	Fish piece	200 grams
2	Water	1 liter
3	Vinegar	200 milli liter
4	Salt	required amount
5	Bread slice/bagel	4 Toasted
6	Carrot	10 grams
7	Celery	1 No

Procedure

- 1 Pour water into a deep poaching pan and heat well. After heating reduce the flame and simmer it.
- 2 Add the vinegar, celery, carrot and salt and add the fish pieces.
- 3 Boil in water for 3 to 5 minutes on the same heat.
- 4 Serve with vegetable and hollandaise sauce.

Poaching Egg- Poached Egg (Fig 2)

Fig 2



No.	Required things	Size
1	Egg	6 No
2	Water	1 liter
3	Vinegar	200 milliliter
4	Salt	required amount
5	Bread slice/bagel	46 No Toasted

Procedure

- 1 Pour water into a deep poaching pan and heat well. After heating reduce the flame and simmer.
- 2 Add vinegar and salt to it.
- 3 Crack the egg into a small bowl and take it.
- 4 It should be carefully poured into heated water.
- 5 Cook for 4-5 minutes until the egg whites are fully cooked. After boiling take it out carefully without breaking it.
- 6 Serve with a slice of toasted bread/marnay sauce.

Practise cooking methods: Roasting/searing -potatoes & chicken

Objectives : At the end of this exercise you shall be able to

- practise cooking potatoes and chicken in the roasting method and chicken in the searing method. Practise Roasting

Requirements**Tools/Instruments**

- oven
- vessel
- Spatulla
- Work table
- Tongs
- Saute Pan
- Roasting Tray

- Skillet
- knife
- cutting board

Equipment/Machines

- Oven

Roast Potatoes (Fig 1)

Fig 1



- 3 Grate celery, leeks, Season with salt and pepper 250°C
Roast for 20 minutes in a hot oven. Serve with main course.

Practise Searing**Searing Potatoes (Fig 2)**

Fig 2



No.	Required things	Qty
1	potato	500 grams
2	Aloe oil	200 milli liter
3	Salt	required amount
4	Celery	1 No
5	Leeks	1 No

Procedure

- 1 Wash and peel the potato, cut it into small cubes and para boil hot water.
- 2 Then filter from the hot water and let it cool a little.

No.	Required things	Qty
1	potato	250 grams
2	Salt	required amount
3	Olive oil	25-30 millilitre
4	Rose Mary Thyme, Basil, Oregano Dried Herbal Powder	15 grams

No.	Required things	Qty
5	Pepper powder	10 grams
6	Garlic powder	10 grams

Procedure

- 1 Wash and peel the potato and cut it into small pieces.
- 2 Heat olive oil in a saute pan and toss the potatoes, stir so that the oil spreads all over.
- 3 Saute until the top is crispy.
- 4 Add pepper powder, salt and dry herbal powder over it and stir well.
- 5 Saute until it is browned and serve hot.

Searing Chicken (Fig 3)

Fig 3



No.	Required things	Qty
1	Chicken breast portion Breast pieces	500 Kg
2	Olive oil	100 mili liter
3	Rose Mary, Thyme Basil, Oregano Dried herbal Powder	30 grams
4	Dry chilli flakes	10 grams
5	Pepper powder	10 grams
6	Salt	required amount
7	Garlic slices	5 No

Procedure

- 1 First clean the chicken meat without skin and bones.
- 2 Heat olive oil in a thick pan.
- 3 Then sear the chicken piece on both sides and cook well.
- 4 Add salt, pepper powder, chili powder, garlic to it and apply on both sides of it.
- 5 Sear until it turns golden brown on both sides.
- 6 Serve hot with sauce.

Practices cooking methods: Grilling – vegetables& fish

Objectives : At the end of this exercise you shall be able to

- to be familiar with grilling vegetables
- to be familiar with grilling fish.

Requirements

Tools/Instruments

- oven
- vessel
- Slicer
- knife
- Spatulla

- Tongs
- Roasting Brush

Equipment/Machines

- Griller

Practice Grilling

Grilled vegetables (Fig 1)

Fig 1



No.	Required things	Qty
7	Salt	required amount
8	Pepper powder	required amount
9	Potatoes	100 grams

Procedure

- 1 Cut all vegetables into round shapes for grilling.
- 2 Preheat the griller to the desired temperature and oil the grilling rack to prevent the vegetables from sticking.
- 3 Mix all the vegetables, salt, olive oil and pepper in a wide pan.
- 4 Then grill these vegetables thoroughly for 10 to 15 minutes on both sides.
- 5 Then serve with appropriate sauce. ஸாஸுடன்

Grilled Fish (Fig 2)

Fig 2



No.	Required things	Qty
1	Egg plant 150 grams	1 No
2	Red capsicum chilies 100 grams	2 No
3	Yellow capsicum 100 grams	2 No
4	zucchini 150 grams	1 No
5	Mushroom	100 grams
6	Olive oil	150 milli liter

No.	Required things	Qty
1	A whole fish (small skin and bones removed)	500 grams
2	minced garlic	5 grams
3	Olive oil	150 milli lietr
4	Lemon juice	10 milli lietr
5	Balsamic Vinegar	10 milli lietr
6	Pepper flakes	20 grams
7	Thyme, oregano, basil, Rose Mary Dry herbs powder	10 grams
8	Salt	required amount
9	Lemon slice	serve/ decorate

Procedure

- 1 Wash the fish pieces and absorb excess water with a paper towel.
- 2 Prepare a marinade by mixing all the ingredients except the fish and lemon wedges in a bowl.
- 3 Marinate the fish pieces in this mixture (marinate is the act of adding spices to the fish for flavor) and let it marinate for 30 minutes.
- 4 Preheat the griller to the desired temperature and grease the grilling rook with oil so that fish will not stick .
- 5 Then grill this piece of fish carefully for 5 to 10 minutes on both sides without breaking it.
- 6 Then serve hot with lemon wedge and salt.

Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable

Practise cooking methods: Braising – chicken & vegetables

Objectives : At the end of this exercise you shall be able to

- to be familiar with cooking chicken and vegetables in braising method.

Requirements

Tools/Instruments

- Oven
- vessel
- Spatula
- Work table
- Tongs
- braising pan

- knife
- Cutting board

Equipment/Machines

- Oven
- Cooking stove

Practice Braising

Braised chicken (Fig 1)

Fig 1



No.	Required things	Qty
9	Celery	50 grams
10	Olive oil	100 milli liter
11	Tomato paste	30 grams

Procedure

- 1 Cut the chicken meat and wash it and absorb excess moisture with a paper towel. Then marinate the chicken with salt and pepper powder
- 2 Take a roasting tray grease with oil and marinated place the in it, add chicken with chopped nuts and 150°C. Roast briefly in a hot oven until golden brown.
- 3 Then add the roasted chicken and stock water Put it in a baking dish and cook it in the oven at 150 C.
- 7 Serve hot.

Braised Vegetables (Fig 2)

Fig 2



No.	Required things	Qty
1	chicken meat	500 Kg
2	Salt	required amount
3	Pepper powder	20 grams
4	Finely chopped onion	50 grams
5	Finely chopped leeks	50 grams
6	Garlic	20 grams
7	Chicken stock/Water	250 milli liter
8	Fresh Rose Mary	3 cluster

No.	Required things	Qty
1	Olive oil	50 milli liter
2	small onion shallots	100 grams
3	Finely chopped oregano	20 grams
4	Stock / white wine	500 milli liter
5	Green peas	50 grams
6	zucchini	100 grams
7	Cherry Tomatoes	50 grams
8	Salt	required amount
9	Pepper powder	required amount
10	Parmesan Cheese	20 grams

Procedure

- 1 Heat oil in a Thick-bottomed pan (skillet) over medium heat.
- 2 Add chopped onions and oregano to the hot oil and fry until golden brown.
- 3 Combine the vegetables, salt and stock in basing dish, cover and cook well.
- 4 Then serve warm with a sprinkle of grated Parmesan cheese.

Practise cooking methods: Baking – potatoes& vegetables

Objectives : At the end of this exercise you shall be able to

- to be familiar with cooking potatoes and vegetables in baking mode.

Requirements**Tools/Instruments**

- Oven
- vessel
- Spatula
- Work table
- Tongs
- Baking tray
- knife

- Cutting board
- Casserole pan

Equipment/Machines

- Oven
- Convection oven

Practice Baking**Baked Vegetables (Fig 1)**

Fig 1



No.	Required things	Qty
8	Milk	500 milli liter
9	Maida (refined wheat flour)	50 grams
10	Cheese	100 grams

Procedure

- 1 Wash all the vegetables and cut them into required size. Boil the vegetables and keep aside.
- 2 Then heat the pan, melt butter in it, add maida to it, add required milk and heat it to prepare white sauce.
- 3 Mix with the boiled vegetables, add white sauce, add seasoning, put in a casserole dish, sprinkle with cheese, bake in the oven and serve hot.

Baked Potatoes (Fig 2)

Fig 2



No.	Required things	Qty
1	French beans	200 grams
2	Broccoli	200 grams
3	zucchini	200 grams
4	Carrot	200 grams
5	Butter	50 grams
6	Salt	required amount
7	Pepper powder (white)	50 grams

No.	Required things	Qty
1	Potato	500 grams
2	Olive oil	100 milli liter
3	Salt & pepper powder	required amount

Procedure

- 1 Wash the potato well and wipe it dry.
- 2 Coat all potatoes with olive oil.
- 3 Arrange potatoes on baking sheet and sprinkle with salt.
- 4 Then bake in a hot oven at 180°C for about 30-45 minutes.
- 5 After it is cooked well, add the required filling and serve.

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Practise cooking methods: Microwave – rice & vegetables

Objectives : At the end of this exercise you shall be able to

- practise cooking rice and vegetables with microwave oven.

Requirements**Tools/Instruments**

- Oven
- vessel
- Spatula
- Work table
- Tongs
- Baking tray

- knife
- Cutting board

Equipment/Machines

- Microwave oven
- Microwave vessel

Practice Microwave cooking**Microwave Boiling Rice (Fig 1)**

Fig 1



No.	Required things	Qty
1	Rice	1 cup / 200 grams
2	Salt	required amount
3	Water	2 cups / 400 grams (double for rice)

Procedure

- 1 Wash the rice well and soak it in clean water for 1/2 hour and then filter it.
- 2 Put 2 cups of water with salt in a microwave-safe dish.
- 3 Add the drained rice to it and cook it for 15 to 20 minutes covered in a microwave oven at the required temperature.
- 4 Once fully cooked, serve hot.

Microwave Vegetables (Fig 2)

Fig 2



No.	Required things	Qty
1	Mixed vegetables carrots, beans, cauliflower, peas, yams	200 grams
2	Salt	required amount
3	Water	400 milli liter

Procedure

- 1 Cut the cleaned vegetables into small cubes.
- 2 Switch on the microwave oven and add water to a microwave safe dish and add salt.
- 3 Add the vegetables to it, cover the pan and simmer for 15 to 20 minutes.
- 4 Drain the boiled vegetables.
- 5 Use strained vegetables in food like fries, semi gravy.

Food Production (General) - Preparation of Mise-en-place, Cook Soup, Meat, Vegetable

Practise cooking methods: Broiling of spices, grinding processes

Objectives : At the end of this exercise you shall be able to

- practising dry heat broiling of spices to make various spice powders.

Requirements

Tools/Instruments

- Thick bottomed pan
- spoon

Equipment/Machines

- Pulverizer

Practice Broiling

Broiling spices - For Respective Dish preparation Garam Masala (Fig 1)

Fig 1



Procedure

- 1 Heat a thick-bottomed pan over medium-high heat.
- 2 Broil / dry roast all the above ingredients on very medium heat.
- 3 Continue roasting carefully for 10 to 15 minutes without stirring.
- 4 After it cools well, grind it in a pulverizer machine, keep it in an air-tight container and use it at the time of need.

No.	Required things	Qty
1	Cardamom	20 grams
2	Clove	20 grams
3	Cinnamon	20 grams
4	Pepper	20 grams
5	Bay leaves	20 grams
6	Anise	20 grams

Prepare and practice different menus - dal (05 variety), vegetables (10 variety), chutney (05 variety), raita (05 variety), rice (05 variety) and indian bread (05 variety)

Objectives : At the end of this exercise you shall be able to

• Practice cooking different types of pulses.

- 1 gujarathi dal
- 2 dal tadka
- 3 rajma masala
- 4 dal amiritsari
- 5 moong dal

Requirements	
Tools/Instruments <ul style="list-style-type: none"> Pressure cooker Work table Strainer, cutting board, peeler 	<ul style="list-style-type: none"> Wooden hand messure, fry pan, spoon, knife Equipment/Machines <ul style="list-style-type: none"> Balance, Mixi

Dhal preparation

Procedure

- 1 Getting used to prepare gujarati dal.
- 2 Practice preparing Dal Tadka.
- 3 Getting used to prepare rajma masala.
- 4 Getting used to prepare dal Amritsari.
- 5 Getting used to prepare mounng dal.

Gujarathi dal (Fig 1)

Fig 1



No.	Required things	Qty
1	Toor dal	½ Cup
2	Raw peanuts	A handful
3	Tomatoes, large, finely chopped	1 No
4	Jaggery, grated	1 teaspoon ½ teaspoon
5	Green chillies, grated	2 No
6	Ginger, finely Chopped	1" inch Size
7	Red chilli powder	1 teaspoon.
8	turmeric powder	¼ teaspoon.
9	Lemon juice from 1 1½tespoon (a) Amsoor Powder ½ teaspoon (a) Dried kungumam 2 pieces (a) Tamarind paste¾ tea spoon	Sour For taste
10	Salt	required amount
11	Coriander leaves to garnish	

Lentils – for seasoning / tempering / tatka

No.	Required things	Qty
1	Oil (a) ghee	1 teaspoon.
2	Mustard	½ teaspoon
3	Cumin	½ teaspoon
4	Fenugreek	¼ teaspoon
5	Evergreen	¼ teaspoon
6	Dried chillies, seeded	1 or 2
7	Cinnamon	1" in Sizer

Procedure

- 1 Wash and dal well in water and soak it for half an hour and then mash it well in a cooker till it gives 4 whistles.
- 2 Add 3 cups of water, green peanuts, turmeric powder, red chilli powder, chopped ginger, green chillies, chopped tomatoes, jaggery and salt to the mashed dal and fry on medium flame for 12-15 minutes. Keep stirring in between.
- 3 Tempering – Heat oil or ghee in a small pan. Heat oil, add mustard seeds, cumin seeds, fenugreek seeds, red chillies, cinnamon and saute until golden brown.
- 4 Mix the boiled lentils with the seasoned ingredients, add lemon juice and mix well.
- 5 In a serving bowl, add the coriander Garnish with Serve with bread or rice.

Getting used to preparing Dal Tatka..

Dal tadka (Fig 2)

Fig 2



No.	Required things	Qty
1	Toor dal	¼ cup
2	Broken green gram	¼ cup
3	Channa dal	2 teaspoon

No.	Required things	Qty
4	Green chillies, grated	2 No
5	Ginger, garlic (finely chopped 50 g)	½ teaspoon
6	Turmeric Powder (Haldi)	¼ teaspoon.
7	Coriander seeds (crushed) (optional)	½ teaspoon.
8	Tomatoes are finely chopped	1 No
9	Ghee	1½ teaspoon.

Tempering – For Dal / Tadka:

No.	Required things	Qty
1	Cumin	1½ teaspoon.
2	asafoetida	2 Pinch
3	Without seeds dried chillies	1 or 2
4	Green chillies chopped	1 No
5	Red chili powder	½ teaspoon.
6	Coriander	½ teaspoon.
7	Ghee	1½ teaspoon.

Procedure

- 1 In a bowl, wash the dal well with water and soak it for half an hour, Then add green chillies, ginger, fenugreek and turmeric powder and cook till 3 whistles and mash well.
- 2 ft heavy pan and add crushed coriander seeds and saute for few seconds. Then add chopped tomatoes and saute for 4 minutes.
- 3 Boil the cooked dal with salt and water as per requirement and cook uncovered for 10 minutes.
- 4 Heat ghee in a small pan and add cumin seeds. After roasting the cumin, add ginger, garlic, red chillies, green chillies, red chilli powder and coriander and saute a little. A after sauteing, pour it over the dal.
- 6 Serve with roti, poori? till 3 whistles white rice.

3 Rajma Masala (Fig 3)

No.	Required things	Qty
1	Soaked red kidney beans (rajma).	¼ Cup
2	Onion, large, finely ground	2 Nos
3	Tomatoes Large Ground (Puree)	3 nos.

No.	Required things	Qty
4	A pinch of Asafoetida	Asafoetida
5	biryani leaves / bay leaf	1 no
6	ginger garlic paste	teaspoons
7	turmeric powder	tea spoons
8	Red Chilli Powder	1 tea spoons
9	Coriander powder	1 tea spoons
14	ghee	1 teaspoons
15	salt	
16	chopped coriander leaves for garnish	
17	cinnamon sticks"	½ inches
18	cloves	3 nos
19	green cardamom	2 nos
20	Black Cardamom	1 no
21	black pepper	6 nos
22	Star Aniseed	½ No.
23	nutmeg powder	A pinch
24	black cumin tea	½ teaspoons
25	dry ginger powder	A pinch

Fig 3



Procedure

- 1 On the previous night, cook kidney beans (Rajma – Jhatmha) in a cooker for 4 to 5 whistles until soft. Take half a cup of cooked rajma beans and crush them well.
- 2 Heat ghee and oil in a pan. Add cumin seeds and after roasting cumin seeds, add biryani leaves, asparagus and onion paste and saute until golden brown.
- 3 Add red chilli powder, turmeric powder, coriander powder, cumin powder, kasturi methi and salt and mix well. Add tomato paste and saute till the oil separates.

- 4 Add cooked kidney beans to this mixture and boil well. Then add finely chopped beans, garam masala and required amount of water and cook till gravy form.
- 5 Serve hot with steamed rice, jeera rice, chapati or phulka.

4 Dal Amiritsari (Fig 4)

Fig 4



No.	Required things	Qty
1	Black urad dal	1 Cup
2	Bengal gram dal	½ Cup
3	turmeric powder	½ teaspoon.
4	Finely chopped green chillies	3 No
5	Ginger finely chopped	1½" inches
6	Garlic finely chopped	4 No
7	Biryani leaves / Bay leaves	1 No
8	Cinnamon stick	1" inches
9	Onions are large, finely chopped	1 No
10	Tomatoes are big, Finely chopped	1 No
11	Butter	1 - 2 teaspoon
12	Salt	required amount
13	Oil	2 tespoon
14	Cream	50 milli liter

For Tempering / Tatka:

No.	Required things	Qty
1	Ghee	1 teaspoon
2	Asafoetida	¼ teaspoon
3	Red chili powder	½ teaspoon

No.	Required things	Qty
4	Coriander powder	1 teaspoon
5	If desired Kasturi Methi Dried fenugreek leaves	½ teaspoon.

Procedure

- 1 Wash the gram and chickpeas well in water and soak them for half an hour, then add turmeric powder, 1 teaspoon chopped ginger and 1 teaspoon chopped garlic to the cooker and cook until 4 whistles.
- 2 Add required amount of water to dal and simmer on medium heat.
- 3 When the dal is cooked, heat oil in a heavy bottomed pan and fry the biryani leaves and cinnamon, add the chopped onions, remaining ginger, garlic and green chillies and saute for 4 minutes.
- 4 tomatoes and saute for another 4 minutes. Add the onion tomato mixture to the boiling dal and mix well. Add salt and butter and simmer for 7 – 9 minutes, then transfer to a serving dish.
- 5 Heat ghee in a small pan and when hot, add fenugreek, red chilli powder, coriander powder, ghee and kasuri methi and fry immediately. Add this to the dal Mix well.
- 6 Serve with phulka, curd and salad.

5 Moong Dal Recipe – Jain Style (Fig 5)

Fig 5



No.	Required things	Qty
1	Broken green gram	½ Cup
2	Green chili or red chilli powder	½ First 1 teaspoon.
3	Tomatoes are large, finely chopped	No
4	turmeric powder	¼ teaspoon
5	Jaggery	1 teaspoon
6	Salt	required amount
7	Chopped coriander (for garnish)	

Lentils / Tatka Temporing:

No.	Required things	Qty
1	Mustard	½ teaspoon
2	Cumin	½ teaspoon
3	Asafoetida	¼ teaspoon
4	Ghee or oil	1½ teaspoon

Procedure

- 1 Wash the split green gram well and soak it in water. Then add turmeric powder and water to the dal and cook till the dal becomes soft (cooker should keep 2 whistles). Preparation of Tadka:
- 2 Heat ghee or oil in a pan and add mustard. Once the mustard seeds are fried, add the cumin seeds. After roasting cumin, add asparagus and fry. Add chopped tomatoes to this mixture and saute till it becomes soft.
- 3 Add jaggery to this mixture and boil it on medium heat for 4-5 minutes.
- 4 Take into a serving bowl and garnish with coriander leaves.

Vegetables-10 variety

Objectives : At the end of this exercise you shall be able to

• **Practice cooking different types of vegetables.**

- 1 carrot foogath / poriyal
- 2 bhindi do pyaz
- 3 vazhakkai poriyal
- 4 cabbage poriyal / foogath
- 5 semi gravy
- 6 gobi 65 / cauliflower 65
- 7 palak paneer
- 8 gobi salad ? and pepper
- 9 gobi masala
- 10 mushroom masala

Requirements	
Tools/Instruments <ul style="list-style-type: none"> Pressure cooker Work table Strainer, fry pan, spoon, peeler Hand masher, cutting board, knife, utensil 	<ul style="list-style-type: none"> Kadai Equipment/Machine <ul style="list-style-type: none"> Balance, Mixi

Vegetable Varieties (Fig 1)

1 Carrot foogath / Poriyal

foogath It means fries

Fig 1



No.	Required things	Qty
1	Carrot	4 – 5
2	Coconut scraped	½ Cup
3	Mustard	1 teaspoon
4	Urad dal	½ teaspoon
5	green chilli	2 No
6	curry leaves	a little

No.	Required things	Qty
7	Oil	2 teaspoon
8	Salt	required amount.

Procedure

- 1 First, wash the carrot thoroughly with water and grate or chop it into fine pieces.
- 2 Then put a pan in the oven, pour oil in it and when it dries, add mustard, urad dal, green chillies and curry leaves and season it.
- 3 Then add carrot to it, pour 1/4 cup of water and add salt, keep it covered and cook on medium flame until the water dries up.
- 4 Then when the water is completely dry, add grated coconut to it and serve hot.

2 Bhindi Do Pyaz (Fig 2)

No.	Required things	Qty
1	Bhindi (lady's finger)	400 grams
2	Onions cut into cubes	1 cup
3	Ginger finely chopped	2 teaspoon
4	chopped onions	½ cup
5	Coriander powder	2 teaspoon
6	Kashmir Red Chilli Powder	2 teaspoon
7	Salt	as required

No.	Required things	Qty
13	crushed tomatoes	½ cups
14	turmeric	½ teaspoons
15	Cumin powder	2 teaspoons
16	curd	½ cups
17	coriander leaves	2 teaspoons

Fig 2



Procedure

- 1 First, wash the mung beans twice with water. Once done, dry them lady's finger on a cotton cloth. Now cut the lady's finger into 4 inch pieces. Take a deep wok / kadai and add oil and fry the onion until 70% cooked. (becomes a bit soft). When done, take them out and keep them in a separate bowl.
- 2 In the same pan/wok, fry the onion cubes for 2–3 minutes. Take them out and keep them in a separate bowl.
- 3 After removing the onion cubes, add cumin seeds, bay leaves, green chillies and ginger to the oil. Saute the ingredients for a minute. Once done, add chopped onion and grated tomato. Cook for 2–3 minutes.
- 4 Now add coriander powder, cumin powder, turmeric and kashmiri red chilli powder and mix all the ingredients for a minute. Add lady's finger to it and saute well.
- 5 Add salt and then add curd with onion cubes. Mix all the previously roasted ingredients and cook for 30 seconds. Add
- 6 Add garam masala powder, mix well and switch off the flame. Serve hot in a serving pan or bowl.
- 7 Garnish with coriander leaves and lemon wedges. Serve with roti or naan.

(Eer Dahhaksh – Two Onions – Thobias is a North Indian dish made using two onions.)

3 Vazhakkai Poriyal / Raw Plantain Foogath (Fig 3)

Fig 3



No.	Required things	Qty
1	Banana	2 No
2	Coriander seeds	2 teaspoon
3	Dry chillies	8 No
4	Gram dal	4 teaspoon
5	Grated coconut	4 teaspoon
6	Mustard	¼ spoon
7	turmeric powder	A little bit
8	Oil	required amount
9	curry leaves	required amount
10	Salt	required amount

Procedure

- 1 In a pan, fry the gramdal, coriander seeds, dry chillies without oil. Then let them cool and grind them.
- 2 Chop the banana, add turmeric powder and salt and boil it.
- 3 Then leave the oil in the pan and add mustard and curry leaves. Add boiled banana to it and fry it. Continue to stir in after adding gram dal powder and grated coconut.
- 4 Serve with rice.

4 Cabbage Poriyal / Foogath (Fig 4)

No.	Required things	Qty
1	Cabbage (small)	1 200 grams
2	Onion small and chopped	3 – 4
3	curry leaves	a little
4	Mustard	1 teaspoon

No.	Required things	Qty
5	Cumin	1 teaspoon
6	Peanuts	1 teaspoon
7	Asafoetide	1 Pinch
8	Green chillies (chopped)	1 No
9	turmeric powder	½ teaspoon
10	Grated coconut	½ Cup
11	coconut oil	2 teaspoon
12	Salt	required amount

Fig 4



Procedure

- 1 First, wash and clean the cabbage and finely chop it.
- 2 Then place a wide pan in the stove, pour coconut oil in it and when heated, season with mustard greens, cumin, fenugreek powder and curry leaves.
- 3 Then add chopped green chillies and fry for a minute, add chopped onions and fry until it turns golden brown.
- 4 Then add turmeric powder to it and stir it, at the end add cabbage and pour required water, add salt and cover and cook for 5-10 minutes.
- 5 After the water is dried up add grated coconut to it. Add chopped coriander leaves and serve with rice.

5 Snake gourd) (Fig 5)

No.	Required things	Qty
1	Finely chopped	2 Cup
2	Chickpea / Chenna dal	¼ Cup
3	Moong dal	¼ Cup
4	turmeric powder -	2 Pinch
5	asafoetida	2 Pinch
6	Salt	required amount

Fig 5



No.	Required things	Qty
To Grind:		
1	Coconut	¼ Cup
2	Rice flour	¼ teaspoon
3	green chilly	2 – 3 Nos
4	Cumin	¾ teaspoon
5	small onion	2 count
To Temper:		
1	Coconut oil -	3 teaspoon
2	Mustard	¾ teaspoon
3	Urad dal	1 teaspoon
4	Cumin	1 teaspoon
5	Curry leaves –	A bunch.

Procedure

- 1 Remove the seeds and clean the snake gourd and cut into small cubes as required.
- 2 Wash both the lentils thoroughly and soak them for at least half an hour.
- 3 Take the soaked dal in a small pressure cooker and add enough water. Add turmeric powder and asafoetida and a pinch of salt and stir well.
- 4 Add the chopped snake gourd on top. Pressure cook on medium flame till 2–3 whistles.
- 5 First grind coconut, rice flour, green chillies with little water and lastly add cumin and onion and grind coarsely.
- 6 Once the pressure in the pressure cooker is reduced open the cooker. Add the ground paste and salt to the boiled dal and mix well and bring to a boil. Once it starts boiling, switch off the flame.
- 7 Heat coconut oil in a small pan and add mustard. Once the mustard is fried, add cumin seeds, urad dal and curry leaves.

- 8 Add this mixture to the prepared dal, stir and sprinkle chopped coriander leaves and serve.

6 Gobi 65 / Cauliflower 65 (Fig 6)

Fig 6



No.	Required things	Qty
1	Cauliflower Quarter cup/	2¼ 400 grams
2	turmeric powder	¼ teaspoon
3	Chilli powder	1 teaspoon
4	Rice flour	1 teaspoon
5	Corn flour	4 teaspoon
6	Ginger garlic paste	2 teaspoon
7	Garam masala	½ teaspoon
8	Coriander powder	½ teaspoon (optional)
9	Thick curd	¼ Cup
10	Vinegar (a) Lemon juice	1 teaspoon
11	Salt	required amount
12	Oil	Deep fry

Procedure

- 1 Wash the cut Cauliflower thoroughly and soak them in hot salted water with a pinch of turmeric powder for 3–4 minutes. Do not leave in water for more than 5 minutes.
- 2 Drain the water completely and spread on a plate. Let it cool completely. Keep it dry.
- 3 In a bowl / wide plate, mix together curd, chilli powder, ginger garlic paste, rice flour, garam masala, coriander powder, vinegar, lemon juice, salt as required, cornflour and cauliflower. Mix well and adjust the as per taste seasonings. Soak for 20–30 minutes.

- 4 Heat oil in a pan. Make sure the oil is hot. Keep the heat moderate.
- 5 Add 7–8 cauliflower florets (depending on the size of your pan and the amount of oil) to the hot oil.
- 6 Stir fry gently until golden and crisp.
- 7 When the cauliflower turns golden and crisp, remove with a slotted spoon and drain in a colander or paper napkin. Serve with onion wedges and lemon wedges.

7 Palak Paneer (Fig7)

Fig 7



No.	Required things	Qty
1	Lettuce (palak)	400 grams
2	Cheese (paneer)	150 grams
3	Ginger-garlic paste	20 grams
4	Green chilli paste	5 grams
5	Chilli powder	5 grams
6	Coriander powder	30 grams
7	Butter / Ghee / Oil	50 milli liter
8	Salt	required amount
9	Cream	50 milli liter
10	onion	100 grams

Procedure

- 1 First clean the spinach well. Cut the (paneer) into small pieces .
- 2 Heat butter/ghee/oil in a heavy pan. Fry paneer Lightly and keep aside.
- 3 In the same pan, first add onions and saute well. Then add chilli paste, ginger-garlic paste and saute well.
- 4 Add spinach, chilli powder, coriander powder and salt to the fried onion mixture, pour some water and boils slightly well for 10 to 15 minutes.

Then grind this spinach mixture well with a blender. Add onion, green spinach and paneer in a separate pan, stir and after it boils slightly, add cream and check the taste. Garnish with chopped coriander leaves.

6 Serve it with roti, chapati, naan, phulka.

8 Gobi Salt & Pepper (Fig 8)

Fig 8



No.	Required things	Qty
1	Butter / oil	200 Milli
2	Cauliflower	200 grams
3	Crushed pepper	20 grams
4	Slice of onion	15 grams
5	Finely chopped ginger and garlic	5 grams
6	Oil (for seasoning)	15 Milli
7	Salt	required amount

Procedure

- 1 First clean the cauliflower well and cut.
- 2 Heat butter/oil in a pan and fry the cauliflower florets.
- 3 Heat seasoned oil in another pan.
- 4 Add finely chopped ginger and garlic and fry in hot oil.
- 5 Then add chopped onion and saute.
- 6 Stir the fried cauliflower and season with salt and crushed pepper and serve hot.

9 Gobi Masala (Fig 9)

Fig 9



No.	Required things	Qty
1	Cauliflower	100 grams
2	Fair red onion gravy	10 grams
3	Finely chopped onion	25 grams
4	Ginger garlic paste	15 grams
5	Oil	25 milli
6	Garam masala	5 grams
7	chilly powder	5 grams
8	Salt	required amount

Procedure

- 1 Heat oil in a pan
- 2 Add finely chopped onion to it and saute it
- 3 Then add ginger garlic paste and saute.
- 4 Add coriander, garam masala, chilli powder, red onion gravy and little water and stir.
- 5 Add required amount of salt and boil the Cauliflower well.
- 6 Sprinkle finely chopped coriander leaves and serve hot.

10 Mushroom Masala (Fig10)

Fig 10



No.	Required things	Qty
1	Butter/oil	200 milli
2	Mushroom	200 grams
3	Crushed pepper	20 grams
4	Sliced Onion	15 grams
5	Finely chopped ginger and garlic	5 grams
6	Oil (for seasoning)	15 milli
7	Salt	required amount

recipe

1. Heat oil in a pan and add finely chopped onion and saute it.
- 2 Add ginger garlic paste and saute along with onion
- 3 Then add garam masala, chilli powder, red onion gravy

and chopped mushroom to it and saute with little water and salt till the mushroom is cooked well

- 4 Check the taste and serve with sprinkled chopped coriander.

To be familiar with preparing different foods- (iii) chutney - 05 - (iii) chutney - 05 variety

Objectives : At the end of this exercise you shall be able to

• **Practicing cooking different types of chutney.**

- 1 coconut chutney
- 2 onion chutney
- 3 mint chutney
- 4 sweet tamarid chutney
- 5 roasted garlic chutney

Requirements

Tools/Instruments)

- plate
- Utensil
- Spoon
- Cutting board
- Peeler
- knife

- Fry pan
- Spoon

Equipment/Machines

- Balance, mix,
- Grated coconut.

1 Coconut chutney (Fig 1)

Fig 1



No.	Required things	Qty
5	Chopped Coriander	2 teaspoon
6	Curry leaves	1 teaspoon
7	chickpeas	1 teaspoon
8	Mustard	1 teaspoon
9	Salt	required amount
10	Fried gram	1 Cup
11	Oil	1 teaspoon for seasoning

Procedure

- 1 In a mixer jar add grated coconut, green chillies, salt, Fried gram and grind them well.
- 2 Heat oil in a small pan, season it with mustard seeds, urad dal, cumin seeds, curry leaves and mix it with the ground mixture.
- 3 Sprinkle chopped coriander and mint on top and serve with idla, dosa and chapati. 2nd day

No.	Required things	Qty
1	Grated coconut	2 Cup
2	Green/Dried Chillies	2 No
3	Cumin	1 teaspoon
4	Mint Leaf	1 teaspoon

Onion chutney (Fig 2)

Fig 2



No.	Required things	Qty
1	Sambar Onion	1 Cup
2	Dry chillies	5 Nos
3	Clove of garlic	5-7 Nos
4	tamarind size of a lemonade	The
5	Gram dal	1 teaspoon
6	Black gram	1 teaspoon
7	asafoetida	A pinch
8	Salt	required amount
9	Mustard	teaspoon
10	Oil	1 teaspoon
11	curry leaves	a little

Procedure

- Heat a pan without oil and add dry chillies, chickpeas and urad dal to it and dry roast well.
- Heat oil in the same pan and add crushed garlic and tamarind and saute well. Allow to cool after sauteing.
- Then add sauteed onion mixture, chillies, dal mixture, salt, asparagus in a mixing jar and whisk well.
- Pour the batter into a bowl.
- Heat oil in a pan and add mustard seeds and fry them after adding curry leaves and fry them to season the chutney.

3 Mint chutney (Fig 3)

Procedure

- Heat oil in a pan and add cleaned mint leaves, salt and green chillies and saute well.
- Heat a pan and dry roast the chickpeas and urad dal in it.

Fig 3



No.	Required things	Qty
1	Mint Leaf	1½ Cup
2	Oil	3 teaspoon
3	Urad dal	1 teaspoon
4	Gram dal	1 teaspoon
5	Mustard	1 teaspoon
6	Coriander seeds	1 teaspoon
7	green chilli	6-8
8	Tamarind paste	1 teaspoon
9	Salt	required amount
10	Oil	to season

- Add fried mint, chickpea dal, urad dal, tamarind paste and grind well in a mixer jar. Transfer it to a bowl.
- Heat oil in a small pan and add mustard seeds and fry along with curry leaves.
- Add this dressing to the chutney, and stir and serve.

4 Sweet Tamarind chutney (Fig 4)

Fig 4



No.	Required things	Qty
1	Tamarind (seed removed)	100 கிராம்
2	Dates (seeds removed)	100 கிராம்
3	Jaggery	100 கிராம்

No.	Required things	Qty
4	Crushed coriander seeds	10 கிராம்
5	Cumin	10 கிராம்
6	Oil	10 Milla to season
7	Red chili powder	5 grams if required
8	Salt	required amount

Procedure

- 1 First soak both the seeded tamarind and dates in hot water.
- 2 After they become smooth, add jaggery and grind until smooth.
- 3 Filter the ground pulp. Add salt and chili powder and let it boil on medium flame for some time.
- 4 Heat oil in a small pan and add crushed coriander seeds and cumin seeds, fry well and then season.

Roasted garlic chutney (Fig 5)

Fig 5



No.	Required things	Qty
1	Peeled garlic	100 grams
2	Dry chillies	10 grams
3	tamarind	A little bit
4	Salt	required amount

Procedure

- 1 Heat oil in a pan and fry garlic in it and keep aside.
- 2 Add dry chillies, chopped tomatoes and tamarind to the same oil and saute well.
- 3 Grind the sauteed tomato mixture, roasted garlic and salt in a mixer jar.
- 4 Add mustard and curry leaves and stir.

Accustomed to prepare various types of food - (iv) Raitha (Pachadi) Accustomed to prepare

Objectives: At the end of this exercise you shall be able to

- to be familiar with cooking different raita (pachadi) varieties:

- 1 cucumber raitha
- 2 carrot raitha
- 3 onion raitha
- 4 boondhi raitha
- 5 bhindi raitha

Requirements	
Tools/Instruments) <ul style="list-style-type: none"> • Utensil, cutting board, knife • Peeler, Whisk 	Equipment/Machines <ul style="list-style-type: none"> • Fridge

1 Cucumber raitha (Fig 1)

Fig 1



No.	Required things	Qty
1	Yogurt	2 Cup
2	Cucumber is big	1 No
3	Mint Leaf	2 teaspoon
4	Black Salt	¼ teaspoon
5	Roasted cumin powder	½ teaspoon.

Procedure

- 1 Clean and peel the cucumber and cut it into small pieces.
- 2 Crush the mint.
- 3 Add curd, black salt, common salt, cumin powder and cucumber to this and serve cold.

2 Carrot Raitha (Fig 2)

Fig 2



No.	Required things	Qty
1	Carrot	100 grams
2	Green chilli	2 No
3	Garam masala	1 Pinch
4	Black salt	required amount

No.	Required things	Qty
5	Yogurt	300 milli liter
6	asafoetida	1 Pinch
7	Ghee	1 teaspoon
8	Red chili powder	½ teaspoon
9	Cumin powder	½ teaspoon.

Procedure

- 1 Wash and peel carrot and grate it.
- 2 In a bowl mix curd, green chilli finely chopped, red chilli powder, grated carrot, cumin powder and black salt or common salt.
- 3 Heat ghee in a small pan and fry the asparagus in it and season it.
- 4 Then mix well and serve chilled.

3 Onion Raita (Fig 3)

Fig 3



No.	Required things	Qty
1	Finely chopped onion	50 grams
2	Finely chopped green chillies	5 grams
3	Finely chopped coriander leaves	5 grams
4	Salt	required amount
5	Yogurt	100 milli liter

Procedure

- 1 In a wide pan, mix finely chopped onions, green chillies and coriander.
- 2 Add well-beaten curd and required amount of salt to this mixture and serve chilled.

4 Boondhi raita (Fig 4)

Fig 4



No.	Required things	Qty
1	Yogurt	200 milli liter
2	Kara Boondi	1 Cup
3	Salt	required amount
4	Chaat masala	½ teaspoon
5	cumin powder	½ teaspoon
6	Red chilli powder	¼ teaspoon
7	Pepper powder	¼ teaspoon
8	Anise powder	¼ teaspoon
9	Finely chopped corainder	1 teaspoon
10	Finely chopped mint	1 teaspoon
11	hot water	1½ To soak boondi

Procedure

- 1 First, soak the boondi in lukewarm water for 9 – 12 minutes, then strain the water and keep it aside.
- 2 Mix all the above ingredients in a wide vessel and beat with a whisk .
- 3 Then add boondi to this mixture and serve.

5 Bindi Raita (Fig 5)

Fig 5



No.	Required things	Qty
1	Lady's finger	100 கிராம்
2	Oil	3 teaspoon
3	Mustard	½ teaspoon
4	Urad dal	½ teaspoon
5	Red chilli	1 number (minor)
6	Salt	required amount
7	Yogurt (beaten)	1 Cup
8	Chilli powder	¼ teaspoon
9	Chaat masala powder	1 A pinch
10	Cumin powder	1 A pinch
11	asafoetide powder	A pinch
12	Chopped Corainder	to decorate.

Procedure

- 1 Heat 2 tbsp of oil in a pan and fry the lady's finger funnel until crispy.
- 2 In a wide bowl, mix together the beaten curd, salt, chilli powder, fried onion, chaat masala powder, cumin powder and asaparagus powder.
- 3 Heat oil in a small pan and add mustard seeds and fry them. Then add gram flour and red chillies and fry and prepare the urid dal.
- 4 Add this urid dal to the mixture. Then garnish with chopped corainder leaves.

Rice-05 variety

Objectives: At the end of this exercise you shall be able to

• **Practise cooking different types of vegetables.**

- 1 coconut rice
- 2 lemon rice
- 3 jeera pulao
- 4 bisi bela bath rice
- 5 bagalabath rice

Requirements

Tools/Instruments

- Pot, rice, colander, cutting board
- Wide plate, spoon, peeler, knife

Equipment/Machines

- Coconut grater
- Cooking range

1 Coconut rice (Fig 1)

Fig 1



Procedure

- 1 Heat oil in a pan and fry mustard seeds in it. After roasting the mustard asafoetida, add chickpeas and cashew nuts and fry them.
- 2 Add dried chillies, curry leaves and asafoetida to it and fry.
- 3 Add grated coconut to this mixture and saute for a while.
- 4 Add the drained rice with required amount of salt and stir well.
- 5 Sprinkle with chopped coriander leaves and serve.

2 Lemon rice (Fig 2)

Fig 2



No.	Required things	Qty
1	Cooked rice	1Cup
2	Grated coconut	Tea cup
For Tempering:		
1	Coconut oil (a) Edible oil	1 Teaspoon
2	Mustard	1 Teaspoon
3	gram dal	1 Teaspoon
4	Urad dal	1 Teaspoon
5	Cashew	8 Nos
6	Dry chillies	2 Nos
7	Curry Leaf	A bunch
8	Asafoetida powder	A pinch
9	Salt	required amount

No.	Required things	Qty
1	Cooked rice	1 Cup
2	Lemon juice	2 Teaspoon
3	Dry chillies	2 Nos

No.	Required things	Qty
4	Mustard	¼ Teaspoon
5	gram dal	½ Teaspoon
6	Urad dal	¼ Teaspoon
7	Curry Leaf	A bunch
8	turmeric powder	½ Teaspoon
9	Salt	required amount
10	Oil	1 Teaspoon

Procedure

- 1 Heat oil in a pan and fry mustard seeds in it. Then add chickpeas, Urid dal, dry chillies and curry leaves and fry it.
- 2 Then add turmeric powder and asafoetida powder and fry it with lemon juice and salt and switch off the flame.
- 3 Pour this mixture into the cooked rice and stir well.
- 4 Sprinkle with chopped coriander leaves and serve.

3 Jeera Pulao (Fig 3)

Fig 3



No.	Required things	Qty
1	Rice (Basmati)	2 Cup
2	Ghee / Oil	2 Teaspoon
3	chopped coriander Leaf	A bunch
4	Finely chopped onion	1 Table spoon
5	Finely chopped green chillies	2 No
6	Cumin Whole spices Garam Masala	1 Tablespoon

No.	Required things	Qty
7	Bay Leaf	1 No
8	Clove	3 No
9	Cinnammon	1 No
10	Anise flower	1 No
11	Salt	required amount
12	Water	3 cup 1 cup water for 1 cup basmati rice
13	Ginger garlic paste	1 Teaspoon if required
14	Cilantro	½ bunch

Procedure

- 1 First wash basmati rice well and soak in clean water.
- 2 Heat the ghee in a heavy pan. When the ghee is hot, add biryani leaves, Cinnammon, cloves, pineapple, cumin and fry it.
- 3 Add onion and saute it, then add green chillies, ginger-garlic paste (rlnryhab) and saute well.
- 4 Add required amount of water and salt and bring to a boil.
- 5 Drain the soaked rice and add it to the boiling mixture.
- 6 When the rice is half done, cover the pot and let it simmer for 20 minutes.
- 7 Remove from the 'dum' and stir and serve hot garnished with coriander.

4 Bisi belae bath (Fig 4)

Fig 4



No.	Required things	Qty
1	Raw rice Toor dal	1 Cup
2	Split Gram Lentil	½ Cup

No.	Required things	Qty
3	Fenugreek	¼ teaspoon
4	small onion	100 grams
5	tomato	2 Nos
6	Chopped Beans	25 grams
7	Chopped carrot	25 grams
8	Cut Eggplant	2 Nos
9	Potato	2 Nos
10	green peas soaked	25 grams
11	Drumstick small	1 No
12	tamarind	10 grams
13	Mustard, urad dal, dal for seasoning	2 teaspoon
14	Salt	required amount
15	Sambar powder	2 table spoon
16	Chilli powder	¼ teaspoon
17	Coriander powder	½ teaspoon
18	Asafoetida	A little bit
19	Oil	50 milli liter
20	turmeric powder	½ teaspoon.

Procedure

- 1 First wash, clean and soak rice and toor dal separately.
- 2 Soak the tamarind in water and dissolve it.
- 3 Cut the vegetables into desired shapes.
- 4 In a cooker add rice and toor dal with ghee and salt and cook for 4 whistles.
- 5 Heat oil in a pan and fry mustard seeds in it, then add fenugreek seeds, chickpeas and urad dal.
- 6 Add peeled onions and saute it. Then add tomatoes and other vegetables and saute.
- 7 Then add chilli powder, coriander powder, turmeric powder and salt and fry it with little water.
- 8 Then pour tamarind water and add sambar powder and boil.
- 9 Cook the boiled rice and dal mix add asafoetida.
- 10 Season the sambar rice and serve hot.5

Bagalabath rice) (Fig 5)

Fig 5



No.	Required things	Qty
1	Raw rice	1 Cup
2	Water	required amount
3	Yogurt	1 Cup
4	Milk	1 Cup
5	Salt	required amount
For Tempering		
1	Oil	2 teaspoon
2	Mustard	¼ teaspoon
3	asafoetida	¼ teaspoon
4	Finely chopped ginger	2 teaspoon
5	Finely chopped green chillies.	1 teaspoon
6	Curry Leaf	A little bit

Procedure

- 1 Wash the rice well and soak it in clean water.
- 2 Pour required amount of water in a pot and bring it to boil. Add soaked rice and salt to it and boil it in a pot and let it cool down.
- 3 Add curd and milk to the cooled rice and stir well.
- 4 Pour oil in a small pan and add mustard seeds and fry them. Add finely chopped ginger and green chillies to this and stir fry it along with curd rice.
- 5 Sprinkle with chopped coriander leaves and serve

Practising to prepare various dishes - (vi) Practising to prepare 5 types of Indian bread

Objectives: At the end of this exercise you shall be able to

• Practising cooking different types of Indian rotis.

- 1 chappathi
- 2 onion kulcha
- 3 pulka
- 4 poori
- 5 naan

Requirements

Tools/Instruments

- Basin, vessel, Flour Sieve, Tawa
- Phulka net, oil pan, oil ladle, chappati rolling pin and board

Equipment/Machines

- Tandoori pan
- Stove

1 Chappathi (Fig 1)

Fig 1



No.	Required things	Qty
1	Wheat flour	½ Kg
2	Salt	5 grams
3	Water (moderately warm)	250 milli
4	Oil	25 milli

Procedure

- 1 Make a soft dough with all the above ingredients. Divide into small balls.
- 2 Use a chapati rolling pin and board and roll it into a round shape.
- 3 Then cook both sides on a hot dosa tawa or dosa pan and serve hot.

2 Onion Kulcha (Fig 2)

Fig 2



No.	Required things	Qty
1	Maida flour	500 Kg
2	Water	required amount
3	Salt	required amount
4	Oil	to cook
5	Onion	300 grams
6	Coriander	½ bunch
7	Lemon fruit	1
8	green chilli	5 grams

Procedure

- 1 Make a soft dough with the above mentioned ingredients. Soak for 2-3 hours.
- 2 Divide this dough into small balls and apply oil to prevent sticking.
- 3 Add finely chopped onions, green chillies and coriander leaves and mix with salt and lemon juice and keep aside.
- 4 Make small balls in the already prepared maida flour mixture, put the required outer mixture in it, cover the ball, then slowly roll it lengthwise and cook it in a hot tandoori oven and serve.

3 Pulka (Fig 3)

Fig 3



No.	Required things	Qty
1	Wheat flour	1 Cup
2	Salt	required amount
3	Oil moderately hot	1 teaspoon
4	Ghee	½ teaspoon

Procedure

- 1 Make a soft dough with the above mentioned ingredients. Soak for 2-3 hours. Divide into small balls.
- 2 Then roll into a circular shape.
- 3 Heat the tawa. Put the chapati on top of it and once it gets slightly browned on both sides, put it in the bulka net, cook and serve.

4 Poori (Fig 4)

No.	Required things	Qty
1	Wheat flour	½ Kg
2	Salt	required amount
3	Water	required amount
4	Oil	To fry.

Fig 4



Procedure

- 1 Mix wheat flour, salt and water into a smooth dough.
- 2 Make these into small balls.
- 3 Roll it into a thin circle with a chapati rolling pin and fry it in hot oil.
- 4 Serve hot with potato masala.

5 Naan (Fig 5)

Fig 5



No.	Required things	Qty
1	Maida	2 Cup
2	Baking soda	¼ teaspoon
3	Baking powder	1 teaspoon
4	Oil	2 Table teaspoon
5	Butter	2 teaspoon
6	onion seed	1 able teaspoon
7	Coriander Leaf	3 able teaspoon
8	Garlic (finely chopped)-	1 teaspoon
9	Yogurt (Curd)	½ Cup
10	Salt	required amount

Procedure

- 1 Pour required amount of water in a wide vessel and mix sugar, salt, baking powder, curd in it and mix till the salt dissolves.
- 2 Mix maida flour with this and knead it into a very smooth dough.
- 3 Wrap it in a damp cloth and let it rest for at least an hour.
- 4 Knead the dough into small balls.
- 5 Keep the tandoori oven already heated and ready.

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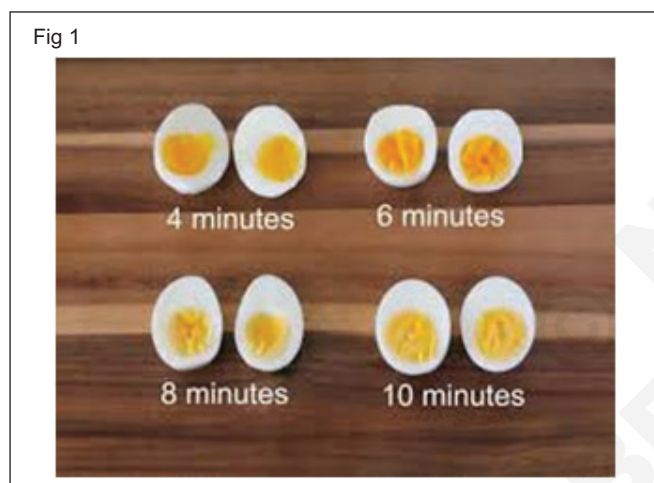
Prepare and practice the breakfast - Egg preparation - Boiled, omelet, poached, steamed, fried (sunny side up) and Scrambled etc

Objectives: At the end of this exercise you shall be able to

- Getting used to cooking eggs in different ways for breakfast.
- Practicing food preparation in the morning of international egg cooking

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Teaspoons • Lice Nonstick • Sauce pan • Knife, board 	<ul style="list-style-type: none"> • Wooden spoon • beater Equipment/Machines <ul style="list-style-type: none"> • Oven

Boiled Egg (Fig 1)

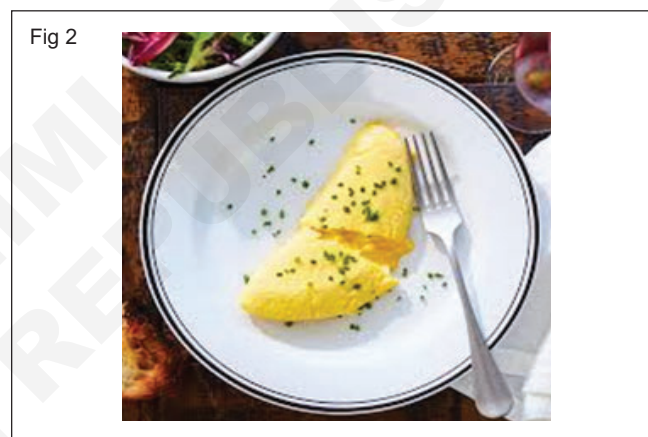


No.	required things	Size
1	Egg	2 No
2	Water	½ Liter
3	Salt	1 No

recipe

- 1 Boil water and eggs in a pan with salt.
- 2 3 minutes for Chopped Boiled (Soft Boiled), 6-8 Minutes for Medium Boiled (Half Boiled), 12 Minutes for Hard Boiled

Omelette (Fig 2)



No.	required things	Size
1	Egg	3 No
2	Oil	1 Teaspoon
3	Butter	1 Teaspoon
4	Salt & pepper	required amount

recipe

- 1 Break the eggs into a bowl and mix well with salt and pepper.
- 2 Melt the butter in a (fryingpan). A medium flame (simmer) is best.
- 3 After the pan is hot, add the beaten egg and stir.
- 4 Prepare it in a Half moon shaped .
- 5 Serve hot with tomato sauce and bread.

Note

If desired vegetables and meat can be added to it. (eg) Masala Omelet, like Mushroom Omelet.

It is noteworthy that the world famous omelette belongs to the country Spain.

Poached Egg (Fig 3)

Fig 3



No.	required things	Size
1	Egg	24 No
2	Salt	required amount
3	Pepper-	required amount
4	Vinegar	1 teaspoon
5	Water	required amount

Stimulated Egg (No. 4)

Fig 4



recipe

- 1 In a bowl, add egg, salt, pepper powder, chilli flakes, bay leaf, mint and make a paste.
- 2 Add some oil to a frying pan and once it is hot, add garlic, onion, tomato, carrot and chillies and saute well. for 1-2 minutes.
- 3 Then add these to the egg mixture.

No.	required things	Size
1	Egg	4 No
2	Onion (Finely chopped)	2 Table spoon
3	Finally chilli green-	2 Table spoon
4	Garlic (finely chopped)	2 Table spoon
5	Pepper	¼ Table spoon
6	Carrot (finely chopped)	2 Table spoon
7	Tomato finely Chopped	2 Table spoon
8	Coriander (finally Chopped	2 Table spoon
9	Salt	required amount
10	Chilli flakes (dry)	½ Table spoon
11	Oregano	½ Table spoon
12	Olive oil	½ Table spoon
13	Water	3 Tumbler

- 4 In another vessel add 3 tumblers of water and boil on medium flame.
- 5 Apply oil another bowl and pour the egg mixture into it.
- 6 Put it in a pot of water and keep it covered for 10 minutes (simmer) on medium flame is best.
- 7 Serve hot. Sprinkle Coriander leaves.

Fried Egg (Fig 5)

Fig 5



No.	required things	Size
1	Egg	2 No
2	Salt pepper	required amount
3	Butter	2 No

recipe

- 1 Heat the butter in a pan.
- 2 Break eggs and add directly (a) in a bowl to the pan.
- 3 Season with salt and pepper and serve with toasted bread

Scrambled Egg (Fig 6)

Fig 6



No.	required things	Size
1	Egg	4 No
2	Milk	¼ Cup
3	Butter	2 No

recipe

- 1 Add eggs, milk, salt and pepper powder in a bowl and mix well to make a paste.
- 2 Once the butter is melted and hot in a pan, add this mixture to it and stir well.
- 3 Serve with toasted bread.

Practice egg cookery including classical preparation

Objectives: At the end of this exercise you shall be able to

- **Quef Augratin**
- **Ouef Florentine**
- **Prepare and practice**

Requirements

Equipment/Machines

- Oven

Materials

- Casserole
- Sauce pan
- Wooden Spoon

Quef Augratin (Fig 1)

Fig 1



No.	required things	Size
1	Boiled egg	8 No
2	Pepper	required amount
3	White sauce	400 grams
4	Cheese processed	80 grams
5	Butter	5 grams

recipe

- 1 Cut hard-boiled egg in half into 1/2 pieces.
- 2 Arrange the eggs on a serving plate and sprinkle with salt and pepper.
- 3 Pour béchamel sauce / white sauce over it and sprinkle grated parmesan cheese over it.
- 4 Put a piece of butter in it and place it in salamander.
- 5 Serve hot after the cheese turns golden.

Ouef Florentine (Fig 2)

Fig 2



No.	required things	Size
1	Spinach	225 grams
2	Butter	30 grams
3	Egg	4 No
4	Cheese (parmesan)	10 grams
5	Mornay sauce	100 milli liter
6	Salt & pepper	required amount

recipe

- 1 Clean the spinach and take it without water.
- 2 Heat ghee in a pan and saute the basil with spinach and salt.(Keep covered till the spinach is cooked)
- 3 Arrange the spinach in a serving dish. Top it with grated cheese.
- 4 Break and pour the raw egg over it
- 5 Cover it with mornay sauce.
- 6 Cook in a pan at 180°C for 5 minutes.
- 7 Serve hot.

Prepare different types of simple salad - 5 varieties

Objectives: At the end of this lesson you shall be able to

- simple salads that can be made with vegetables and meat are simple salads.
- made with one or two raw materials
- can be prepared quickly and instantly

Requirements

Tools/Instruments

- Teaspoons
- Vessels
- Bowls
- Knife

- Cutting board
- Whisk, serving plate

Equipment/Machines

- Oven

Green salad (Fig 1)

Fig 1



No.	Required things	Quantity
1	Lettuce	1 bunch
2	Cucumber	1 No
3	Onion	1 No
4	Lemon juice	10 milli liter
5	Olive oil	20 milli liter
6	Salt and pepper	required amount
7	Tomato	1 No
8	Red radish	1 No
9	Carrot	1 No

Procedure

- 1 Separate the cut leaves separately and do not cut them with a knife. Tear into small pieces and cut other vegetables into small slices.
- 2 Take pieces of onion, cucumber, tomato, radish and carrot cut into round pieces.

- 3 Add lemon juice, olive oil, salt and pepper powder and mix well and refrigerate.

- 4 Serve chilled.

Beetroot salad (Fig 2)

Fig 2



No.	Required things	Quantity
1	Beetroot	100 grams
2	Parsley	10 grams
3	garlic	10 grams
4	Olive oil	10 grams
5	Salt/Pepper	required amount
6	Vinegar	20 milli liter
7	Onion	20 grams

Procedure

- 1 Cut the beetroot into cubes . Add sliced onion. chop the garlic finely.
- 2 Boil the beetroot until half cooked. Add salt.
- 3 After cooling, add onion, garlic, olive oil, vinegar, salt and pepper powder and mix well in a bowl.
- 4 Sprinkle with finely chopped parsley and refrigerate.
- 5 Serve chilled.

Cucumber salad (Fig 3)

Fig 3



No.	Required things	Quantity
1	Cucumber slices	100 grams
2	Sugar	10 grams
3	Salt	5 grams
4	Vinegar	10 grams
5	Sliced Onion	20 grams

Procedure

- 1 Mix cut cucumber , sugar and salt.
- 2 After 5 minutes add vinegar and onion and serve chilled

Tomato salad (Fig 4)

Fig 4



No.	Required things	Quantity
1	Onion slices	20 grams
2	tomato	100 grams
3	Lettuce	10 grams
4	vinegar	5 milli
5	Salt and pepper	required amount
6	Olive oil	15 milli litre

Procedure

- 1 Prepare a dressing by mixing olive oil, vinegar, salt and pepper in a bowl.
- 2 Add the diced tomatoes and diced onion to the tea and mix with the dressing.
- 3 Sprinkle finely chopped basil leaves over it.
- 4 Serve chilled.

Chick pea salad (Fig 5)

Fig 5



No.	Required things	Quantity
1	Ollive oil	15 milli
2	Lemon juice	15 milli
3	Garlic finely chopped	1 No
4	Salt and pepper powder	required amount
5	Tomatoes cut off squared	20 grams
6	Cucumber	20 grams
7	Boiled chickpeas	50 grams
8	Onion Slice	20 grams
9	corainder (finely chopped)	decorate

recipe

- 1 Mix together chopped tomatoes, cucumber and onion.
- 2 Add finely chopped garlic, boiled chickpeas, olive oil, lemon juice, salt and pepper powder and mix well.
- 3 Sprinkle finely chopped coriander and serve chilled.

Stocks Prepare different stocks: white stock, brown stock, fish stock (white stock) - (i) white stock

Objectives: At the end of this exercise you shall be able to

- to identify the materials required for the preparation of white stock
- it is used to make the used in continental
- can also be used for consomme sauce

Requirements

Tools/Instruments

- Wooden spoon
- Sauce pan
- Bowls
- Knife
- Cutting board

- Stock pan
- Soup steiner

Equipment/Machines

- Stove
- Oven

Prepare brown stock (Fig1)

Fig 1



No.	Required things	Quantity
1	Onion	100 Gram
2	Carrot	100 Gram
3	Celery	100 Gram
4	Leek	100 Gram
5	water	1½ Liter
6	Chicken bones	½ Kg

Procedure

- 1 Cut the vegetables into large pieces. chicken bones should be washed well.
- 2 Put them in a bowl. Add required water.
- 3 Leave to simmer on low for at least an hour.
- 4 Then filter it and use as per requirement. (Can be used in soups and sauces)

To prepare different types of stocks (ii) Brown stock

Objectives: At the end of this exercise you shall be able to

- it is used to make the used in continental
- it can be used to make sauce

Requirements

Tools/Instruments

- Spoons
- Sauce pan
- Bowls

- Knife
- Cutting board

Equipment/Machines

- Stove

Prepare Brown stock (Fig1)

Fig 1



No.	Required things	Quantity
1	Chicken, Goat, beef bones (stock)	½ kg
2	Onion	2 numbers
3	Carrot	100 Gram

No.	Required things	Quantity
4	Celery	1 No
5	Leeks	1 No
6	Pepper	5 Gram
7	Bay leaves	2 numbers
8	White stock	1½ Liter
9	Salt	10 Gram
10	Butter	50 Gram

- 1 Put the well-washed beef bones and chopped vegetables on a baking tray and roast in a baking oven at moderate heat. When the bones are nicely browned, take them out of the oven.
- 2 Add all the bones to a large pot, pour in the required stock and simmer on low for at least 3 hours. Then add filtered salt and use as needed.
- 3 These types of stocks are used to make brown sauce.

To prepare stocks - (iii) fish stock

Objectives: At the end of this exercise you shall be able to

- method of making this stock and identification of required materials. It also has another name as court bouillon
- used to make sauces in international cuisine

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Ladle • Sauce pan • Bowls 	<ul style="list-style-type: none"> • Knife, Stock pot • cutting board Equipment/Machines <ul style="list-style-type: none"> • Stove

Prepare Fish stock Fig 1

Fig 1



No.	Required things	Quantity
1	White fish bone (tail, bone)	2 Kg
2	Lemon juice	20 Milli liter
3	Pepper	8 nos

4	Bay leaf	1 no
5	Parsley stem	2 nos
6	Water	4½ liter

Procedure

- 1 Heat butter or oil in a pan.
- 2 Add well cleaned fish bone and chopped onion to hot oil.
- 3 Add the remaining ingredients, excluding water.
- 4 Add water without changing its normal state and color cover and boil on medium heat for 20 minutes.
- 5 This type of stock is used to make fish variety sauce.

Basic mother sauce (Demonstrate & prepare basic mother sauce along with 5 derivative of each)

Objectives: At the end of this exercise you shall be able to

- to be familiar with the preparation of the basic mother sauce and its derivative
 - bechamel sauce
 - veloute sauce
 - hollandaise sauce
 - tomato sauce
 - mayonnaise sauce
 - Spaghetti sauce

Requirements

Tools/Instruments

- Vessels – slightly larger
- Ladles – slightly larger
- Whisk, knife
- Sauce pan, wooden spoon

- Cutting board
- Wooden spoon
- Mixture

Equipment/Machines

- Cooking range

Prepare bechamel sauce (Fig 1) can prepare other supplementary sauce

Fig 1



Bechamel sauce derivatives:

- Scotch egg sauce
- Cream sauce
- Onion sauce
- Soubise sauce
- Mornay sauce

Scotch egg sauce (Fig 2)

Fig 2



No.	Required things	Quantity
1	Butter	100 Gram
2	Maida flour	100 Gram
3	Milk	1 Liter
4	Nutmeg	2 Gram
5	Onion	1 No
6	Cinnamon	1 No

- 1 Melt the butter in a pan
- 2 Add maida to it and sauce till it dissolves well
- 3 Then add boiled milk to it on medium heat and mix till it dissolves well.
- 4 Stir well over medium heat for (15 - 20 minutes) until it reaches boiling point, then add cinnamon to the whole onion and pour over the sauce (for aroma).
- 5 Strain, sprinkle with grated nutmeg and serve.

- Bechamel sauce + boiled egg yolk (grated) + egg white (julienneed) and mix it all together with cheese.
- Can be served with boiled fish, baked fish, egg and mutton in (continental style).

Cream sauce (Fig 3)

- Bechamel sauce + fresh cream + butter and mix well.
- Serve with baked fish and steamed vegetables.

Fig 3



(Mornay sauce) (Fig 6)

- Bechamel + parmesan cheese, gurvara cheese, fresh cream and egg yolk.
- Mix all these together. Serve with foods like fish, eggs and vegetables.

Fig 6



Onion sauce (Fig 4)

- Mix bechamel sauce + finely chopped onion + boiled milk + chili powder + grated nutmeg.
- Serve with roasted mutton and egg dishes.

Fig 4



Prepare Chicken Veloute sauce (Fig 7)

Fig 7



Soubise sauce (Fig 5)

- Sauce bechamel + finely chopped onion, mix all the pepper powder and nutmeg powder and sieve it.
- Can be served with eggs and steamed fish dishes.

Fig 5



No.	Required things	Quantity
1	Butter	100 grams
2	Maida flour	70 grams
3	Chicken stock	1 liter..

Veloute sauce derivatives:

- Allemande sauce
- Mushroom sauce
- Ivory sauce
- Curry sauce
- Caper sauce

Allemande sauce (Fig 8)

- Chicken veloute + Egg yellow yolk + cream + pepper powder + lemon
- Serve with poached chicken.

Fig 8



(Mushroom sauce) (Fig 9)

- Serve with supreme sauce + sliced mushroom.
- Serve with poached chicken.

Fig 9



Ivory sauce (Fig 10)

- serve with supreme sauce + mintglaze
- serve with poached chicken or boiled chicken

Fig 10



Curry sauce (Fig 11)

- chopped onion into cubes in butter + garam masala + coconut milk and mix well using strained veloute sauce.
- serve with dishes like fish, egg and chicken

- Mix caper sauce lemon juice and egg yolk in a bowl and mix well with whipped cream. serve with chilled food and vegetables
- Once the sauce is ready put it in a 5L.

Fig 11



Caper sauce (Fig 12)

Fig 12



Procedure

- 1 Heat the chicken stock butter in a saucepan over medium heat.
- 2 In another pan, melt the butter and heat until foamy (The colour should be golden)
- 3 Add maida flour and sauce until cooked should be medium brown in colour.
- 4 Slowly add the stock, mixing with a whisk to prevent lumps, from forming.
- 5 Simmer on medium heat for 30 minutes until the veloute sauce
- 6 Chicken veloute + Egg yellow yolk + cream + salt + pepper powder + lemon
- 7 Serve with poached chicken

Mayonnaise sauce derivatives: prepare other supplementary sauces as required.

- Chantilly sauce
- Gribiche sauce
- Taratare sauce
- Cocktail sauce
- Thousand island sauce

Mayannoise sauce (Fig 13)

Fig 13



No.	Required things	Quantity
1	egg yolk	8 nos
2	Salad oil	1 liter
3	Mustard powder	2 gm
4	Vinegar	10 ml
5	lemons	1 no
6	Seasoning	as reqd.

Chantilly sauce (Fig 14)

- Add Mayonnaise + Lemon juice + Whipped Cream and mix.
- Serve with vegetables and cold dishes.

Fig 14



Gribiche sauce (Fig 15)

- Mayonnaise + finely chopped ginger + finely cut boiled + Mustard Powder + gherkins + Capers + Chervil + Tarragon for Garnish
- Mutton head it can be served with cold fish dishes.

Fig 15



Tartary Sauce (Fig 16)

- Mayonnaise + finely chopped onion + and chives , finely chopped egg whites, gherkins, parsley.
- Can be served with boiled fried fish and shell fish.

Fig 16



Cocktail sauce (Fig 17)

- Mix mayonnaise + tomato sauce + oyster sauce + tabasco + cream + lemon juice.
- Serve with sauce shell fish

Fig 17



Thousand island sauce (Fig 18)

- Mayonnaise + Tomato Sauce + Finely Chopped gherkins + Onion + Pimientos + Olives + Tabasco + Chili Powder Mix well.
- Can be served with cold meat dishes

Fig 18



Prepare Hollandaise sauce (Fig 19)

Fig 19



No.	Required things	Quantity
1	Egg	4 nos
2	pepper	8
3	Vinegar	10
4	Butter	400 grams
5	salt	10 grams
6	Pepper powder	5 gms

Procedure

- 1 Take pepper powder in a small bowl. Add vinegar to it and boil it till it reduces to 1/3.
- 2 After cooling, down add water to it.
- 3 Melt the butter in another pan.

- 4 Boil water in another pan and (double boiler) on top of that keep another vessel in which whisk the egg yolk gently.
- 5 Add the melted butter to this yolk little by little on medium heat.
- 6 When the mixture thickens a bit, add (vinegar reduction) and drain.
- 7 Serve this sauce with bread fondue and steamed asparagus.

Hollandise sauce derivatives:

- Mousseline sauce
- Maltise sauce
- Noisette sauce
- Bearnaise sause
- Choron sauce

Mousseline sauce (Fig 20)

Fig 20



- Whisk the hollandaise sauce well and mix with the cream.
- Can be served with fish, eggs, vegetables and meat.

Maltise sauce (Fig 21)

Fig 21



- Hollandaise + Zest + Orange Juice
- Serve with hot asparagus

(Noisette sauce) (Fig 22)

- Hollandaise + Brown Butter
- poached Salmon and (Trout).

Fig 22



Bearnaise sauce (Fig 23)

- Hollandaise+ finely chopped tarragon & sorrel
- Serve with grilled fish and meat.

Fig 23



(Choron sauce) (Fig 24)

- Bearnaise sauce+ tomato sauce
- Serve with grilled or sauced meat

Fig 24



Prepare Espagnole sauce (Fig 25)

Fig 25



No.	Required things	Quantity
1	Butter	60 grams
2	maida flour	70 grams
3	Oil	25 g
4	Brown stock	1 Lōtr
5	Tomato puree	50 ml
6	carrots	50 grams
7	onions	50 grams
8	celery	1 no
9	Bay leaves	2 nos
10	Parsley	1 no
11	Garlic	20 nos.

Procedure

- 1 Prepare a Bronroo using maida and butter
- 2 In a pan add oil and saute finely chopped onion and carrot until well caramelized
- 3 Add tomato puree to it (pure) and saute for 1 - 2 minutes until its green smell goes away.
- 4 Add Bron Roo to this and mix well.
- 5 Then add the bran stock and use a whisk to mix well.
- 6 Add finely chopped garlic celery and parsley to it.
- 7 Then keep it simmering on medium heat. for 2 hours. Remove frequent surface dirt
- 8 Strain it through a strainer with muslin (a) cheese cloth.

Espagnole sauce derivatives:

- Demi-galze sauce
- Bercy sauce
- Chasseur sauce
- Charcutiere sauce

- Bordelaise sauce

Demi-galze sauce (Fig 26)

- Add 50% Brown stock + 50% Brown sauce and boil until reduced by half.
- Can be used for other sauces.

Fig 26



(Bercy sauce) (Fig 27)

- 1 Demi-glaze sauce + meat glaze + thinly sliced onion + white wine + sliced bone marrow.
- 2 Mix all these ingredients
- 3 Serve with grilled meat and fish dishes

Fig 27



(Chasseur sauce) (Fig 28)

- Robert sauce, gherkins cut lengthwise
- Serve with Grilled Pork Breast juliennas of gherkins

Fig 28



Charcutiere sauce (Fig 29)

- Add very finely chopped mushroom + finely chopped sautéed onion + white wine + demi glaze + butter finely chopped Parsley.
- To be served with poultry egg, served with grilled (or) sautéed meat.

Fig 29



Bordelaise sauce) (Fig 30

- Add finely chopped onion + miclote pepper + thyme + bay leaf + red wine.
- Along with Grilled steak and chicken, beef (sautéed) can be served as a side dish.

Fig 30



Prepare Tomato sauce (Fig 31)

Fig 31



No.	Required things	Quantity
1	Bay leaf	1 no
2	Garlic	1 Sripsng
3	Tomato puree	100 gms
4	tomatoes	50 grams
5	Vegetable stock	1 litre
6	Sugar	10 grams
7	Salt	3 grams

Procedure

- 1 Melt the butter in a pan.
- 2 Add chopped vegetables and crushed garlic to it and saute (until golden).
- 3 Add maida flour to this and fry until golden.
- 4 Then add tomato puree and chopped tomatoes and saute.
- 5 Add stock to this and bring to a boil.
- 6 Add salt and sugar and boil for 1 hour.
- 7 Periodically remove on the surface dirt.
- 8 Filter and cover with butter.

Tomato sauce derivatives:

- Bretonne sauce
- Tomato chaud fruit sauce
- Portugaise sauce
- Italieme sauce
- Barbecue sauce

Bretonne sauce (Fig 32)

Fig 32



- Add tomato sauce + finely chopped onion + white wine reduct + butter + finely chopped basil and mix it all together.
- Serve with haricot beans.

Tomato chaud froid sauce (Fig 33)

- Serve with tomato sauce + aspic jelly cold chicken+ egg.

Fig 33



Portugaise sauce (Fig 34)

- Mix together tomato sauce + white wine +tomato sauce + garlic.
- Serve with dishes like egg, fish and shell fish.

Fig 34



(Italienne sauce) (Fig 35)

- Mix together tomato sauce + demi glaze + finely chopped onion + mushroom + lean ham + fine herbs
- Can be served with brain, mutton and cutlet.

Fig 35



Barbeque Sauce (Fig 36)

- Tomato sauce + ketchup + vinegar + sugar
- Can be served with barbecue meat.

Fig 36



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Compound butter- Prepare & practice compound butter- 3 Nos

Objectives: At the end of this exercise you shall be able to

- compound Butter is a type of stuffing served with grilled fish, meat and vegetables. This will enhance their taste

Requirements

Tools/Instruments

- Vessels
- Spoons
- Butter paper

Equipment/Machines

- Fridge

Compound butter (Fig 1)

Fig 1



No.	Required things	Quantity
1	Butter (unsalted)	100 g
2	Garlic finely chopped	25gms
3	lemons	1 no

Recipe

- 1 Add the butter to a pan and make it smooth. (Nurture Action)
- 2 Add all the herbs to this and mix well.
- 3 Refrigerate and use as needed.
- 4 Serves with Grilled Fish and Steak .

Herb butter (Fig 2)

- 1 Add the butter to a pan and make it smooth. (Nurture Action)
- 2 Add all the herbs to this and mix well.
- 3 Refrigerate and use as needed.

Fig 2



No.	Required things	Quantity
1	Butter	100 g
2	Herbs (thyme, oregano, rosemary, basil, etc.)	25 g

Coriander butter (Fig 3)

- 1 Melt the butter in a pan.
- 2 Add finely chopped coriander leaves and mix well.
- 3 Store in refrigerator and use.

Fig 3



No.	Required things	Size
1	Butter	100 g
2	Coriander leaf	25 g

Prepare & practice soups- 5 Nos

Objectives: At the end of this exercise you shall be able to

- practicing to prepare different types of soup (irni)

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Spoons • Vessels • Strainer • whisk 	<ul style="list-style-type: none"> • Knife • Cutting board Equipment/Machines <ul style="list-style-type: none"> • Stove • Oven

Tomato soup Spicy (Fig 1)



Procedure

- 1 Heat butter in a pan. Add grated ginger to it and fry until golden.
- 2 Add soy sauce, chilli sauce, vinegar and salt to it. Saute for 2 minutes.
- 3 Prepare the tomato puree as per the recipe.
- 4 Add tomato puree to this and saute. Add three cups of stock and saute.
- 5 Dissolve corn flour in little water and add to this.
- 6 Add sugar and pepper to this.
- 7 Add cream (fresh) and serve hot.

Vegetable clear soup (Fig 2)

No.	Required things	Quantity
1	Tomato (Blanched)	6 nos
2	Butter	2 tbsp
3	Ginger	2 tbsp (grated)
4	Garlic	2 tbsp
5	soy sauce	1 tbsp
6	chilli sauce	2 tbsp
7	Salt	
8	Corn flour	½ tbsp
9	sugar	1 tbsp
10	Pepper powder	1 tbsp
11	(Veg) stock	as needed
12	Coriander	As reqd
13	Vinegar	2 tbsp



No.	Required things	Quantity
1	Carrot	½ cup
2	Broccoli	¾ cup
3	Vegetable	4½ tbsp
4	oil	1½ tbsp

5	Ginger	½ tbsp (chopped)
6	Garlic	1 tbsp (chopped)
7	Green chillies	½ tbsp
8	Salt	as reqd
9	Pepper powder	as reqd
10	Veg stock	as reqd

Procedure

- 1 Heat oil in a pan. Add finely chopped ginger, garlic and green chillies to it and saute well (tndt chbhmng).
- 2 Then add carrots and broccoli and saute.
- 3 Then add the stick disk and boil for 5-10 minutes.
- 4 Season with salt and pepper.
- 5 Serve hot

Cream of Mushroom soup (Fig 3)



No.	Required things	Quantity
1	finely chopped onion	1 no
2	finely chopped mushroom	10 nos
3	pepper powder	2 tbsp
4	Salt	as required.
5	Butter	1 tbsp
6	Fresh cream	¼ cup
7	Stock	as required

Procedure

- 1 Heat butter in a pan and saute onions well.
- 2 Add half of the chopped mushroom to this. Saute well for 2–3 minutes.
- 3 Add the pepper powder stock and simmer for 2–3 minutes.
- 4 Then filter and grind well.

- 5 In another vessel take ground mushroom and onion paste. Boil remaining mushroom and add it. Add the filtered stock water and bring to a boil over medium heat.

- 6 Add required amount of salt.

- 7 Add cream and serve hot.

Hot & sour vegetable soup (Fig 4)



No.	Required things	Quantity
1	French beans	6 nos
2	Carrot (grated)	1/2 cup
3	Beans Sprout	1 cup
4	Bamboo shoot shredded	1 cup
5	Mushroom (chopped)	2 nos
6	Capsicum	1/2 cup
7	Oil	2 tbsp
8	Onions (chopped)	1 cup
9	garlic (chopped)	3 bulb
10	celery (chopped)	2 stalks
11	Ginger (chopped)	1 piece
12	soy sauce	2 tbsp
13	chilli sauce	2 tbsp
14	Veg stock	4 – 5 cups
13	chilli sauce	2 tbsp
14	Vegstock	4 – 5 cups
15	salt	as needed
16	Peppers	as required
17	Corn flour	3 tbsp (dissolved)
18	Vinegar	2 Tablespoon
19	Chilli oil	1 tablespoon

Procedure

- 1 Heat oil in a pan. Fry finely chopped onion, garlic, ginger and celery in it for a minute.
- 2 Add bamboo Soup and French Beans pod (finely chopped) Carrots (grated) Cabbage (chopped lengthwise) shredded and saute.
- 3 Add finely chopped mushroom and saute. Add soy sauce, chilli sauce and stock to it.
- 4 Add finely chopped green chillies, salt, sugar and pepper powder and mix well.
- 5 Dissolve the corn flour with a little water and add to it.
- 6 Then add vinegar and mix.
- 7 Garnish with chilli oil and spring onion and serve hot.

Chicken chowder soup (Fig 5)

Fig 5



No.	Required things	Quantity
1	Onion	40 grams
2	Maida	30 gms
3	Chicken stock	300 ml
4	Milk	450 ml
5	potatoes	115 g
6	Chicken (cooked)	115 g
7	Salt	as required
8	Peppers	as required
9	Chicken oil (oil extracted from chicken fat)	30 gms

Procedure

- 1 Clean and slice the onion and potatoes.
- 2 Heat chicken oil in a pan and add onion. Saute. Then add maida and saute well.
- 3 Add the chicken stock and potatoes and simmer until well cooked. Add boiled chicken and milk to it and let it boil for more than 5 minutes.
- 4 Season with salt and pepper and serve hot.

Prepare & practice purees - 2 varieties

Objectives: At the end of this exercise you shall be able to

- learning how to turn vegetables into puree and prepare and serve it as soup, this is also considered as a type of soup

Requirements

Tools/Instruments

- Spoon
- Soup bowls
- whisk
- Mixer

- Knife
- Cutting board

Equipment/Machines

- Stove

Puree of carrot soup (Fig 1)

Fig 1



- 5 Then simmer on low flame for 15 minutes.
- 6 Then grind it well in a mixer and take it as puree.
- 7 Transfer back to the pan and add a little stock and place over a medium heat.
- 8 Add as much cream as needed with salt and pepper.
- 9 Serve hot.

Moroccan pureed vegetable soup (Fig 2)

Fig 2



No.	Required things	Quantity
1	Carrot	10 nos
2	Cream	100 ml
3	Butter (unsalted)	2 tbsp
4	Onions (finely chopped)	no
5	Garlic (crushed)	1 no
6	White wine	1/2 litre
7	Vegetable stock	1 litre
8	Salt	as required
9	Peppers	as required

Procedure

- 1 Cut carrot into slices.
- 2 Heat butter in a pan. Add chopped onion, garlic and carrot and saute for 2-3 minutes.
- 3 Add white wine to this and more than sauce 2 – 3 minutes.
- 4 Then add the stock and let it boil.

No.	Required things	Quantity
1	Onion	2 nos
2	Stalks of celery	2 nos
3	Carrot	12 nos
4	Potatoes	3 nos
5	Zucchini	3 nos
6	Green peas	1.5 cup
7	Pumpkin	1/4 cup
8	Cabbage	1/2cup
9	Cauliflower	1/2cup
10	Vegetable stock	3 litres

11	Butter	3 tbsp
12	Parsley (finely chopped)	1 cup.
13	Pepper powder	3 tbsp
14	Garlic	1 nos

Procedure

- 1 Cut all the vegetables (coarsely Chopped) into pieces, heat oil in a pan and put the cut vegetables in it.

- 2 Add stock water to this. Bring to a boil and then simmer covered for 30–40 minutes on medium heat.
- 3 After the vegetables are cooked thoroughly, cool for 20 minutes
- 4 Then put it in a mixer and grind it well.
- 5 Return to the pan and heat on medium. Season with salt and pepper and serve hot.

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Prepare & practice cream - 3 varieties

Objectives: At the end of this exercise you shall be able to

- preparation of cream soup with vegetables and meat
- it is also considered as a type of soup preparation method.

Requirements

Tools/Instruments

- Spoons
- Soup bowls
- Whisk
- Mixer

- Knife
- Cutting board

Equipment/Machines

- Stove

Cream of Spinach soup (Fig 1)



No.	Required things	Quantity
1	stock (vegetable)	750 ml
2	Spinach	250 g
3	maida flour	30 grams
4	butter	30 grams
5	Milk	300 grams
6	Salt	as required
7	Pepper powder	10 grams

Procedure

- 1 Clean the spinach well.
- 2 Add salt to the vegetable stock and boil
- 3 Grind the boiled spinach into a puree.
- 4 Make a white sauce with butter, maida and milk.
- 5 Add white sauce to the puree and mix. Add pepper and serve hot.

Cream of Tomato soup (Fig 2)



No.	Required things	Quantity
1	Tomato	350 grams
2	Carrots	115 grams
3	Turnip	30 gms
4	onions	50 grams
5	Butter	30 grams
6	maida flour	30 grams
7	milk	300 milliliters
8	Vegetable stock	750 ml
9	Salt	as required
10	Peppers	as required
11	Cream	50 ml

Procedure

- 1 Clean and finely chop the vegetables.
- 2 Add chopped vegetables and let it boil. until the vegetables are cooked well.
- 3 Then filter and puree.

- 4 Add butter in another pan. Milk. Prepare white sauce with maida.
- 5 Slowly add the puree to the white sauce and mix.
- 6 Reheat and season with salt and pepper.
- 7 Serve hot with fried bread slices (Irrntryi) topped with cream.

Cream of Vegetable soup (Fig 3)

Fig 3



Procedure

- 1 Clean all the vegetables and cut them into slices
- 2 Boil the chopped vegetables in a pot with stock water.
- 3 After boiling the vegetables well, strain them and grind them like a puree.

- 4 In another vessel prepare white sauce using butter, maida and milk.
- 5 Add puree and white sauce and season with salt and pepper as needed and serve hot.

No.	Required things	Quantity
1	Vegetable stock	750 ml
2	celery	1 no
3	Onions.	60 grams
4	Potatoes	100 gms
5	Carrot	60 grams
6	Turnip	60 gms
7	Maida flour	30 grams
8	Butter	30 grams
9	Milk	300 ml lō lō
10	Salt	120 grams
11	Pepper	5 g
12	Cream	50 ml

Prepare & practice international soups – 5 variety

Objectives: At the end of this exercise you shall be able to

- to know about types of soups served abroad
- it is prepared according to the preferences of the people of different countries to accept the habit. (ENG), India.

Requirements

Tools/Instruments

- Ladles
- vessels
- whisk

- Mixer
- knife
- chopping board

Equipment/Machines

- stove

Minestrone soup (Fig 1)

Procedure

Fig 1



Procedure

- 1 Clean the vegetables and cut them into medium pieces.
- 2 Puree the tomatoes.
- 3 Finely chop the onion and garlic.
- 4 Finely chop the parsley.
- 5 Heat oil in a pan. Saute onion, garlic, parsley, carrot and turnip well in it.
- 6 Then add leeks, cabbage, celery, tomatoes, salt and pepper powder and bring to a boil.
- 7 Break the macaroni into small pieces.
- 8 Simmer over medium heat until vegetables and macaroni are cooked.
- 8 Sprinkle with grated (Parmesan) cheese and serve.

(Mulligatawny soup) (Fig 2)

Fig 2



No.	Required things	Quantity
1	Cabbage	115 grams
2	Tomatoes	115 g
3	onions	115 grams
4	Carrots	115 grams
5	Turnip	30 gms
6	leeks	30 grams
7	Celery	10 g
8	Parsley	1bunch
9	Macaroni	50 g
10	Cheese (Parmesan)	50 g
11	Garlic	1 no
12	Salt	as required
13	Peppers	as needed.
14	Stock (Mutton)	1 Liter
15	Oil	15 ml.

No.	Required things	Quantity
1	Mutton	200 g
2	stock	885 ml
3	coconuts	1 no
4	lemons	1 no
5	Curry leaves	1 bunch
6	Oil	15 ml
7	Tomatoes	200 grams
8	Garlic	1 no
9	onions	2 nos
10	Ginger	Small pieces
11	Cinnamon	
12	Malla seeds	10 grams
13	Coriander	10 g
14	Anise	10 g
15	Turmeric powder	1 tbsp
16	Fenugreek seeds	
17	Rice (Boiled)	50 gms
18	Salt	as needed.
19	Chickpeas	50 g

Procedure

- 1 Clean the mutton and cut it into small pieces.
- 2 Add stock water and simmer until curry is cooked.
- 3 Roast and grind coriander seeds, aniseed and cumin seeds.
- 4 Add ground turmeric powder, fenugreek, one onion, garlic, ginger, bark, curry leaves, tomato and salt and boil the stock.
- 5 Remove the mutton pieces from the stock and drain.
- 6 Boil the peanuts and take coconut milk. Add coconut milk to the stock.
- 7 Heat oil in another pan and saute the remaining onion. Add soup and lemon juice and salt as required to golden color.
- 8 Add boiled rice and mutton pieces and serve hot.

Tom yom soup (Fig 3)

Fig 3



No.	Required things	Quantity
1	Chicken stock	10 cups
2	Small pieces of ginger	10 g
3	Lemon leaves	1 bundle
4	Chilli Paste	10 g
5	Fish sauce	1 tbsp
6	Lemon juice	9 tbsp
7	Small onions	6 nos
8	Tomatoes	3 nos
9	Mushrooms	1 cup
10	Carrot	1 cup
11	Coriander leaves	for decoration
12	Onions	6 nos
13	Lemon grass	5 g

Procedure

- 1 Boil chicken stock, Chinese ginger, lemon leaves, lemon grass and chili paste in a pan.
- 2 Then add fish sauce, lemon juice, chopped onion, tomato, mushroom and carrot.
- 3 Simmer on medium heat for 25 minutes until the vegetables are cooked.
- 4 Sprinkle with finely chopped coriander and onion and serve hot.

French Onion soup (Fig 4)

Fig 4



No.	Required things	Quantity
1	Onion	450 grams
2	Butter	30 grams
3	Consomme	1 lōtr
4	Worcestershire sauce	tbsp
5	Salt & pepper powder	as required
6	Bread (toasted)	55 g
7	Cheese (Parmesan)	30 g

Procedure

- 1 Cut the onion lengthwise and fry in oil until golden brown along with the garlic.
- 2 Add consomme, salt and pepper.
- 3 Simmer on medium heat until onions are cooked well.
- 4 Then transfer to a bowl and place the bread on it.
- 5 Top with grated cheese and grill.
- 6 Serve hot.

Cock-a-Leekie soup (Fig 5)

Fig 5



No.	Required things	Quantity
1	Chicken Rooster	750 gms
2	Chicken stock	1 liter
3	Water	
4	leeks	200 gms
5	Butter/oil	2 tbsp
6	Salt & pepper	as needed
7	Thyme (finely chopped)	10 g
8	Parsley (finely chopped)	10 g.
9	Celery (finely chopped)	10 g.
10	Barley(cooked)	1/2 cup
11	Onions	1 no

Procedure

- 1 Mix chicken, water, stock, onion and leeks in a pot and bring to a boil.
- 2 Take the boiled chicken in this and separate the meat only and cut it into pieces.
- 3 Bring the thyme, parsley, celery and parsley back to a simmer with the stock.
- 4 Add salt and pepper as needed.
- 5 Place the sliced chicken in a bowl and serve the soup hot.

Prepare and practice cooking: Vegetables - 10 varieties and potatoes - 10 varieties

Objectives: At the end of this exercise you shall be able to

- identify different service machinery and equipment used in kitchen.

Requirements

Tools/Instruments

- Cutting board
- Knife
- Peeler
- Cooking pot
- Tray
- Large spoon
- Vegetable strainer
- Oil pan
- Work table, baking oven, cooking gas, Chinese wok, cooking stove, casserole pot

Vegetable preparation - Vegetable korma (Fig 1)

Fig 1



Procedure

- 1 Heat butter/ghee in a pan.
- 2 After heating the oil, add cardamom, clove, cinnamon and boil well, then add chopped onions, green chillies, ginger garlic paste and fry the vegetables.
- 3 Add required amount of water and boil the chopped vegetables.
- 4 Grind the grated coconut in a mixer jar.
- 5 Cut the boiled potato into small pieces and add it to the vegetable mixture.
- 6 Now add the grated coconut pulp to the vegetable mixture and bring to a boil on medium flame. Check taste and serve with chopped coriander.

Vegetable Makhanwala (Fig 2)

Fig 2



No.	Required things	Quantity
1	Potatoes	450 gms
2	Carrots	155 grams
3	Peas	200 g
4	Beans	115 g
5	Grated coconut	50 g
6	Ginger	5g
7	green chillies	5 gms
8	Coriander leaves	1 bunch
9	Onions	115 grams
10	Anise	1 tbsp
11	Clove / Cinnamon / Cardamom	2 grams
12	Salt	as required
13	Butter / Ghee	50 gms
14	Lemon	1/2 No

No.	Required things	Quantity
1	Carrot	100 grams
2	Cauliflower	150 grams
3	green peas	100 g
4	beans	100 g
5	Butter	200 gms
6	Ginger	5 g

Gravy Masala (Fig 3)

Fig 3



No.	Required things	Quantity
1	Kashmir Red Chili	5 grams
2	Ginger	5 grams
3	Garlic	5 grams
4	Garam masala	1 pinch
5	Lemons	1 no
6	Yogurt	100 grams
7	Tomatoes (salad)	500 gms
8	Cream	75 ml
9	Coriander leaf	1/2 bunch
10	Onions	200 grams

Procedure

- 1 First, cut the required amount of vegetables and boil half of them in hot water.
- 2 In a mixer jar, grind ginger, garlic, red chillies well and mix them with curd, cream and lemon juice.
- 3 Heat butter in a pan (makan means butter so only butter should be used) add garam masala and saute well. Add vegetables to this and saute well along with boiled spices and tomatoes.
- 5 Add ground paste to this, add water and required salt to boil and serve with cream.

Vegetable do pyaz (Fig 4)

Fig 4



No.	Required things	Quantity
1	Cauliflower	225 g
2	Green peas	115 g
3	Carrots	225 grams
4	Beans	225 g
5	Tomatoes	225g
6	Onions	225 grams
7	Kashmiri red chillies	10 gms
8	Turmeric powder	1 pinch
9	Cumin powder	1 pinch
10	Ginger	10 g
11	A pinch of garlic	
12	Salt	as required
13	Oil	50 milliliters
14	Onions 50 gms (reserve half separately for second time seasoning)	

Procedure

- 1 Wash and clean the vegetables first and cut them into required size/shape
- 2 Grind ginger, garlic, red chillies, onion, tomato, cumin and turmeric powder in a mixer jar.
- 3 Heat oil in a pan and add the ground paste and let it boil.
- 4 Boil the chopped vegetables in a little water and add salt.
- 5 Heat ghee/oil in another pan and saute the reserved onion and add it to the prepared gravy and stir.

Mushroom(Fig 5)

Fig 5



No.	Required thing	Quantity
1	Sweet potato or raw Banana (plaintain)	225 grams
2	Chili powder	1 tbsp
3	Turmeric powder	1 tbsp
4	Salt	as required
5	Grated coconut	100 gms
6	Pepper powder	A pinch
7	Shallots	5 g
8	Cumin seeds	1 pinch
9	Yogurt	225 g
10	Curry leaves	3 bunches
11	Coconut oil	30 ml
12	Fenugreek	1 pinch
13	Mustard	1 pinch
14	Red chillies	3 no
15	Curry leaves	1 bunch

Procedure

- 1 Cut banana / yam into 2.5 cm squares.
- 2 Add salt, turmeric and chilli powder and boil it in water.
- 3 Add cumin and coconut and grind to a paste.
- 4 Add the ground paste to the boiling banana and saute till it thickens.
- 5 Heat coconut oil in a pan and add seasonings to season the banana mixture.
- 6 Serve hot.

Aloo capsicum masala (Fig 6)

Potato Wedges Spiced.

Fig 6



No.	Required things	Quantity
1	Capsicum (chopped)	300 gms
2	Peas	450 g
3	Chopped onions	250 gms
4	Ginger-	10 g
5	Garlic	30 grams
6	Turmeric powder	1 pinch
7	Potatoes	450 grams
8	Chilli powder	5 gms
9	Coriander leaves	10 grams (chopped)
10	Cumin powder	1 pinch
11	Curd	60 ml
12	Tomatoes	150 grams
13	Cashews	15 g
14	Garam masala	1 pinch
15	Oil / Ghee /	100 grams of butter
16	Salt	210 grams

Procedure

- 1 Finely chop 1 onion.
- 2 Take ginger and garlic paste .
- 3 Cut the boiled potatoes into slices and fry them in oil.
- 4 Peel the tomatoes and grind them.
- 5 Heat oil in a pan and add onion, ginger, garlic and paste and fry it. Add chili powder, cumin powder and garam masala to this and saute.
- 6 In this mixture, add chillies, peas, fried potatoes and saute.
- 7 Check the saltiness and serve sprinkled with chopped coriander leaves.

Crispy fried vegetables (Fig 7)

Fig 7



No.	Required things	Quantity
1	Finely chopped vegetables- (carrots, beans, cauli flower)	200 gms
2	Eggs	1 no
3	Maida	50 gms
4	Corn flour	30 grams
5	Ginger garlic paste	1 tbsp
6	Soy sauce	1 tbsp
7	Vinegar	1 tbsp
8	Oil	for frying
9	Tomato sauce	2 tbsp

Procedure

- 1 Mix finely chopped vegetables (carrots, onions, bell peppers, beans, potatoes, mushrooms, etc.) with the egg batter.
- 2 Add little by little in hot oil and fry until golden brown.
- 3 Heat the oil in a pan and mix the sauces and then add the fried nuts and toss.
- 4 Serve with (Hot Garlic Sauce) and other sauces.

Chou fleur au gratin (Fig 8)

(Calliflower au Gratin)

Fig 8



No.	Required things	Quantity
1	Cauliflower	1 no
2	Butter	2 tbsp
3	Finely chopped Onion	1 no
4	Milk	1 cup
5	Grated cheddar cheese	150 g
6	Salt	as required
7	Pepper	A pinch
8	Nutmeg powder	A pinch
9	Maida flour	2 tbsp

Procedure

- 1 Cut cauliflower and blanch it in hot water. Make half-baked.
- 2 Heat butter in a sauce pan and add onion, salt and pepper to it and saute it with maida flour.
- 3 Prepare a smooth sauce (Lmrrrt Lhansring) without thickening with milk and add half of the grated cheese to it.
- 4 Arrange the boiled coriander in a baking dish (kshahannyj knld) and pour the prepared sauce over it and sprinkle nutmeg powder and grated cheese on top.
- 5 Gratin it in an oven at 200°C until golden brown. Then serve hot.

Aubergine a' la torche (Fig 9)

Fig 9



No.	Required things	Quantity
1	Eggplant	450 g
2	A pinch of pepper	
3	Salt	as needed
4	Egg yolks	1 no
5	Grated cheese	30 grams
6	Cups oil (deep fry)	
7.	Flour	
8	Maida flour	15 gms
9	Egg whites	1 no
10	Water	3 tbsp
11	Tomato sauce	100 ml

Procedure

- 1 Cut eggplant lengthwise into thin slices.
- 2 Add salt and pepper powder and fry these pieces in oil.
- 3 Add the egg yolk and grated cheese on both sides of the eggplant and make the omelette.
- 4 Dip them in the prepared batter and fry them so that the batter sticks well on both sides.
- 5 Serve hot with tomato sauce.

Broccoli & Mushroom stir fry (Fig 10)



No.	Required things	Quantity
1	Broccoli chopped	250 g
2	Button mushrooms, cut in half	350g
3	Capsicum	100 gm
4	Olive oil	1 tsp
5	Garlic cloves, (finely chopped).	4 no
6	Black pepper (crushed)	1 teaspoon
7	Salt	as required
8	Basil leaves	a handful.

Procedure

- 1 To start the Broccoli and Mushroom Stir Fry recipe, the mushrooms, broccoli, and bell peppers chopped and ready.
- 2 Heat olive oil in a pan on medium heat and fry garlic.
- 3 When the garlic is roasted, stir in the broccoli, bell peppers and a pinch of salt and cook until the broccoli and bell peppers are charred.
- 4 At this stage add the mushrooms and fry on high heat until the mushrooms are soft.
- 5 Stir in crushed pepper and salt. Finally stir in the chopped basil leaves and switch off the stove.

Vegetable au gratin (Fig 11)



No.	Required things	Size
1	Potato	1 cup
2	Cups of carrots	cups
3	Green peas	- tea cup
4	Cauliflower	1 cup
5	Beans	cups
6	Grated cheese cheddar/mozzarella/ parmesan	
For the white sauce		
1	Butter	1/4 cup
2	Maida flour	1/4 cup
3	Warm milk	2 cups
4	Crushed pepper	1/2 tsp
5	Nutmeg powder	1/2 tsp
6	Salt	as required

Procedure:

- 1 Boil water and add salt. Add 3/4 cup carrots, 1 cup potatoes, and 9 cups beans and cook for 3 minutes.
- 2 Then add 1/4 cup peas and 1 cup cauliflower. Cook for two minutes.
- 3 Drain the vegetables and keep aside. Do not over-cook.
- 4 Heat butter in a pan, when the butter melts add finely chopped garlic and saute well, add 2 teaspoons of finely chopped onion and saute well.
- 5 Add maida flour and cook until the green smell of the flour goes away. Add 2 cups of milk and whisk constantly to prevent lumps from forming. Keep stirring until it starts to thicken. Cook on low flame.
- 6 After a few minutes the sauce will begin to thicken. Add salt to taste, 1 tsp ground pepper (yindng tanglmg), 1 tea spoon nutmeg powder (ynnmng lmgngng) and 2 tsp grated cheese..
- 7 This white sauce is called béchamel. Bechamel sauce is now ready.
- 8 Now add the boiled vegetables.
- 9 Mix well and cook for one minute. Then switch off.
- 10 The vegetables should be well mixed with the sauce.
- 11 Transfer it to a baking dish. Sprinkle 2 cups of grated cheese over this mixture and cover the top well. Bake the gratinate for 20 minutes in a preheated oven at 200°C. Bake till golden crusty top. Serve hot

Training in making potato dishes

Objectives: At the end of this lesson you shall be able to

- South Indian potato curry
- Aloo paratha
- potato sukha
- poori aloo
- potato and cheese balls, pommes croquettes
- pommes boulangre, pommes allumettes
- pommes allumettes, pommes ducheess

Requirements

Tools/Instruments

- Star Nozzle
- Piping bag
- Pan, vessel
- Cooker, Owen
- Baking sheet
- Butter paper

South Indian potato curry (Fig 1)

Fig 1



No.	Required things	Quantity
1	Oil	3 tbsp
2	Potatoes boiled in a pan	4 (large)
3	Mustard	1 tbsp
4	Cumin seeds	1 tbsp
5	Green chillies	2 (chopped)
6	Curry leaves	
7	Onions (finely chopped)	1 nos
8	Tomatoes (2 finely chopped)	2 nos
9	Ginger, garlic paste	2 tbsp
10	Turmeric powder	1/2tbsp
11	Corainder powder	1/2tbsp
12	Kashmiri Chilli Powder	1 tbsp
13	Garam masala	1 tbsp
14	Fenugreek leaf powder	1 tbsp
15	Salt as needed.	

Procedure

- 1 First, take a pan, pour oil in it, fry the boiled potatoes for 5 minutes and keep aside. We can prepare it without oil frying.
- 2 Now take a pan, pour oil in it and when hot add mustard seeds, cumin seeds, green chillies and curry leaves and fry them. Then add the chopped onions and tomatoes one after the other and saute.
- 3 Then add ginger and garlic paste and saute well until the raw smell goes disappears. Stir in turmeric powder, chilli powder, coriander powder and add water and let it boil for 3--4 minutes.
- 4 Then add garam masala fenugreek leaf powder and stir. Continue to add the previously boiled potatoes and stir until the spices are well incorporated and then add the chopped coriander. Serve with rasam and all kinds of rice.

Aloo bhartha (Fig 2)

Fig 2



No.	Required things	Quantity
1	Potato boiled, skin peeled	8 nos
2	mustard oil/ Oil/ghee	100 ml
3	Cumin	1 tsp
4	Garlic chopped	50 gms
5	chopped green chillies	10 gms
6	chopped onions	3 nos
7	Salt	as required
8	Red chili powder	1 tsp
9	Turmeric powder	A pinch
10	coriander leaves	Chopped for garnish

Procedure

- 1 Heat oil in a pan.
- 2 Add cumin seeds, chopped onions, garlic, green chillies and saute for a minute.
- 3 Mash the potatoes in a bowl. Add the prepared tempering and mix well.
- 4 Add salt, red chili powder and mix well on low heat.
- 5 Check the taste. Then garnish with coriander leaves and serve with roti and rice.

Potato sukka (Fig 3)

Fig 3



No.	required things	Size
1	potato	450 grams
2	grated coconut	1/2
3	Coconut oil	20 ml
4	red chillies	5 gms
5	Turmeric powder	1/2tsp
6	coriander seeds	10 g
7	Fenugreek	1/4 tsp
8	urid dal	1 tsp
9	onions	85 grams
10	Tamarind	10 g
11	Salt	as required

Procedure

- 1 Wash the potatoes. Then boil and peel off the skin. Cut the yam into small cubes.
- 2 First roast coriander seeds, fenugreek seeds, gram flour and red chillies.
- 3 Grind the roasted masala with coconut and turmeric.
- 4 Heat oil in a pan. Fry the potato in it, add ground masala, tamarind paste and salt and cook on low flame till the masala thickens.
- 5 Remove from the flame when the masala is cooked well.

- 6 (Talip) Heat remaining oil. Add finely chopped onion and saute well and pour over the cooked masala. Check the taste and serve.

Poori aloo (Fig 4)

Fig 4



No.	Required things	Quantity
1	Potato	500 gms
2	Tomatoes	125 g
3	Cashews	25 g
4	Ginger	20 grams
5	Onions	100 grams
6	Cumin	1 gm
7	Turmeric powder	1 gm
8	Coriander powder	3 grams
9	Green chillies	10 gms
10	Salt	as needed
11	Add ghee/oil	25ml

Procedure

- 1 Wash and boil the potatoes, peel them and cut them into small pieces.
- 2 Heat ghee/oil in a pan and add bay leaves, finely chopped ginger, finely chopped onion and tomato and saute well.
- 3 Add cumin powder, turmeric powder, green chilli powder and salt to this and saute.
- 4 Then add grated cashews and saute.
- 5 Then pour required amount of water and add the boiled potatoes and boil till it becomes a gravy.
- 6 Sprinkle with finely chopped coriander leaves to check the taste and serve with puri.

Potato and cheese balls (Fig 5)

No.	Required things	Quantity
1	potato	- 450 grams
2	butter	- 15 grams
3	grated cheese	125 g

4	Salt and pepper	as needed
5	Mustard	A pinch
6	Egg yolks	2 nos
7	Maida	little quantity
8	Oil	for frying

Fig 5



Procedure

- 1 Wash and clean the potatoes, add salt and boil well in water, peel and mash.
- 2 In a bowl, add boiled potatoes, grated cheese, salt, pepper and pepper powder and mash well.
- 3 Make as small balls, dip them in beaten egg yolk, roll them in maida flour, fry them in hot oil and serve them.

Pommesboulanger (Fig 6)

Fig 6



No.	Required things	Quantity
1	Potato	500 gms
2	Chicken stock	300 ml
3	onions	115 grams
4	butter / margarine	60 g
5	Salt and pepper	A pinch
6	Dry herbal powder	5 gms

Procedure

- 1 Peel and clean the potato and cut it into round slices.
- 2 Peel the onion, clean it and slice it.
- 3 Grease a baking tray/casserole with butter. Arrange the potato idols in a row. Sprinkle salt and pepper and dry herbal powder over it.
- 4 Arrange a layer of onion slices on top of this.
- 5 Similarly arrange all the rolls and onion slices and pour the stock over it and bake it in the oven for 50 to 60 minutes in a 200° Celsius oven.

Pommes croquettes (Fig 7)

Fig 7



No.	Required things	Quantity
1	Potato	500 gms
2	Salt and pepper	as needed
3	Egg yolks	- 2 no
4	Butter	30 grams
5	Flour	15 grams
6	Bread powder	15 g
7	Oil	for frying.

Procedure

- 1 Clean and boil potatoes, peel and mash it.
- 2 Mash the potatoes in a bowl with salt, pepper and butter.
- 3 Take it into small cylindrical balls, dip it in egg yolk mixture, roll it in bread flour and fry it in hot oil.
- 4 Serve hot with tomato sauce.

Gratin de pommes (Fig 8)

No.	Required things	Quantity
1	Potatoes	500 gms
2	Pepper and nutmeg powder	A pinch
3	eggs	1 no
4	Milk	400 ml
5	Grated cheese	100 g

6	Salt	A pinch
7	Butter	30 grams

Fig 8



Procedure

- 1 Wash and boil potatoes, peel and cut into slices.
- 2 In a bowl, mix salt, pepper, nutmeg powder, finely chopped garlic and boiled eggs and add cooled milk and grated cheese.
- 3 Place it in a baking pan baking mold / casserole / Pyrex with the potato batter. Use if an item is important.
- 4 Pour the cheese mixture over it and place it in a 200 degree Celsius oven and make a gratin.
- 5 Elhenniheny is a method of baking until only the top is golden brown.

Pommes Allumettes (Fig 9)

Fig 8



No.	Required things	Quantity
1	Potato	500 gms
2	Salt	as required
3	Oil(for frying)	as required
4	Peppers sprinkle on top	10 g

Procedure

- 1 Peel the potatoes and wash them in water.
- 2 Carve out all the outer skin and cut into squares.
- 3 Cut it into slices and then cut it into 5 cm long and 5 cm wide sticks. Wash well and dry.
- 4 Fry in hot oil and sprinkle with salt and pepper and serve.
- 5 Similarly, you can prepare French fries by cutting them into (batons) shapes.

Pommes ducheess (Fig 10)

Fig 9



No.	Required things	Quantity
1	Potato	500 gms
2	egg yolks	4 nos
3	Butter	70 gms
4	Salt as required	
5	Turmeric powder and nutmeg powder	20 gms

- 1 Wash and clean the potato, boil it in water with salt and remove the skin.
- 2 In a bowl, mash the potatoes with salt, nutmeg, egg yolk and butter until smooth and without lumps.
- 3 Preheat the oven to 200 degrees Celsius. Line a baking sheet with butter paper and pipe the mixture into a piping bag with a large star shaped nozzle/ mould.
- 4 Place it in a hot oven and bake for 15-20 minutes until golden brown.
- 5 Serve hot.

Prepare and practice festive menus based on regional cuisine - 5 nos

Objectives: At the end of this lesson you shall be able to

- Sugar Pongal / Milk Pongal
- Coconut Pudding / White Chicken Kadai Sundal
- Mutton gravy/idli
- Mutton Biryani
- Plum cake.

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Cooker, cake mold • Knife • Vessels • Cutting board 	Equipment/Machines <ul style="list-style-type: none"> • Oven

Sweet pongal (Fig 1)

Fig 1



No.	Required things	Quantity
1	Raw rice	1 cup
2	Moong dal	cups
3	Jaggery	1 cup
4	Milk	2 cups
5	Cashew	10 - 15
6	Raisins	2 tbsp
7	Cardamom powder	1 tbsp
8	Ghee	as reqd

Procedure

- 1 First grind jaggery, cut cashews into small pieces and keep cardamom powder.
- 2 Next put the oven on a medium heat and put a quarter cup of moong dal in it and fry it until it turns a little red and take it out. (Don't roast the dal for too long. Take it out as soon as it changes colour)
- 3 Leave the moong dal to cool for a while and wash it well with one cup of raw rice.
- 4 Now place a cooker on medium heat and pour two and a half cups of water, 2 cups of milk and washed raw rice in it and cover the cooker and let it boil till 3 whistles. (Those who don't want to add milk can add water only.)
- 5 When the whistle comes, turn off the stove and leave the cooker for a while without opening the lid.
- 6 Then put a pan in the stove on medium heat and pour 2 table spoons of ghee in it and let it melt.
- 7 When the ghee melts, cashews cut into small pieces and fry until golden brown.
- 8 Next put dry raisins in the same pan and fry until the raisins are risen.
- 9 Then put one and a half cups of jaggery in the same pan and add the required amount of water to dissolve the jaggery. Then let the melted jaggery cool down for some time.
- 10 Now open the cooker lid and mash the raw rice a little.
- 11 Then put in a low medium heat in the pan and pour the jaggery dissolved in it and cook you get consistency.
- 12 When the jaggery becomes a one string paste, add mashed rice to it and mix well to combine.
- 13 Next add 3 table spoons of ghee or as per your preference and stir well.
- 14 When the Pongal starts to thicken a little, add half a tablespoon of cardamom powder, roasted cashews and dried raisins and mix well and cook.
- 15 When the pongal is a little lighter, remove it from the oven.

- 16 If you take it out of the oven , the Pongal will become solid when it cools down)
- 17 Pongal can be enjoyed while it cools down or it is hot. Now your hot and delicious sweet Sugar Pongal is ready.

Milk pongal (Fig 2)

Fig 2



No	Required things	Quantity
1	Raw rice	1/4 cup
2	Milk	3/4 cup
3	Water	1 cup
4	Salt	A pinch

Procedure

- 1 Boil milk and water in a heavy bottomed pot. wash the rice well, drain it, soak it for a while and add it to the boiling milk.
- 2 Cook on medium heat until the water and milk are absorbed and the rice is cooked tender.
- 3 Mash the pongal well, add salt and keep stirring so that it doesn't burn at the bottom of the pan.
- 4 Adjust the amount of milk and water according to the type of rice. New rice if it is old rice, we need more water.
- 5 Add salt to taste. Serve hot.

This also be done in a pressure cooker. Reduce the amount of water accordingly and apply pressure up to 5 whistles.

Coconut pudding(Fig 3)

No.	Required things	Quantity
1	Raw rice	200 g
2	Boiled rice	200 grams
3	Jaggery	100 gms
4	Cardamom	3 nos
5	Coconut oil	1/2 tsp
6	Salt	1/4tsp

Fig 3



Procedure

- 1 First,soak both the raw rice and boiled rice for four hours. Then drain the water and put it on a dry cloth.
- 2 After 10 minutes take it out and grind it well in a mixer. Then put it in a heavy pan and roast it in the oven. Once the dough is dry, pour it into another bowl and let it cool. Then sift the fried flour in a sieve. Now the batter is ready for making pudding. Then grind the coconut and pound the jaggery. Boil the green gram and grind the cardamom.
- 3 Add the grated coconut, jaggery, mashed green gram and cardamom powder in a bowl and mix well. Now the complete mixture is ready.
- 4 Now mix salt in the pudding flour and add hot water little by little and stir well and knead the dough into chapati dough.
- 5 Take lemon size dough from it and roll it into a bowl shape. Add a small amount of the mixture to it and cover it to form a ball. If not, put flour and filling in a pudding mould and take out.
- 6 Then grate the coconut and pound the jaggery. Boil the green gram and grind the cardamom.
- 7 Add the grated coconut, jaggery, mashed seaweed and cardamom powder in a bowl and mix well. Now the complete mixture is ready.
- 8 Now mix salt in the pudding flour and add warm water little by little and stir well and knead the dough into chapati dough.
- 9 Take lemon size dough from it and roll it into a bowl shape. Add a small amount of the mixture to it and cover it to form a ball. If not, put flour and filling in a pudding mold and take out.
- 10 Make sure that the mixture does not come out while adding the puddings. In this way prepare all the as pudding.
- 11 Then pour the required amount of water in the idla pot, once it is hot, put the puddings on the idli plates layer and let it steam well and serve it hot.

White chickpeas (sundal)

Fig 4



No.	Required things	Quantity
1	White chickpea	1 cup
2	Green chillies	3 nos
3	Mustard	1 tbsp
4	Asafoetide	
5	Aloe vera powder	
6	Grated coconut	2 tbsp
7	Salt	Size
8	Coriander leaves	1 bunch

A little bit of coriander and curry leaves.

Procedure

- 1 Soak white chickpea in water for about 5 hours.
- 2 Then sift them well and put them in the cooker, adding enough water and salt
- 3 Whistle and wait for 5 whistles and turn off the stove.
- 4 When the cooker whistles stop, remove it, drain the water and keep the white chickpeas separately.
- 5 After this, take a pan and pour oil in it and when dry, add mustard, urad dal, asparagus powder, green chillies, bay leaves and curry leaves.
- 6 Then, add the previously boiled white chick peas to it and stir well.
- 7 Continue to mix grated coconut and coriander and serve.

Mutton curry (Fig 5)

Fig 5



No.	Required things	Quantity
1	Mutton	1 kg
2	Cloves of garlic, sliced	half
3	small onions chopped into	1/4 cup
4	Tomatoes roughly chopped into	2 small pieces
5	Coriander leaves for garnish	1 tsp
6	Rock salt, water	as required
7	Ginger	50 g

Seasoning:

No.	Required things	Quantity
1	Oil	1 tbsp
2	Bay leaves	1 small
3	Cinnamon	sticks inch
4	Cloves	1
5	Few Curry leaves	

Grind:

No.	Required things	Quantity
1	Coconut	3/4 cup
2	Anise	1 tbsp
3	Poppy seeds	1 tbsp
4	water	as reqd

Spice Powders:

No.	Required things	Quantity
1	Turmeric powder	1 tbsp
2	Red chili powder	1 tbsp
3	Coriander powder	2 tbsp

Procedure

- 1 Grind coconut, aniseed and poppy seeds in a mixer jar with required amount of water.
Heat oil in a pressure cooker. Fry the bay leaves with cinnamon, cloves and curry leaves.
- 2 Add onion and garlic to this and saute well. After the onions are sauteed well, add tomatoes and saute well.
- 3 Cover and cook for 2-3 minutes until it becomes crispy. Then add turmeric powder, red chili powder, and coriander powder. Saute for 2 minutes.

- 4 Then add the cleaned mutton and fry for 2 minutes. Then add enough water and pressure cook till 8 whistles.
- 5 Check if the mutton is cooked and add the coconut paste. Mix well and boil till the oil separates. Let it boil for at least 10 minutes on low flame.

Idly

No	Required things	Quantity
1	Urid dal	1 cup
2	Idli rice	4 cups
3	Salt	3 tbsp
4	Fenugreek (if needed)	1/2 tbsp

Procedure

- 1 Grind the urid dal and fenugreek soaked for 1-3 hours in a grinder. while doing that, add the soaked water little by little and grind it to fine flour.
- 2 After this, take the flour and put the soaked rice in a grinder, adding little water and grind it to fine flour.
- 3 Then pour this rice flour mixture and gram and fenugreek flour mixture in a large vessel and mix with required amount of salt.
- 4 Then cover the vessel and let the flour mixture ferment for at least 8 hours in a cool place.
- 5 After this time, when we look at the mixture, we will see a lot of foam in it. This is a sign that the flour is in the right state.
- 6 Now it fill the idli pot with some and boiled for some time in the cotton cloth.
- 7 Spread a white cotton cloth made on the idli plate, pour the idli batter into it and leave it in the oven and cover it.
- 8 Boil/ cook the idli for a maximum of 15 to 20 minutes you will get soft idli.
- 9 Serve with mutton gravy.

Mutton Briyani (Fig 6)

Fig 5



Method of adding rice directly

No.	Required things	Quantity
1	Basmati rice	3 cups
2	Mutton (chopped into small pieces)	3/4 kg
3	Onions (sliced lengthwise)	300 gms
4	Tomatoes (finely) Chopped or crushed	2 nos
5	Ginger, garlic and fry	1 tbsp
6	Coriander leaves (finely chopped)	as reqd
7	Mint leaves (finely chopped)	as reqd
8	Green chillies (finely chopped)	5 nos
9	Oil	3 tbsp
10	Ghee	3 tbsp
11	Curd / Water	1 cup
12	Salt	as required
13	Chilli powder	2 tbsp
14	Fennel powder	2 tbsp
15	Turmeric powder	1 tbsp

Marination

No	Required things	Quantity
16	Salt	1/4 tsp
17	Lemon juice / curd	2 tbsp
18	Turmeric powder	1/4 tsp
19	Coriander powder	1 tbsp
20	Cumin powder	1 tbsp
21	Garam masala	1 tbsp
22	Pepper powder	1/4 tsp
23	Ginger, garlic and fry	1 tbsp

For Garam masala/whole masala

No	Required things	Quantity
1	Bay leaf	2 nos
2	cinnamon	4 nos
3	Pine anisin	2 nos
4	cloves	5 nos
5	cardamom	3 nos

Procedure

- 1 Cut the mutton into pieces. Marinate using all ingredients and refrigerate for at least half an hour.
- 2 Wash the rice, soak it for at least 30 minutes, drain all the water from it and keep it separately.
- 3 Heat oil and ghee in a heavy deep pan/pressure cooker. When hot add whole garam masala.
- 4 Then slowly add onions along with chopped green chillies. Add ginger garlic paste, chopped coriander and mint leaves when the onion turns slightly brown and crisp.
- 5 Add chopped tomatoes and saute for a while until the oil separates. Now add turmeric powder, chilli powder, fennel powder, curd and salt, add the mutton (soaked in masala) and saute everything for 5-10 minutes until it thickens to gravy consistency.
- 6 Add the water/stock to the gravy and bring to a boil. Add the soaked rice, check the salt and bring back to a boil. Simmer until the mutton is three-quarters cooked.
- 7 In the meanwhile, heat a hard iron tawa in the oven to put it dum, after half of the rice is cooked and absorbs the water, sprinkle coriander leaves, mint leaves, ghee and if desired colored water on top and cover well so that the steam does not escape and keep it on the hot iron stone. Reduce the flame as low as possible and simmer for twenty minutes to half an hour.
- 8 Then remove from flame, stir biryani and serve with raita.

Plum cake (Fig 7)

Fig 7



No.	Required things	Quantity
1	Butter/margarine	1/2kg
2	Brown sugar (if not use plain sugar)	550 g
3	Eggs	8 nos
4	Maida	750 gms

Essence -10 ml (Orange, pineapple and rum essence blend)

5	Baking powder	8 g
6	Dry ginger powder	5 gms
7	Liquid glucose (If needed)	20 g
8	Spice powder	10 gms
9	Soaked dry fruits	1/2 kg
10	Orange peel (dried)	50 g
11	Black Jack	10 g

Procedure

- 1 Add the butter to the bowl of a cake maker and mix
- 2 Add sugar to this and beat till the sugar becomes brown
- 3 Slowly add the eggs one at a time to the mixture
- 4 After mixing all the ingredients well, add maida flour and baking powder.
- 5 Prepare the cake batter by stirring patiently.
- 6 Mix the spice powder, dry ginger powder, soaked fruitd, orange peel, black jack essence together without thickening the mixture.pour into baking mould.
- 7 Bake carefully at 180°Celsius for 45 minutes to 1 hour.
- 8 After it is cooked well,take it out the mould and cut it into pieces and serve it when it cools down.

Prepare and practice - Ethnic royal cuisine - 5 varieties

Objectives: At the end of this lesson you shall be able to

- nargisi kofta Curry
- mutton Rogan Josh
- zafrani pulao
- goan fish curry
- a wadhi Chikan guruma.

Requirements

Tools/Instruments

- Cooker, cake mould, utensils, pan
- Fry Pan, peeler,

Equipment/ Machines

- Oven

Nargisi kofta curry (Fig 1)

Fig 1



No	Required things	Quantity
1	Boiled egg	5 nos
2	Mutton (keema)	per kg
3	Ginger paste	2 tbsp
4	Garlic paste	1 tbsp
5	Coriander powder	1 tbsp
6	Turmeric powder	1 tbsp
7	Kashmiri chili powder	1 tbsp
8	Garam masala powder	1 tbsp
9	Corn flour	1 tbsp
10	Mustard oil	2 tbsp
11	Curd	1 cup
12	Finely chopped onions	1 no
13	Turmeric powder	1 tbsp

No	Required things	Quantity
14	Green chilli paste	1 tbsp
15	Red Chilli Powder	1 Tbsp
17	ginger garlic paste	2 tbsp
18	Coriander powder	1 tbsp
19	Cumin powder	1 tbsp
20	Garam masala powder	1 tbsp
21	Tomato puree	1 tbsp
22	Dry fenugreek leaves	1 tbsp
23	Bay leaves	1 no
24	Dry Chillies	2 no
25	Salt	as reqd
26	Oil	as reqd

Procedure

- 1 In a blender or mixer jar, grind the boneless and fat-free mutton to a smooth paste.
- 2 Transfer it to a bowl and add egg, salt, turmeric powder, chilli powder, Coriander powder, ginger garlic paste, oil, garam masala powder and corn flour and mix well.
- 3 Divide the mixture into four and make a ball and flatten it like a chapati.
- 4 Place the boiled egg in the middle paste the mutton mixture on top until the egg disappears is covered.
- 5 Fry it in hot oil.

Make the gravy

- 1 Heat oil in a pan. Fry red chillies and bay leaves in hot oil.
- 2 Add finely chopped onion to this and saute.

- After frying onions well, add ginger garlic paste and fry them.
- Add tomato puree, coriander, cumin, red chillies and turmeric powder to this and saute till the oil separates.
- Add curd and little water to this mixture and let it boil.
- Add the prepared egg keema mixture with required amount of salt and let it boil for 30--35 minutes until the mutton is cooked well.
- After the curry is cooked well, add dried fenugreek and serve hot.

Mutton Rogan Josh (Fig 2)



No	Required things	Quantity
1	Mutton	1/2kg
2	Oil	1/2 cup
3	Kashmiri Red Chilli Powder	1 tbsp
4	Anise powder	1 tbsp
5	ginger garlic paste	1 tbsp
6	Cumin powder	2 tbsp
7	Black cardamom powder	1 tbsp
8	Asparagus	1 tbsp
9	Cardamom	4 nos
10	Cinnamon	2 nos
11	Bay leaves	2 no
12	Pine anisin Flower	2 no
13	Cloves	2 nos
14	Saffron	1tbsp
15	Curd	1/2cup
16	Salt	as reqd

Procedure

- Heat oil in a cooker and add cinnamon, pine anisin flower, bay leaf, cardamom, cloves, salt, asparagus and cleaned mutton and fry on medium heat. Add a cup of water when the mutton changes color.

- Add chilli powder and saffron to this and stir well for a minute.
- Add curd, aniseed powder, salt, ginger garlic paste and cardamom powder and stir well.
- Then cover the cooker and cook till the mutton is cooked well. (5 whistles.) Then transfer to the pan and fry.
- Garnish the cooked gravy with chopped coriander leaves.

Zaffrani Pulao (Fig 3)



No.	Required things	Quantity
1	Steamed basmati rice	1 cup
2	Ghee	3 tbsp
3	Butter	3 tbsp
4	Dried raisins	1/4 cup
5	Almond	1/4 cup
6	Cashew	1/4 cup
7	Onion seeds	1/4 cup
8	Saffron	A pinch
9	Milk	1/2 cup
10	Jaggery	1/4 cup

Procedure

- Heat ghee in a frypan. When the ghee is hot, add raisins, cashews and almonds and fry until golden brown.
- Add boiled basmati rice and stir well.
- Heat the milk in a sauce pan, then add the saffron until it turns yellow.
- Stir the jaggery into the basmati rice mixture in the fry pan. Heat until the jaggery melts and sticks to the rice.
- Then add the milk mixture and cook on medium heat until the rice is cooked well.
- Lastly stir in the butter and serve.

Goan Fish Curry (Fig 4)

Fig 4



No.	Required things	Quantity
1	Fish (mackerel)	500 gms
2	Lemons	1 no
3	Salt	as reqd
For spice		
1	Cumin powder	1/2 tsp
2	Turmeric powder	1/2 tsp
3	Garlic	4 nos
4	Kashmiri red chillies by adagi	8 nos
5	Coriander seeds	1 tbsp
7	Coconut (grated)	100 g
8	Tamarind/kokum	30 gms
9	Water	1/2 cup
10	Onions sliced	100 gms
11	Green chillies	2 nos

Procedure

- 1 Add salt and lemon juice to the cleaned fish and soak it for 10 - 20 minutes.
- 2 Grind all the ingredients for the masala to a smooth paste in a mixer.
- 3 Heat oil in a pan and fry onions and green chillies in it.
- 4 Add grated coconut pulp to this and saute.
- 5 Add little water and let it boil on medium flame.
- 6 Add the soaked fish to the boiling mixture and add required amount of salt and cook on medium heat until the fish is cooked well.

7 Serve it with cooked goan rice.

Awadhi Chicken Korma (Fig 5)

Fig 5



No.	Required things	Quantity
1	Chicken meat	500 grams
2	Ginger garlic paste	2 tbsp
3	Chopped onions	300 gms
4	Cumin powder	1 tsp
5	Red chili powder	1 tbsp
6	Coriander powder	1 tbsp
7	Garam masala powder	1 tbsp
8	Salt	as reqd
9	Cashew paste	100 gms
10	Paneer (kewra water)	1 tbsp
11	Ghee	100 ml

Procedure

- 1 First, fry 200 gms of sliced onions in hot oil.
- 2 Grind the remaining 100 grams of onion.
- 3 Heat ghee in a pan and add the cleaned and cut chicken.
- 4 Add ginger garlic paste and saute it. Then add ground onion paste and saute it well.
- 5 Grind the fried onions along with curd. Add this ground pulp to the chicken mixture and saute.
- 6 Add required amount of salted water and cook the chicken well.
- 7 Add the cashew paste and once it has thickened, pour paneer water for aroma and boil for 5 minutes.
- 8 Serve hot.

Prepare and practice different compound salad - 5 varieties

Objectives: At the end of this lesson you shall be able to

- state the compound salad is a salad made with more than one ingredient and with a variety of vegetables and meats. Various dressings can be used.

Requirements

Tools/Instruments

- Spoons
- Vessels
- Bowl
- Knife
- Cutting board
- Whisk

- Salad Hawain

Equipment/Machine

- Stove
- Salamander griller
- Oven

Salad hawain (Fig 1)

Fig 1



4 Then add grated pineapple, chicken, cheese (cheddar) and mix well.

5 Arrange lettuce leaves like bowl and place the mixture on it, pour some pineapple juice over it and serve cold.

Salad waldrof (Fig 2)

Fig 2



No.	Required things	Quantity
1	Pineapple fruit	100 g
2	Lettuces	20 g
3	Cheese	20 g
4	Mayonnaise	40 g
5	Sugar	1 tbsp
6	Grilled Chicken	100 g
7	Salt & pepper	as reqd
8	Sour cream	100 ml

Procedure

- 1 Cut pineapple into wedges and extract some juice.
- 2 Cut the grilled chicken into long julienne pieces.
- 3 Add mayonnaise sauce, sour cream, sugar, salt and pepper powder in a bowl and mix like a dressing.

No.	Required things	Quantity
1	Apple	100 grams
2	Celery	20 grams
3	Mayonnaise sauce	40 g
4	Walnuts	50 g
5	Salt & pepper	as reqd
6	Lettuce	20 g
7	Cream	30 ml

Procedure

- 1 Cut the apple into wedges and finely chop the celery.

- 2 Add mayonnaise, salt, pepper powder and cream in one bowl and mix well.
- 3 Add apple walnut and celery and mix.
- 4 Arrange the lettuce into bowl and serve it cold.

Salad Eve (Fig 3)

Fig 3



No.	Required things	Quantity
1	Black grape	30 g
2	Apples (cubes)	30 g
3	Pineapples	30 g
4	Bananas	30 grams
5	Lemon juice	10 ml
6	Sour cream	30 ml
7	Walnut	20 g
8	Parsi	as needed
9	mayonnaise sauce	(if required)

Procedure

- 1 Wash all the fruits. Cut apple, pineapple, banana into cubes.
- 2 Put the cut fruits in a bowl. Add cream and lemon juice and mix it.
- 3 Sprinkle with chopped walnuts and parsley and serve cold.

Mexican grilled chicken salad (Fig 4)

No.	Required things	Quantity
1	Chicken (grilled)	500 gms
2	Orange oil	10 ml
3	Avocados	1 no
4	Lemon	1 no
5	Wine	10 ml
6	Coriander leaves	20 grams

7	Yogurt (curd)	100 gms
8	Lettuce	250 gms
9	Cherry tomatoes	100 gms
10	Rajma	100gms
11	Corn	50 g
12	onions	1 no
13	Garlic powder	1 tbsp
14	Cumin powder	1 tbsp
15	red chili powder (paprika)	1 tbsp
16	Salt & pepper powder	as required
17	Oregano	1 tbsp

Fig 4



Seasoning

Garlic powder, cumin powder, red chili powder, Oregano, salt & pepper powder

Dressing

Make a cream by adding avocado, wine vinegar, yogurt and seasonings.

Procedure

- 1 Clean the vegetables. Cut onion (slices), tomato into 1/2 and lettuce (cubes).
- 2 Boil rajma and corn.
- 3 Cut the chicken into cubes.
- 4 In a bowl, mix all the vegetables and chicken, boiled rajma, corn.
- 5 Add the dressing and mix.
- 6 Finely chop the lemon Coriander leaves and serve on top.

Chicken Salad (Fig 5)

Fig 5



Procedure

- 1 Cut the chicken lengthwise Finely chop the almonds and celery.
- 2 Combine chicken, celery, almonds, mayonnaise, lemon juice, salt and pepper powder in a bowl and mix well.
- 3 Serve chilled.

No.	Required things	Quantity
1	Roast chicken (chilled)	4 cups
2	Salt	1tsp
3	Pepper powder	1tsp
4	Mayonnaise	1 cup
5	Lemon juice	2 tbsp
6	Celery (Chopped finely)	1/2 cup
7	Chopped almonds	1/2cup

Prepare & practice salad dressing - 5 varieties

Objective: At the end of this lesson you shall be able to

• **dressing is used to add flavor to salads. It is Produced in different perspectives according to each country.**

Requirements	
Tools/Instruments	
<ul style="list-style-type: none"> • Spoons • Vessels • Bowl 	<ul style="list-style-type: none"> • Knife • Cutting board • Whisk

Vinegrette dressing (Assorted) (Fig 1)

S.No	Required things	English dressing	French dressing	American dressing
1	Olive Oil/ Salad Oil	10 ml	30 ml	20 ml
2	Vinegar	20 ml	10 ml	20 ml
3	pepper powder	a little	a little	a little
4	mustard cream	a little	a little	a little
5	Salt	a little	a little	a little

Fig 1



Procedure

- 1 In a bowl, whisk together olive oil, vinegar, salt, pepper powder, mustard cream.
- 2 Store in a bottle and use as needed.

Mayonnaise dressing (Fig 2)

Fig 2



No.	Required things	Quantity
1	Mayonnaise sauce	100 ml
2	Salt	A pinch
3	Pepper powder	A pinch
4	Lemon juice / vinegar	15 ml

Procedure

- 1 Mayonnaise Sauce Mix the above four ingredients with a whisk and store in an airtight container.
- 2 Use as needed.

Thousand Island dressing) (Fig 3)



No.	Required things	Quantity
1	Mayonnaise	150 ml
2	Boiled eggs	20 grams
3	Tomato ketchup	50 ml
4	Soft Gherkin	25 g
5	Onions (Chopped)	25 gms
6	Pimentos	25 g
7	Olives (chopped)	25 gm
8	Paprika powder	10 g
9	Salt/pepper	as reqd
10	Cheddar vinegar	1tbsp

procedure

Mix all the above mentioned ingredients together with a whisk and keep it for later use.

Sour cream dressing (Fig 3)



No.	Required things	Quantity
1	Mayonnaise sauce	100 ml
2	Sour cream	60 ml
3	Apple cider vinegar	50 ml
4	Salt	as reqd
5	Pepper	as reqd

Procedure

Mix all the above mentioned ingredients together with a whisk and use as needed.

Yoghurt dressing (Fig 4)

No.	Required things	Quantity
1	yogurt	200 ml
2	Salt	as required

Procedure

Mix yogurt and salt together and use.

Food Production (General) - Carryout duties associated with preparation of meals (Fish cuts)

Demonstrate various cuts of fishes

Objective: At the end of this exercise you shall be able to

- learn how to cut fish for this dish.

Requirements

Tools/Instruments

- Knife

- 1No.

- Cutting board

- 1No.

- Utensils, Dry tray

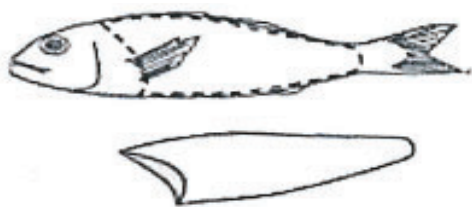
- 1No.

Cuts of Fish

Fillets

A fillet is flat boned and shouldered fillets of pomfret bat, mackerel and salmon.

Fig 1



Delice

A method of cooking long flat fillets by folding them.

Fig 2



Paupiette

It involves taking long flat fillets, rolling them with spices and then cooking them as per requirement.

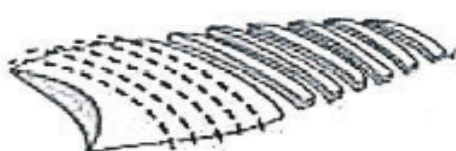
Fig 3



Goujon

The method is to cut the fish into fillets, cut them like long fingers and dip them in flour and egg mixture and fry them in oil.

Fig 4



Supreme

Longer lengthy fillets can be cut either with as slices Nabsringle or cutting or Slant cutting.

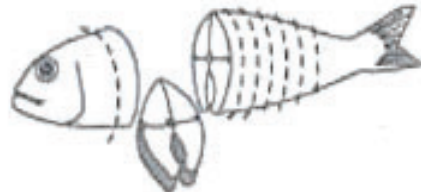
Fig 5



Darne

These are a method of cutting circular shaped fish with the bone in the Stake (Nanghan) method.

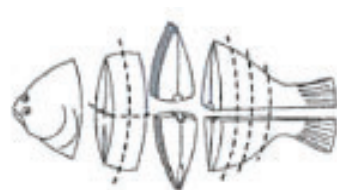
Fig 6



Troncon

A method of cutting flat fish into a steak form with the bone attached.

Fig 7



Food Production (General) - Carryout duties associated with preparation of meals (Fish cuts)

Prepare and practices fish dishes - snacks (4 nos.), indian main preparation (4 nos.) and continental preparations (4 nos.)

Objective: At the end of this exercise you shall be able to

- Learn about different types of fish and use them to prepare various types of fish dishes, prepare them according to Indian method, prepare them according to the traditional method, and practices preparing foods that can be used as snacks.

Requirements

Tools/Instruments

- Spoons - 1No.
- Utensils, fry pans - 1No.
- Tray - 1No.
- Cutting board - 1No.

Equipment/Machines

- Stove - 1No.
- Griller - 1No.
- Tandoori oven - 1No.

Fish Fry Tikka (Fig 1)

Fig 1



leaves (chopped into fine pieces), ginger, garlic paste and apply on top of the fish. Let soak for 40 minutes or refrigerate.

- 2 Keep the tandoori oven ready. Stick the spiced fish piece and put it in the tandoori oven and cook it with butter. Serve it hot with mint chutney.

Masala Fish Finger (Fig 2)

Fig 2



No.	required things	Size
1	Fish (Darne)	8 idols
2	Chilli powder	1.5 tbsp
3	teaspoons of salt	required amount
4	Turmeric powder	1/2 tsp
5	garam masala	1/2 sp
6	chaat masala	1/2 tsp
7	ginger, garlic paste	1.5 tbsp
8	lemon juice	2 tbsp
9	Oregano	1 tbsp
10	Coriander leaves	1/2 cup
11	Oil	3 tbsp
12	Butter	100 grams

recipe

- 1 Mix well the chili powder, salt, turmeric powder, garam masala, chad masala, lemon juice, oregano, coriander

No.	required things	Size
1	Fish Fillet (per serving)	6 count
2	Maida	1/2 cup
3	cumin seeds	- 1 tsp
4	of chili powder	teaspoons
5	teaspoons	of garam masala
6	Tanya powder coriander	1 tbsp
7	lemon juice	1 tbsp
8	bread crumbs	1 cup
9	Oil	2 cups
10	salt	as needed
11	Water	as required

recipe

- 1 Clean the fish thoroughly.
- 2 Mix lemon juice, Coriander tanya powder, salt and fish in a bowl and spread it evenly over the well-seasoned fish and keep it in the refrigerator for 2 hours.
- 3 In another bowl add maida and water and dissolve it, add cumin, garam masala powder, chilli powder and mix well.
- 4 Take bread crumbs on a plate. Take the spiced fish and dip it in the maida batter, roll the fish in the breadcrumbs and do the process of rolling the breadcrumbs on all sides.
- 5 Fry in hot oil. Garnish with lemon wedge and serve hot.

Crispy Fried Fish (Fig 3)

Fig 3



No.	required things	Size
1	anchovy fish (Aisreedrsh)	500 g
2	eggs	2 count
3	maida	1 cup
4	Corn flour	1 cup
5	Chilli paste	2 tbsp
6	Ginger and garlic paste	2 tbsp
7	Oil	5 cups
8	Salt	as required
9	Vinegar	1 tablespoon
10	Soya sauce	1 tablespoon.

recipe

- 1 Clean the fish thoroughly.
- 2 Add egg, maida, corn flour, chili paste, vinegar, soy sauce, ginger, garlic paste, salt and mix well.
- 3 Add the cleaned fish to this and mix the spices well.
- 4 Leave to soak it rest for 2 hours.

- 5 Fry in hot oil, sprinkle with spring onion and serve with tomato sauce, chilli vinegar.

Fish Orly (Fig 4)

Fig 4



No.	required things	Siz
1	Fish fillet	4 pieces
2	baking powder	1/4 tsp
3	Oil	2 cups
4	wheat flour	2 cups
5	Corn flour	2 cups
6	eggs	1 count
7	Salt	as required
8	vinegar	1 tablespoon
9	Water	as required

recipe

- 1 Add salt and vinegar with fish. Soak (keep it a side for one hour).
- 2 Mix together the wheat flour, cornstarch, eggs, baking powder and water in another bowl. Put the spiced fish pieces in it and take it.
- 3 After heating the oil in a pan, fry the fish and serve hot with tomato sauce.

Fish Moolie (Fig 5)

Fig 5



No.	required things	Size
1	Fish (fomfreat)	500 g
2	onions	50 grams
3	ginger	10 grams
4	Salt	as required
5	coconut	1 count
6	Curry leaves	1 bunch
7	garlic	1 count
8	green chillies	10 gms
9	Vinegar	10 ml
10	lemons	1 count
11	Water	115 milliliters
12	Potatoes	225 grams
13	Turmeric powder	1 tbs
14	Oil	15 ml

recipe

- 1 Clean and cut the fish. Peel onion, garlic, ginger, green chillies and cut into slices.
- 2 Take 1 coconut milk. (in the ratio of 1 : 2 times)
- 3 Heat oil in a pan and fry onions. Add turmeric powder to it and saute for 3 minutes.
- 4 Add ginger, garlic, green chillies, curry leaves, fish and yams. Add the 2nd coconut milk and salt and boil for 5 minutes.
- 5 Then add the first coconut milk.
- 6 Once boiling, add lemon juice and vinegar.
- 7 Serve hot

Hydrabadi Fish Curry (Fig 6)

Fig 6



recipe

- 1 Clean the fish and cut into slices.
- 2 In a pan, roast chopped onions, coriander seeds, chillies, cumin seeds, white sesame seeds and grated coconut, then grind them into a paste.

- 3 Dissolve tamarind in little water.
- 4 Heat oil in a pan and add cumin seeds, coriander leaves and curry leaves to the paste.
- 5 Add tamarind pulp and salt and water to it and let it boil for 10 minutes.
- 6 Add the cut fish pieces and bring to a boil. Once the fish is cooked, sprinkle with coriander and serve hot.

No.	required things	size
1	fish	500 grams
2	white sesame seeds	20 g
3	cumin seeds	10 grams
4	Coriander seeds	20 gms
5	grated coconut	(grated)
6	onions	250 grams
7	Curry leaves	2 bunches
8	tamarind -	-30 gm
9	Oil	50 ml
10	red chillies (dried)	3 nos
11	teaspoons of coriander	seeds
12	cups of as a foetida	seeds
13	Salt	as required

Fish Curry (Madras) (Fig 7)

Fig 7



recipe

- 1 Clean and cut the fish.
- 2 Grate 2 coconuts, 1 tablespoon for grinding, rest for extracting milk.
- 3 Roast red chillies and coriander seeds and grind them into a paste by adding turmeric powder and water.
- 4 Grind onion and coconut separately.
- 5 Roast and grind garlic, pepper and cumin.
- 6 Dissolve tamarind in water and take it.
- 7 Finely chop the tomatoes. Slice the onion.

- 8 Heat oil in a pan and add fenugreek seeds, curry leaves and onion. Then add all the ground ingredients together.
- 9 Saute well till the raw smell goes away.
- 10 Then add the 2nd coconut milk and tamarind solution, salt and boil.
- 11 Then add the fish, once added, bring to a boil over medium heat.
- 12 Add the coconut milk taken for the first time and boil it.
- 13 Once it reaches the boiling point, turn off the heat.
- 14 Sprinkle with coriander and serve hot

No.	required things	size
1	Pomfret (fish)	500 gms
2	red chillies	10 g
3	Taniya (coriander seed)	10 g
4	Turmeric powder	2 grams
5	Oil	50 ml
6	Coconut	1 cup
7	pepper	1/2 tsp
8	cumin seeds	1/2 tsp
9	Garlic	6 (bulb)
10	onions	250 grams
11	tamarind	20 g
12	Fenugreek	5 g
13	Tomatoes	150 grams
14	salt	as needed
15	curry leaves	as required
16	green chillies	6 gms

Patra ni Machi (Fig 8)

Fig 8



No.	required things	size
1	Pomfret (turmchung)	500 gms
2	coconuts	1 cup
3	green chillies	5 gms
4	Coriander leaves	1 bundle
5	cumin seeds	5 grams
6	Salt	as required
7	sugar	as required
8	garlic	1 count
9	Vinegar	115 ml
10	Oil	50 g
11	lemon juice	2 tbsp
12	Banana leaves (whole)	1 count
13	Coal	20 pieces

recipe

- 1 Clean and cut the fish.
- 2 Add coconut, green chillies, garlic, cumin, coriander leaves, salt, sugar and lemon juice and grind to a fine paste.
- 3 Remove the moisture from the top of the fish with a dry tissue and then spread the coconut paste evenly and tie it in a banana leaf.
- 4 Heat the vinegar and oil in a pan and fry the fish in it. Also put a lid over it and put hot charcoal pieces and keep it for some time.
- 5 After the fish is cooked well, serve hot.

Fillet de sole belle meuniere (Fig 9)

Fig 9



No.	required things	size
1	fish (fillet)	4 nos
2	Maida	1/2 cup
3	Salt	as needed

No.	required things	size
4	Olive oil	2 tbsp
5	unsalted butter	2 tbsp
6	Peppers	1 tbsp
7	Tomatoes (Blanched)	2 count
8	button mushroom	25 gm
	Sauce	
1	unsalted butter	1/4 cup
2	parsley (finely chopped)	2 tbsp
3	lemon juice	1 tbsp
4	lemon wedge	2 count

recipe

- 1 Add salt and pepper powder to the cleaned fish and (let it soak) for some time.
- 2 Heat ghee in a pan and deep fry the flipped fish on both sides in maida and deep fry the grated tomato and mushroom in greased with butter on both sides.
- 3 To make the sauce, heat the butter in a pan and add the chopped parsley and lemon juice.
- 4 Pour this sauce over grilled fish pieces and serve hot.

Fish & Chips with Tartar Sauce (Fig 10)

Fig 10



recipe

- 1 Clean the fish and cut into slices.
- 2 Take maida in one plate and breadcrumbs in another plate.
- 3 Beat the 3 eggs well.
- 4 Take 1 slices of fish in the bowl O. Add salt & pepper powder to it and mix well.
- 5 First, roll the fish back and forth in the maide flour. Then, dip in eggs and dip in breadcrumbs.

- 6 Make sure the bread crumbs over the fish piece applied thoroughly.
- 7 Then, put it in hot oil and take it.
- 8 Serve hot with tartar sauce.

Tartar Sauce

In advance, mix well mayonnaise, allbino, capers, lemon juice, parsley and keep in refrigerator.

No.	required things	size
1	fish (Fillet)	3 slices
2	maida	1 cup
3	eggs	1 count
4	bread crumbs	2 cups
5	Oil	2 cups
6	Salt & pepper	as required
	Tartar sauce	
7	Mayonnaise	1 cup
8	allbino	1/4 cup
9	capers	2 tbsp (finely chopped)
10	lemon juice	1 tbsp
11	Parsley	1 tablespoon (finely chopped)

பிஷ் ஆ லா மெனியர் (Fish A La Meuniere) (Fig 11)

Fig 11



recipe

- 1 Boil the water in a pot with the potatoes that are cut into pieces, Add the crushed garlic.
- 2 Take the juice of 2 lemons and Finely chop the parsley.
- 3 Take maida flour in a plate. Sprinkle salt and pepper powder over the fish and press it into the maide flour.
- 4 Clean the spinach, add it to the potatoes and boil for 1 minute.
- 5 Mash the potatoe yams, spinach and garlic well. Season with salt and pepper and keep on medium heat.

- 6 Heat oil in a pan and deep fry the fish fillets until golden brown, 3--4 minutes.
- 7 Melt the butter in a pan, add the capers and parsley and fry for 1 minute. Add lemon juice after draining.
- 8 Keep the rolled, Potatoes, Spinach mashed on a plate and pour over its caper splatter sauce. Add fried fish pieces and serve hot.

No.	required things	size
1	lemon	2 count
2	Fish (meal)	400g/ 4 slices
3	parsley	20 g
4	capers	30 g
5	Potatoes	6 count
6	spinach	240 g
7	Garlic	6 Bulb
8	maida	2 tbsp
9	Butter	2 tbsp
10	Oil	2 tbsp
11	Salt & pepper	as required

Provençal Fish (Fig 12)

Caribbean seasoning recipe

- 1 Cut 1 onion and chilli capsicum into thin slices.
- 2 Blanch 2 tomatoes and finely chop them.
- 3 Add oil to a pan, heat it then add chillies, onions and garlic and fry for 5 minutes.
- 4 Then add tomatoes, garlic and Caribbean seasoning and saute well. Add some water. (if required)
- 5 Then put a little Provençal sauce in a casserole dish and layer the fish on it, again put the sauce in the oven and cook and serve.

No.	required things	size
1	Capsicum	1 count
2	onions	1 count
3	garlic	10 bulb
4	tomatoes	5 count
5	Olives	12 count
6	Caribbean Seasoning	1 Tbsp
7	Fish (vegetable)	4 slices
8	Salt	as required
9	Olive oil	1 tbsp
10	pepper powder	1 tbsp

Fig 12



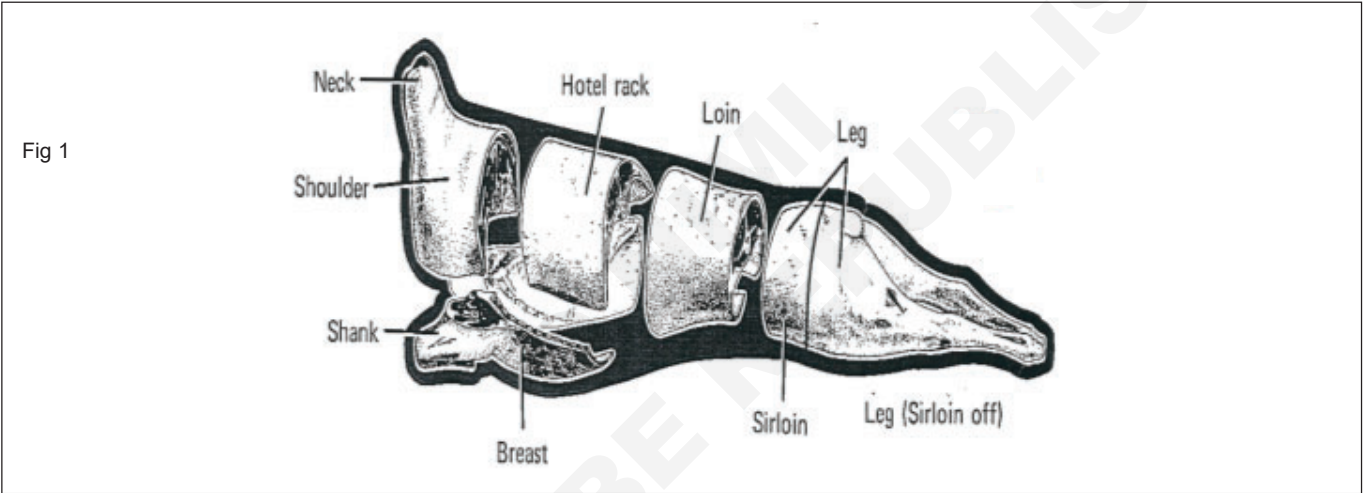
Demonstrate various cuts: lamb & mutton

Objective: At the end of this exercise you shall be able to

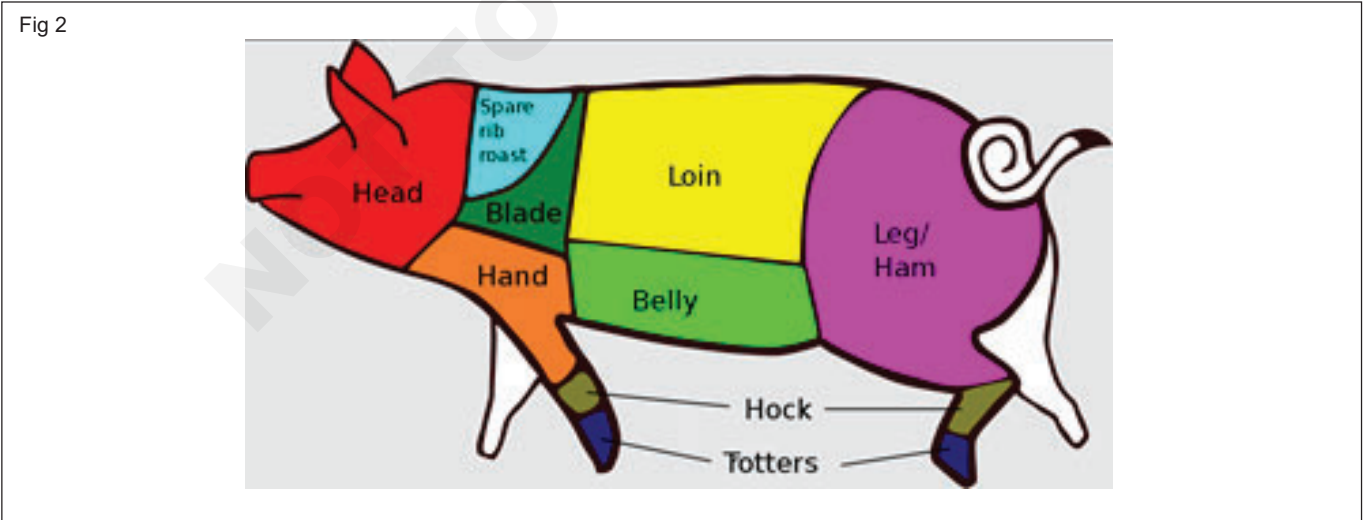
- explanation of various parts of mutton (bhamksha) and pork (Irdn).

Requirements			
Tools/Instruments			
• Deep Fat Fryer	- 1No.	• Griller	- 1No.
• Cooking Range	- 1No.	• Meat Thermometer	- 1No.
• Baking oven	- 1No.	• Vessels and lids	- 1No.
• Salamander	- 1No.	• Baking Tray	- 1No.
		• Chopping board peeler	- 1No.
		• Knives, other implements	- 1No.

(Cuts of Lamb) (Fig 1)



(Cuts of Pork) (Fig 2)



Food Production (General) - Carryout duties associated with preparation of meals (Fish cuts)

Prepare and practice meat dishes - Indian (4 nos.), continental (4 nos.) and snacks (4 nos.)

Objective: At the end of this exercise you shall be able to

- cooking and learning about Indian meat dishes
- cooking and learning about western meat dishes
- cooking and learning about Indian and Western snacks.

Requirements

Tools/Instruments

• Deep Fat Fryer	- 1No.	• Meat Thermometer	- 1No.
• Cooking Range	- 1No.	• Vessels and lids	- 1No.
• Baking oven	- 1No.	• Baking Tray	- 1No.
• Salamander	- 1No.	• Chopping board peelers	- 1No.
• Griller	- 1No.	• Knives, other implements	- 1No.

Prepare and Practice meat dish

1 Indian dish

i Mutton Curry - (4 person (Fig 1))

Fig 1



No.	required things	size
1	Mutton	600 g
2	onions	250 grams
3	tomatoes	200 grams
4	ginger	75 g
5	Garlic	75 grams
6	Whole Garam Masala	5 gms

No.	required things	size
7	Green chilli	10 g
8	Turmeric powder	5 gms
9	Chilli powder	30 gms
10	Coriander powder	50 gms
11	Oil	100 g
12	Salt	25 grams
13	Garnish with coriander leaves	1/2 bunch
14	Mints	
15	Poppy seeds	50 g
16	Cashew nuts (broken)	50 gms
17	Cucumber seeds	30 grams
18	Curd	30 ml.

recipe

- 1 First buy soft mutton, remove the fat and wash it well.
- 2 All the parts should be washed well and cut into small pieces ginger and garlic paste should be ground. Poppy seeds and cashews should be soaked in a little hot water and then filtered and ground separately.

- 3 Heat a wide pan, add oil and saute whole garam masala first. Add chopped onions and saute until smooth. Then add ginger and garlic paste and saute until the raw smell goes away. Add the mutton, saute well and then cover and cook.
- 4 When the mutton is half cooked add spices and saute it. Add chopped tomatoes to this and saute. Then cover it and let it cook.
- 5 When the mutton is three-quarter cooked, add the already ground poppy seeds, cashew nuts and cucumber seeds and cook on medium heat. Finally add salt and serve hot with finely chopped coriander leaves and mint leaves as pulao or Indian variety..

ii Variety rice Mutton Kurma - 4 Serves (Fig 2)

recipe

- 1 Wash all the vegetables and cut them into small (idrlnyj) pieces as required.
- 2 The meat should be washed well and taken separately.
- 3 Grind ginger and garlic into paste.
- 4 Grind the coconut to a fine paste along with aniseed.
- 5 Take a wide pan and heat it, add oil, first add garam masala and add chopped onions and fry until golden brown. Add ginger and garlic paste and saute well, add spices, curd and green chillies and then cover and cook the meat in medium heat.
- 6 Once the meat is cooked well, add coconut, anise paste, add salt and add required amount of water and boil it.
- 7 When Mutton Kuruma is ready, add mint and coriander leaves and serve.

iii Mutton Do pyai z - 4 Serves (Fig 3)

recipe

Fig 2



No.	required things	size
1	Mutton	600 g
2	onions	350 grams
3	Yogurt	100 grams
4	ginger	75 g
5	Garlic	75 grams

No.	required things	size
6	Whole Garam Masala	5 gms
7	Anise	10 g
8	coconut	half lid
9	Green chilli	30 grams
10	teaspoons of turmeric powder	
9	Chilli powder	30 gms
10	Coriander powder	50 gms
11	Coriander knot	
12	mint leaves	
13	Oil	100 g
14	Salt	25 grams

Fig 3



No.	required things	size
1	Mutton	600 g
2	onions	400 grams
3	ginger	75 g
4	garlic	100 grams
5	whole garam masala	5 grams
6	teaspoons of turmeric powder	
7	Chilli powder	1 tsp
8	Tanya powder	50 gms
9	Curd	100 grams
10	cumin seeds	10 grams
11	pepper	10 grams
12	oil per	100 g
13	Salt	25 grams
14	Coriander leaves	

Peel the skin of

- 1 Cut half onion, lengthwise and fry in oil until golden brown.
- 2 Grind the remaining onion, along with ginger, garlic, cumin and pepper.
- 3 The meat should be washed well and kept.
- 4 Heat a pan, add oil and saute whole garam masala in it. Add the ground masala to this and saute the onion mixture. Once the masala separates a little from the oil, add the meat and saute in the remaining heat, cover and cook. Sprinkle little water and boil.
- 5 Once the meat is half cooked, add the fried onions and boil it.
- 6 Finally cook with curd and salt, garnish with chopped coriander and serve hot with Indian roti dishes.

iv Pork Vindaloo - (4 people) (Fig 4)

Fig 4



No.	required things	size
1	Pork	800 g
2	potatoes	200 grams
3	Vinegar	40 ml
4	onions	200 grams
5	1/2 teaspoons of	turmeric powder
6	Chilli powder	2 tsp
7	garam masala	5 grams
8	Salt	25 grams
9	Oil	100 g
10	pepper	10 grams
11	Ginger	50 g
12	Garlic	75 grams
13	Kashmiri Chillies	20 gms
14	cumin seeds	10 g

recipe

- 1 Wash the pork well and cut it into cubes.
- 2 Separately grind whole garam masala, pepper, ginger, garlic, kashmiri chili powder vinegar and cumin in a mixer. Mix the ground spices with the pork, add salt and keep it in the fridge for half an hour.
- 3 Wash the potatoes, peel them and cut them into small pieces.
- 4 Heat a pan, add oil and saute the chopped onion first. Add cold meat to it and saute. Add little water and cook on medium heat.
- 5 When the pork is half cooked, add the sliced potatoes and cook it. Cook on medium heat. This food is slightly sour and alkaline in nature.
- 6 Once the meat is cooked, top with chopped coriander leaves and serve hot with Indian pulao or roti.

2 Continental dish

i Shepherd's pie - (4 people) (Fig 5)

recipe

Fig 5



No.	required things	size
1	Minced mutton	500 gms
2	potatoes	300 grams
3	onions	100 grams
4	carrots	150 grams
5	mushrooms	100 grams
6	Cucumber	i 1 count
7	Leeks	1 count
8	Aromatic herbal Ingredients	5 g
9	Salt	20 grams
10	Pepper powder	10 grams
11	Butter	50 grams
	Short crust pastry	
1	Maida	300 gms
2	Butter	125 g
3	Salt	10 g
4	Sugar	30 grams

- 1 Cloth around and place it in the fridge for some time.
- 2 First mix a little cold softened butter, maida, salt and sugar. This mixture should come out as a paste Add some cold water and mix together wrap a damp.
- 3 Melt some butter in a separate fry pan and saute finely chopped onion and carrot. Add the mutton curry and saute well and cook a little. Finally add chopped celery and leek along with necessary salt and pepper.
- 4 Boil the potatoes separately and keep them soft.
- 5 In casserole dish, pre bake the thirty rolled short crust pastry. Then put (do the pre baking) should be kept and then put the sauteed meat mixture in it and spread the mashed potato evenly, reduce the mashed potatoes in the oven and bake for 15 to 20 minutes and serve hot. .ii

Mutton cutlet) - (4 people) (Fig 6)

recipe

Fig 6



- 1 First, mix well the minced mutton, washed and finely chopped onions, parsley, salt, pepper, garlic and aromatic herbs and keep them in a separate refrigerator.
- 2 Wash the potatoes, cut them into small pieces, boil them and separately mash them. Add the mashed potatoes to the already prepared meat mixture and keep them as balls.
- 3 In a separate bowl, break the egg and mix the maida with it, salt and pepper to prepare the potter.
- 4 Put the already prepared meat balls in the batter (ahetng), put them in the pepper bread particles and check whether the crumbs stick well on both sides. Serve with Ketchup (Trmhar Nngsritnl).

Use palatte knife to make you desired shapes and deep fry in the oil.

Serve with sketchup or tomato sauce and french fries.

iii Grilled pork chops with apple sauce - (4 People)

No.	required things	size
1	Minced mutton	500 gms
2	potatoes	250 grams
3	onions	100 grams
4	Parsley	1 no
5	Garlic	100 grams
6	Salt	25 grams
7	Pepper powder	10 grams
8	Aromatic herbal mixture	1 tsp
9	eggs	2 numbers
10	Bread crumbs	150 g
11	Maida flour	100 gms
12	oil (for frying)	1/2 litre

(Fig 7)

recipe

Fig 7



No.	required things	size
1	Pork Curry Chops	800 gms
2	Pepper powder	10 grams
3	Salt	25 grams
4	Cooking Apples	4 nos
5	Butter	30 grams
6	Worcestershire sauce	1 tbsp
7	Brown sugar	20 gms
8	maida flour	30 grams
9	Apple Cedar Vinegar	1 Tbsp
10	Milk	300 ml

- 1 Take the pork chops worcestershire sauce wash them well and mix them with salt, pepper powder and sauce and marinate them for half an hour in the refrigerator.
- 2 Grill the marinated meat in a pre-heated griller with a little butter. We can cook as desired by the customers and serve with apple sauce.

How to make apple sauce

- 1 First, wash the apple well, peel it and cut it mixed into small pieces. Then put the cut pieces in vinegar water.
- 2 Take a small pan and heat it, mix butter in it and saute the chopped apples in medium heat, mix flour and milk in it and it in medium heat, Then add brown sugar and salt to this cook sauce and after it thickens a little, strain it and serve it with grilled chops.

iv Moussaka - (4 People) (Fig 8)

recipe

Fig 8



No.	required things	size
1	Mutton (chothkari)	500 gms
2	onions	100 grams
3	tomatoes	200 grams
4	large eggplants	8 count
5	Garlic	50 grams
6	mushrooms	100 grams
7	-ingredient mixture	10 g
8	Butter	100 ml
9	Maida	100 gms
10	Oil	100 ml
11	Salt	20 grams
12	Pepper powder	10 g
13	Milk	500 ml
14	Parmesan cheese	75 g
15	Bark powder	5 gm

- 1 Wash the pods first
- 2 Onions, garlic and mushrooms should be cut into pieces.
- 3 Peel the tomatoes and remove the seeds and cut them separately.
- 4 Heat the pan and add butter, add maida to it and mix it well and mix boiled milk with it to make white sauce and it is ready.
- 5 Eggplant should be taken separately in the shape of a

ball and fried in oil.

- 6 Heat a frying pan (Ulh Dahai) and add oil to it, fry onions, mutton and season it (Lnghalrjnnyj) with blanched tomatoes.
- 7 Take a Casserole (Sreehallngbrng Knld) and add meat to it first. Spread the fried eggplant on top of it.
- 8 Pour white sauce over it, put cheese on top of it, and finally (lhallngjrpng) p the food in p should be made gratinate (njhainng) with cheese. Then serve hot. It is a Greek food.

2 Snacks

i Mutton Samosa - (10 People) (Fig 9)

recipe

Fig 9



No.	required things	size
1	Minced mutton	400 gm
2	Onion	100 gm
3	Ginger	50 gram
4	Garlic	100 gram
5	Mint	1 bunch
6	Coriander	1 bunch
7	Power garam masala	1 teaspoon
8	Salt	15 gram
9	Oil (to fry to saulte)	100 litre
10	Potato	250 gram
11	Chat masala	1 teaspoon
12	Green chilli	10 gram
For Patties		
1	Wheat flour	600 gram
2	Oil	50 millilitre
3	Water	as required
4	Salt	10 gram

- 1 First, to prepare the patti, sieve the maida flour, then transfer it to a wide pan and mix it with salt and oil and mix it slowly. This mixture should look like bread. Then mix with little water and knead. All the mixture should

be covered with a damp cloth. Keep it in the refrigerator for half an hour.

- 2 First, wash the meat and vegetables and keep them aside. In this, onion, ginger, garlic, coriander, mint, chili powder should be chopped and kept.
- 3 Wash the potatoes, cut them into large pieces, boil them and keep them mashed.
- 4 Heat oil in a separate pan and saute the onion, add ginger, garlic paste, coriander and saute it, add masala salt and boil it, then add mashed potato and mix it.
- 5 Take the already prepared samosa patti dough mix and roll it into a ball shape, cut it in two and put flour on top of each other and stack it.
- 6 Take each of the rolled bars and spread a little flour paste (maida flour with water) on the edges and put an equal amount of minced meat and potatoroll mixture on the inside and fold it to cover it and keep potato it aside. Pour required amount of oil in a large pan (ohakhan) and fry on medium flame until golden brown and serve with mint chutney.

ii Mutton Frankie Rolls - (4 people) (Fig 10)

recipe

Fig 10



- 1 First, mix the wheat flour with warm with salt water and prepare the flour mixture. Its consistency should be suitable for breading. Then cover with a damp cloth.
- 2 Wash all the vegetables, grind the ginger and garlic, then boil the potatoes and mash them.. Boil the meat and keep it properly prepared.
- 3 Then heat the pan and pour oil, gradually add the onion bunches and saute, and finally add the mashed potatoes, add coriander and mint and keep it aside.
- 4 Now take the wheat flour and add small balls and gather it into a soft ball and put it on hot stone on both sides and cook it. Spread the mixture of coriander and vegetables on top, roll it in butter paper and serve hot.

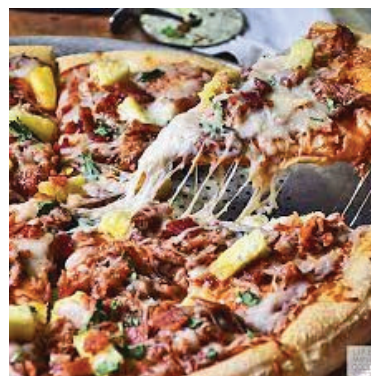
iii Meat pork pizza - (8 People) (Fig 11)

No.	required things	size
1	Mutton	150 gm
2	Carrots	150 gm
3	Beans	150 gm
4	Capsicum	100 gm
5	Onions	500 gm
6	Potatoes	250 gm
7	Cabbage	100 gm
8	Oil	150 gm
9	Teaspoons of turmeric powder	1/2 litre
10	Chilli powder	1 tsp
11	Salt	20 gm
12	Garam masala powder	1 tsp
13	Garnish with coriander leaves	1/2 bunch
14	Mints	1/2 bunch
15	Ginger	50 kg
16	Garlic	50 kg
17	Tomatoes	200 gm
Ingredients for making bread		
1	Wheat flour	500 gram
2	Oil	300 millilitre
3	Water	as required
4	Salt	10 gram

recipe

- 1 Wash the vegetables first and then cut them into julienne slices. Chop the cured bacon and finely chopped.

Fig 11



- 2 Then heat the fryer and add oil to it and on high heat toss all the already prepared bacon andham add little

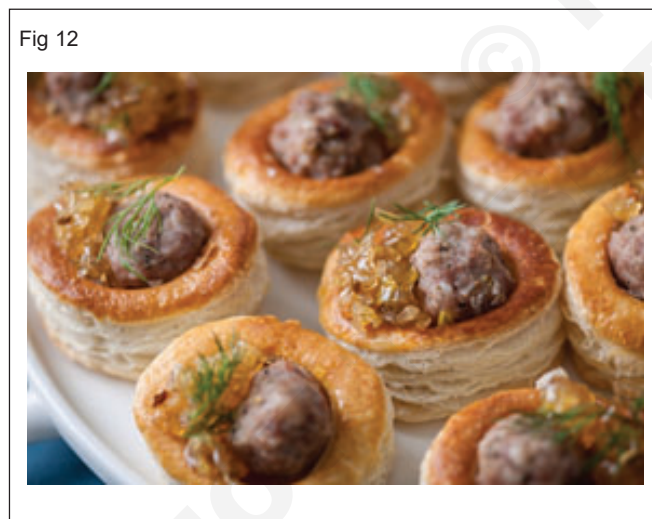
salt and pepper to it. The vegetable mixture should be kept separately.

- 3 Presently the ingredients required to make Pisa Day yeast are Maida, Sugar. Make a soft dough by adding salt, milk butter and lukewarm water. This dough should be allowed to ferment for 1 hour.
- 4 Take the fermented dough (them) and knead it gently, roll it into balls and keep separately. Then these pizzas should be placed on a tray and baked (ahannyj) half in a hot oven.
- 5 Then cut off the top part of the half-baked pizzas and spread tomato paste on top of it, put vegetables cheese on top and in the salamander gratinate (elharnyngng) and serve hot.

Sausage volen-an-vent (Puff Pastry) - (8 people)

No.	required things	size
1	Yeast	5 gm
2	Salt	10 g
3	Sugar	30 grams
4	lukewarm water	250 ml
5	Butter	20 grams
6	Milk	50 ml

(Fig 12)



recipe

- 1 First of all, make a well-mixed dough by adding maida flour, salt, butter, sugar, lemon juice and cold water.
- 2 Take the dough, spread it gently, apply butter on all sides and fold it properly. Arrange them on a tray and cover with a damp cloth and keep it in the bowl with a wet cloth and keep it in the shower box for 15 to 20 minutes.

- 3 After 20 minutes again roll the dough (Eernjt) and apply the butter for the second time inside it. Then fold it as it was folded in the first method and then put it in a wet cloth and put it in the refrigerator box. This dough can be used for at least two weeks.
- 4 Cut the sausage into small pieces to make the filling. Take a frying pan butter and apply it and saute sausage.
- 5 In another milk pan add required amount of butter, mix maida flour and saute it a little (without changing color add milk to it and heat it, add salt and cook it on medium heat. Then add cream to it and make sauce. The prepared sausage should be kept along with it.
- 6 Take the ready-made puffs out of the refrigerator and after some time, roll them up a little and cut them into rolls with small biscuit cutters and apply the egg well beaten on the cut part, and put them in the prepared baking tray the puffs should be stacked and baked for 10 to 12 minutes in a hot oven at 200°C.
- 7 Take out the baked, small shaped puffs pastry separately and after it cools down take only the top part, put the already prepared fillings inside it and put small parsley leaves for decoration on top and serve it cold. This food is called volenvent.

No.	required things	size
1	Maida	500 gm
2	Butter	200 gm
3	Water	250 ml
4	lemons	1 tsp
5	salt	10 gm
6	Sugar	20 grams
7	eggs	2 numbers
	for filling	
1	sausage (processed)	200 gm
2	onions	50 gm
3	Parsley	1 no
4	Butter	50 gms
5	Maida	100 gms
6	Milk	100 ml
7	Cream	50 ml

Demonstrate cuts of chicken

Objective: At the end of this exercise you shall be able to

- explain about different types of chicken parts.

Requirements**Tools/Instruments**

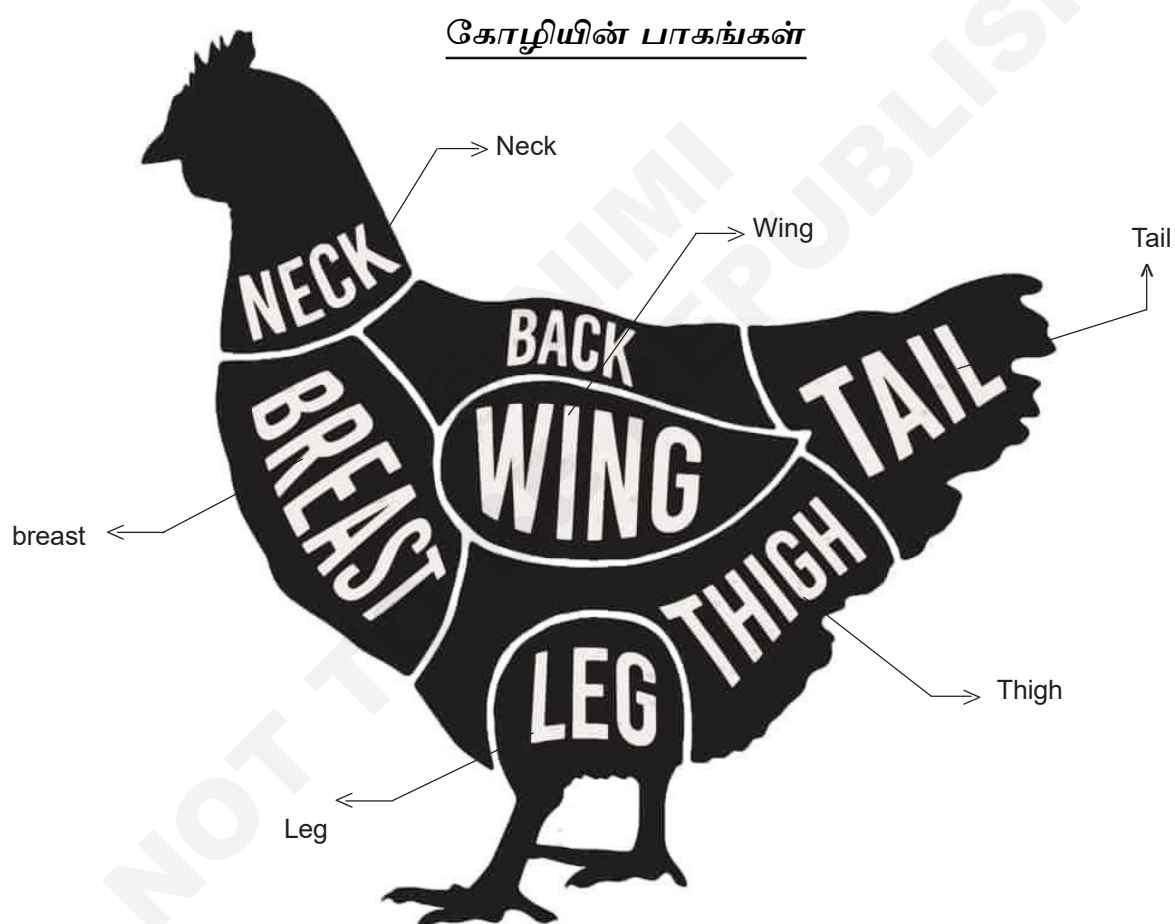
- Spoons
- Vessels
- Knife
- Cutting board

Equipment/Machines

- Stove
- Oven
- Tandoori oven

Cuts of Chicken (Fig 1)

Fig 1



Food Production (General) - Carryout duties associated with preparation of meals (Fish cuts)

Practice preparations of chicken - indian (5 nos.) and continental (5 nos.)

Objective: At the end of this exercise you shall be able to

- practice Indian and traditional chicken dishes
- prepare of chicken dishes which are popular in many states of India
- train in different types of chicken dishes abroad.

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Spoons • Vessels • Knife, fry pan • Cutting board 	Equipment/Machines <ul style="list-style-type: none"> • Stove • Oven • Tandoori oven

Methi Murgh (Fig 1)

Fig 1



No.	required things	size
15	green cardamom	5 nos
16	Black Cardamom	1 no
17	cloves are	5 numbers
18	Cinnamon	1 no
19	Bay leaf	1 no
20	small quantity nut meg	paper powder

recipe

- 1 Clean and skin the chicken and cut into 8 pieces.
- 2 Whisk the curd well and make a beat. Add chicken and salt to it and let it soak for half an hour (minimum).
- 3 Finely chop onion, tomato, garlic, ginger, green chillies and coriander leaves.
- 4 Preheat the oven to 350°C.
- 5 Heat ghee in a pan and add Garam masala. Then add onions and saute, then add ginger, garlic and green chillies.
- 6 Add tomatoes and little water and saute well until oil separates.
- 7 Add chicken and quarter cup of water and bring to a boil.
- 8 When the oil separates from the chicken, sprinkle fenugreek seeds, a little julienne ginger and coriander leaves and cover and cook.
- 9 Then dust the vessel with wheat flour, seal the vessel and bake it for 15 minutes. Serve hot with pulao and roti.

No.	required things	size
1	chicken	1 kg
2	Curd	250 grams
3	Salt	as needed
4	Ghee	100 g
5	onions	300 grams
6	Garlic	30 grams
7	Ginger	50 g
8	green chillies	6 nos
9	Turmeric powder	3 grams
10	Coriander powder	5 gm
11	Chilli powder	1 tbsp
12	tomatoes	100 grams
13	Kasturi Methi (Kasoori methi)	1 tsp
14	garam masala	5 gms

No.	Required Materials	Size
12	garlic	8 bulb

Chicken Pepper Fry (Fig 2)

Fig 2



No.	required things	size
1	chicken	1 kg
2	onions	3 nos
3	Curry leaves	2 bunches
4	Salt	as required
5	oil	4 tbsp
6	water	1 cup
	To be ground into a paste	
7	teaspoons of turmeric powder	
8	Chilli powder	1 tbsp
9	pepper	2 tbsp
10	cumin seeds	1 tbsp
11	Ginger	1 piece

recipe

- 1 Boil the cleaned and chopped chicken in a pan along with 1 cup of water and the ground paste.
- 2 Heat oil in a pan, add finely chopped onion and saute it and add curry leaves. Add to the chicken once it is fried well.
- 3 Add required amount of salt and saute for 5 minutes and serve hot.

Butter Chicken Masala (Fig 3)

Fig 3



No.	required things	size
1	chicken	800 g
2	Curd	1/2 cup
3	Ginger (finely chopped)	1 tbsp
4	Garlic (minced)	1 tbsp
5	garam masala	2 tbsp
6	Turmeric powder	1 tbsp
7	cumin powder	1 tbsp
8	Red chilli powder	1 tbsp
9	Salt	as required
	To make buttery gravy	
10	Olive oil	2 tbsp
11	Butter	2 tbsp
12	onions (finely chopped)	1 no
13	Ginger (finely chopped)	1 tbsp
14	Garlic (finely chopped)	1 tbsp
15	cumin powder	1 tbsp
16	Garam masala	1 tbsp
17	Coriander powder	1 tbsp
18	Tomatoes (Cancus)?	400 gms
19	Chilli powder	1 tbsp
20	Cream	1tbsp
21	teaspoons of	Kasturimethi
22	sugar	1 tablespoon
23	salt	as needed

recipe

- 1 Mix yogurt, ginger, garlic, garam masala, turmeric powder, cumin powder, chili powder, salt and chicken in a bowl and let it soak in the refrigerator for 1/2 hour to 12 hours.
- 2 Put the soaked marinated chicken in hot tandoori pot and cook it.
- 3 Melt ghee in another pan and saute onion till it is brown. Then add ginger and garlic and saute for 1 minute.
- 4 Add cumin, taniya, garammasala powder and saute well.
- 5 Then add tomatoes, chilli powder and salt and cook for 10---15 minutes.
- 6 Take it out and put it grind in a mixer to make a puree.
- 7 In a pan add sauce, cream, sugar, salt, fenugreek and chicken and simmer for 10 minutes.
- 8 Sprinkle finely chopped coriander leaves, add a little ghee and serve hot.

Tandoor Chicken (Fig 4)

Fig 4



No.	required things	size
1	chicken	1 kg
2	green chillies	20 grams
3	ginger	10 grams
4	garlic	10 grams
	Lemon	5 Nos
6	Salt (To prepare batter)	as required
7	Yogurt	390 ml.
8	Chilli powder	5 g
9	Kashmiri Chilli Powder	10 gms
10	Salad oil	15 ml.

recipe

- 1 Clean the chicken.
- 2 Add green chillies, ginger, garlic, curd, chilli powder and grind well.
- 3 In a bowl add the chicken, lemon juice, salt, oil, ground paste (make sure the paste) spread evenly on all sides of the chicken.
- 4 Refrigerate for at least 12 hours.
- 5 Then place the chicken on the tandoori wire and roast for 5---7 minutes.
- 6 Take out and grease with butter/oil and grate again.
- 7 Serve hot with mint chutney along with onions and lemon.

Chicken Chettinad Masala (Fig 5)

recipe

- 1 Add turmeric powder, chili powder, curd, ginger, garlic paste and chicken in a bowl and mix well and marinate.
- 2 To make Chettinad masala roast and grind all the ingredients into a paste.
- 3 Grind the 3 tomatoes to a puree.
- 4 Heat oil in a pan and add Bay leaves and onions and saute until golden brown.

- 5 Add chicken and saute for 5 minutes, then add tomato puree, turmeric powder, chilli powder, salt and stir well (Hill oil separates).
- 6 Add the grated Chetti Nadu paste to this and saute for 3 minutes.
- 7 Add required amount of water and boil. Once the chicken is cooked, sprinkle with coriander leaves and serve hot.

Fig 5



No.	required things	size
1	chicken	500 g
2	oil	2 tbsp
3	Onions (finely chopped)	1 cup
4	tomatoes (finely chopped)	2 cups
5	Curry leaves	1 bunch
6	Bay leaf leaves	1 no
	Marination	
1	turmeric powder	1 tbsp
2	chili powder	1 tbsp
3	curd	1 tbsp
4	ginger & garlic paste	1 tbsp
5	Salt	as needed
	Chettinad Masala (roast and grind all)	
1	cashew	8 count
2	grated coconut	1/2 cup
3	Coriander seed	1 tbsp
4	Anise	1 tbsp
5	cumin seeds	1 tbsp
6	teaspoons of pepper	
7	red chillies	6 nos
8	cardamom	4 count
9	cloves	5 count
10	bar	1 count

Honey Garlic sriracha chicken (Taiwan style) (Fig 6)

Fig 6



No.	required things	size
1	cup of honey tea	1/4 cup
2	siracha sauce	2 tbsp
3	Garlic (chopped)	1 tbsp
4	Vinegar	2 tbsp
5	Soya sauce	1 tbsp
6	lemon juice	1 tbsp
7	Chicken (leg/thigh) boneless	6 count
8	Oil	1 tbsp
9	Salt	as required
10	Powder	as required

recipe

- 1 Mix honey, siracha sauce, garlic, vinegar, soy sauce and lemon juice. Keep 4 table spoon of it separately.
- 2 Marinate 1 chicken pieces in this sauce (minimum 1/2 hour maximum 4 hours).
- 3 Add oil to a pan and fry the chicken pieces. After boiling well, pour the rest of the sauce and mix well.
- 4 Take the kept separately sauce small bowl.
- 5 Add the chicken and sauce and serve hot.

Creamy Garlic Chicken Breast (Fig 7)

Fig 7



recipe

- 1 Marinate the chicken with salt, garlic powder and pepper powder.

- 2 Take cheese and maida in a plate. Put the chicken breast in it and press well to make the dough stick to the chicken.
- 3 Heat oil in a pan and fry the chicken in it for 45 minutes.
- 4 Then in the same pan add onion and saute in the remaining oil.
- 5 Finely chop 6 out of 12 garlic cloves and saute along with chopped onion.
- 6 Add chicken stock and remaining garlic to it.
- 7 Keep on medium flame and add cream,
After 2-3 minutes add cheese. Then add salt and pepper.
- 8 Mix the chicken and sauce in a pan, sprinkle with finely chopped parsley and serve hot.

No.	required things	size
1	chicken breast	4 count
2	Maitamavu	4 tbsp
3	Cheese (grated)	4 tbsp
4	Salt as required	
5	Garlic powder	1 tbsp
6	teaspoons of Sauce	pepper powder
1	Aloe oil	5 tbsp
2	butter	2 tbsp
3	onions (finely chopped)	1 no
4	garlic	12 bulb
5	Chicken stock	1 cup
6	cream	1 cup
7	cups of cheese	(grated)
8	cups parsley tea	

Chicken With Mushroom sauce (Fig 8)

recipe

- 1 Clean the chicken, add salt and pepper powder and mix well (soak for 10 minutes)
- 2 Then melt butter in a pan and cook chicken in it for 5-6 minutes.
- 3 Then add butter in the same pan, add garlic and onions and saute well.
- 4 Add mushroom, thyme and chillies and saute. Once the mushrooms are well cooked, add a bowl of milk and flour to it.
- 5 Mix well and once the sauce thickens add the chicken breast and saute for 5-6 minutes.
- 6 Serve hot with garlic bread.

Fig 8



No.	required things	size
1	chicken (breast)	2 count
2	mushrooms (sliced)	2 cups
3	onions (finely chopped)	2 nos
4	garlic (finely chopped)	8 bulb
5	thyme	2 tbsp
6	chilies (powdered)	2 tbsp
7	Powder	2 tbsp
8	Milk	2 cups
9	Cornflour	4 tbsp
10	Butter	2 tbsp
11	Salt	as required

Roast Chicken (Fig 9)

Fig 9



recipe

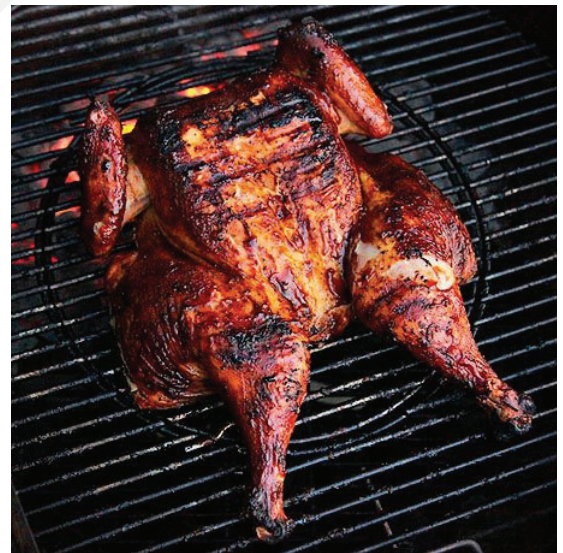
- 1 Pre-heat the oven to 220°C.
- 2 Add the butter, garlic, rosemary, parsley, lemon juice, salt and pepper and mix well in a bowl.
- 3 Place the chicken in the roasting pan and spread the butter mixture on all sides of the chicken. (Finally pour olive oil on top)

- 4 In the same pan add white wine, onion and garlic.
- 5 Cut and roast the chicken legs tied. (1 hour) at (180L).
- 6 Make sure the chicken is cooked. Remove the sauce from the pan.
- 7 Serve hot with bread sauce and roast gravy.

No.	required things	size
1	chicken (small chicken)	(weight 1 kg) 1 count
2	Olive oil	2 tbsp
3	lemons	1 count
4	rosemary	3 bunches
5	Salt & pepper	as needed
6	Butter	100 grams
7	Garlic	(finely chopped) 3
8	Parsley	1 tablespoon
9	White wine	1 cup
10	onions (slice)	1 count
11	garlic (slice)	1 bulb
12	Celery	1 no
13	League	1 no

Grilled Chicken (Fig 10)

Fig 10



recipe

- 1 Clean the chicken and wipe it dry. Season with salt and pepper and rub on all sides.
- 2 Add lemon juice, oil, oregano, thyme, garlic and all the spices (cumin, cumin, pepper powder) in a bowl.
- 3 Brush the top and inside of the chicken on all sides. Refrigerate for 2-4 hours.

- 4 Grill the chicken over direct flame on the grill. 45 minutes to 1 hour (blonde).
- 5 Once remove the chicken is fully grilled, till it become golden brown.
- 6 Serve hot with any sauce of your choice like barbecue sauce, mayonnaise sauce.

No.	required things	size
1	Olive oil	2 tbsp
2	lemons	Juice of 2
3	Oregano	1 tbsp
4	thyme	1 tbsp
5	Coriander powder	1 tbsp
6	Paprika	1 tbsp
7	teaspoons of	1/2
8	teaspoons of	1/2
9	teaspoons	of garlic
10	Chicken (small)	1 kg

Demonstrate poultry and game bird

Objective: At the end of this exercise you shall be able to

- explain about chicken and game bird.

Requirements**Tools/Instruments**

- Knife
- Cutting board
- Trays

Cuts of Game bird**Cuts of Quail (Fig 1)**

Fig 1

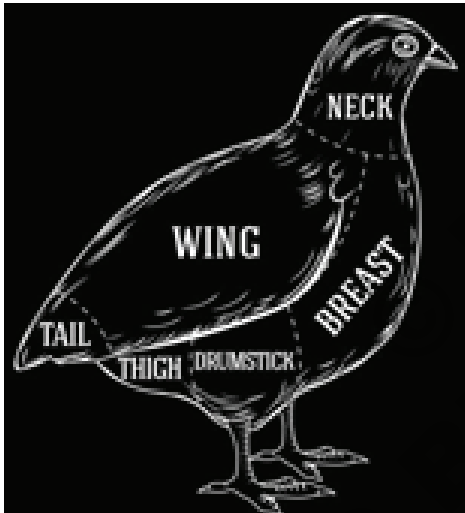
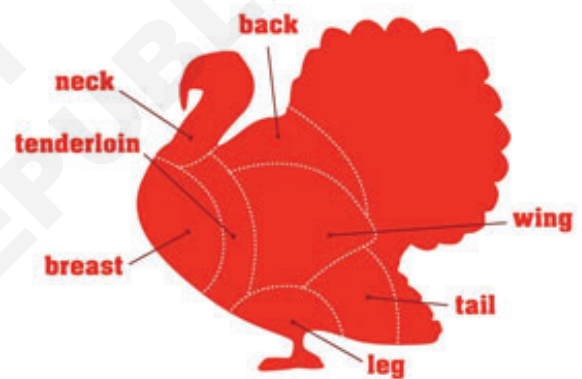
**Cuts of Turkey (Fig 2)**

Fig 2



Practice preparation of the following: Sandwiches -10 varieties and canapés - 10 varieties

Objective: At the end of this exercise you shall be able to

- sandwiches can be taken as breakfast and evening snacks. Practice grilling, plain and tasting sandwiches
- canape's are eaten in one go with two fingers.

Requirements

Tools/Instruments

- Spoons, wooden spoon
- Roles
- Cutting board
- Knife/ pallet knife

Equipment & Machines

- Salamandar Griller
- Sandwich Toaster/Griller

1 Sandwich

Vegetable Sandwich

Fig 1



Sl.No	Required things	Quantity
1	Bread	2 nos
2	Butter	1 tablespoon
3	Mayonnaise	5 grams
4	Onion	2 nos
5	Cucumber	4 nos
6	Tomato	4 nos
7	Salt & Pepper	As much needed
8	Lettuce leaves	1 Bundle

Recipe

- 1 Wash onion, tomato and cucumber and cut into slices.
- 2 Mix the butter until it becomes creamy.
- 3 Butter a portion of the bread. Layer the chopped vegetables on top of the lettuce leaves.
- 4 Add mayonnaise sauce and salt and pepper powder to another bread.

- 5 Place on top of each other and cut into two pieces and serve with tomato sauce.

Veg and Cheese Sandwich

Fig 2



Sl.No	Required things	Quantity
1	Bread	4 nos
2	Sliced cheese	3 slice
3	Tomato	1 nos
4	Carrot	1 nos
5	onion	1 nos
6	Pepper powder	1 tablespoon
7	salt	As required
8	Butter	2 tablespoon
9	Cucumber	1 nos
10	Lettuce leaves	1 bunch

Recipe

- 1 Clean and finely chop the vegetables. Take one ball and add salt and pepper powder and mix well.
- 2 Spread butter on one side of the bread and top with lettuce and vegetables.
- 3 Place the cheese slices on another bread and place them on top of each other.

- 4 Melt the butter in a pan, place the sandwich in it and fry until golden brown.
- 5 Serve on medium heat.

Veg (club sandwich)

Fig 3



Sl.NO	Required things	Quantity
1	Cabbage (cut length wise)	2 cup
2	Capsicum (slices)	1 cup
3	Carrot (cut length wise)	1 cup
4	Mayonnaise	1 tablespoon
5	Pepper powder	1 tablespoon
For sandwich		
1	White bread	1 nos
2	Tomato ketchup	2 tablespoon
3	Onion slice	1 nos
4	Cucumber slice	1 nos
5	Tomato slice	1 nos
6	Cabbage (cut length wise)	As required
7	Mayonnaise	1 tablespoon
8	Lettuce leaves	1 bunch

Recipe (for stuffing)

- 1 Clean the vegetables and cut them as needed. Add them in a bowl with the cabbage, carrots, chilies, mayonnaise, salt and pepper powder.

Recipe (for sandwich)

- 1 Take three slices of bread.
- 2 Toast the bread in a bread toaster.
- 3 Spread tomato ketchup evenly over this bread.
- 4 Place the lettuce on a piece of bread, add the stuffing, and place the cucumber on top.
- 5 Place another lettuce bread on top and on top stuffing.
- 6 Add tomatoes and cabbage on top.
- 7 Spread mayonnaise on another piece of bread.
- 8 There should be three layers stacked on top of each other.
- 9 Cut into two pieces and serve in triangle shape.

Grilled Cheese Sandwich

Fig 4



Sl.No	Required things	Quantity
1	Brown Bread	8 nos
2	Cheese slice	4 nos
3	Butter	6 tablespoons
4	Salt	As required
5	Pepper powder	As required

Recipe

- 1 Melt the butter in a pan.
- 2 Fry the bread in it until it is golden brown.
- 3 Put the cheese in the middle of one bread and cover with another bread.
- 4 Heat it in the grill for a while (to melt the cheese).
- 5 Serve hot.

Egg Sandwich

Fig 1



Recipe

- 1 Boiled egg, chop it into fine pieces and mix it with mayonnaise, mustard cream, salt and pepper powder.
- 2 Butter a piece of bread and spread the egg mixture on top.
- 3 Butter another piece of bread and cover it.
- 4 Toast on the grill and serve hot.

Sl.NO	Required things	Quantity
1	Eggs	6 nos
2	Water	As required
3	Butter	6 tablespoon
4	Mayonnaise	½ cup
5	Mustard & cream seed	1 tablespoon
6	Salt	As required
7	Pepper powder	½ tablespoon
8	Bread slices	12 nos

Grilled Fish Sandwiches

Fig 6



Sl.NO	Required things	Quantity
1	Butter	1 tablespoon
2	Creole seasoning	1 tablespoon
3	Fish slice	2 nos
4	Paprika powder	½ tablespoon
5	Vegetable oil	2 tablespoon
6	French rolls	2 nos
7	Romania lettuce	6 leaves
8	Tomato	4 slices
9	Remoulade sauce	2 tablespoon
10	Salt	As required

Recipe

- 1 Melt the butter in a pan and add the Creole seasoning and paprika powder.
- 2 Add fish (slice) to it and fry until it is golden brown.
- 3 Split the rolls in half, butter one half and top with lettuce and tomato.
- 4 Place the grilled fish on the other side and pour the remoulade sauce over it.
- 5 Grill by placing on a griller, then cut into two pieces and serve hot.

Chicken sandwich

Fig 7



Recipe

- 1 Cut the cooked (skinless and boneless) chicken lengthwise. Add mayonnaise and salt and pepper to it and mix well.
- 2 Put this mixture on a bread.
- 3 Finely chop the chillies and lettuce and place on top of another piece of bread.
- 4 Spread mayonnaise on another piece of bread, stack one on top of the other, and cut into two triangles.
- 5 Serve with tomato ketchup.

Sl.No	Required things	Quantity
1	Chicken (boiled)	1 cup
2	Mayonnaise	4 tablespoon
3	Pepper powder	1 tablespoon
4	Bread	3 nos
5	Capsicum	1 nos
6	Lettuce	1 nos
7	Salt	As required

Cheese and Chicken Grill Sandwich

Fig 8



SI.NO	Required things	Quantity
1	Chicken boiled	250 grams
2	Spread cheese	2 tablespoon
3	Mayonnaise	5 tablespoon
4	Cream cheese	2 tablespoon
5	Pepper powder	½ tablespoon
6	Oregano	½ tablespoon
7	Salt	As required
8	Bread slice	4 nos
9	Garlic powder	½ tablespoon

Recipe

- 1 Cut the chicken lengthwise into strips to be cooked faster. Add salt, pepper powder, garlic powder, mayonnaise, oregano and mix well.
- 2 Add cream cheese to it and bring it like a cream mixer.
- 3 Spread the grated cheese evenly over the bread slices.
- 4 Spread the chicken mixture evenly over each bread slice and stack on top of each other.
- 5 Place on grill and grill and serve hot with tomato ketchup.

Cucumber Sandwich



SI.NO	Required things	Quantity
1	Cucumber	1 no
2	Butter	3 tablespoons
3	Bread	4 nos slices
4	Salt	As required
5	Pepper powder	1 tablespoon
6	Green chilli	1 nos
7	Lettuce leaves	1 bunch

Recipe

- 1 Spread butter evenly over the slice of bread.
- 2 Cut the cucumber into very thin slices and arrange the lettuce leaves on the bread.
- 3 Sprinkle finely chopped green chillies, salt and pepper over it.
- 4 Stack one on top of the other and serve in two triangles. Add tomato ketchup.

Bombay Toast sandwich

Fig 10



SI.No	Requirement things	Quantity
1	Bread slices	12 nos
2	Potato (Boiled)	1.5 cup
3	Curry leaves	5-6 nos
4	Chopped chillies	1 nos
5	Mustard	1 tablespoon
6	Oil	2 tablespoon
7	Turmeric powder	1 tablespoon
8	Coriander leaf finely chopped	2 tablespoon
9	Chat masala	1 tablespoon
10	Salt	As required
11	Tomato (slice)	1 nos
12	Onion (slice)	1 nos
13	Capsicum (slice)	1 nos
14	Mint chutney	0.5 cup
15	Cheese (grated)	1 cup
16	Butter	As required

Recipe

- 1 Heat oil in a pan, fry mustard seeds and then add chopped curry leaves and green chillies.
- 2 Add mashed potato, turmeric powder, salt, chatmasala and mix well.
- 3 Then sprinkle finely chopped coriander leaves.
- 4 Butter the bread and spread the mint chutney evenly.
- 5 Take the potato mixture on top of it, then add onions, tomatoes and chillies.
- 6 Add grated cheese on top. Spread mint chutney on another bread slice and place on top of the sandwich.
- 7 Brush the top with butter and place in the salamander grill until it becomes golden brown.
- 8 Cut into two triangular pieces and serve.

2 Canapes

Cheese and Chilli Hot Canapes

Recipe

- 1 Pre heat the oven ground (oven) to 180°.

- Add cream cheese, green chilies, red chilies, onion, green chilies, salt and mix well.
- Arrange the creme caramels/bread on a baking tray. Top it with the cream cheese mixture and top with some grated cheese.
- Bake until the cheese melts in it.
- Arrange on (serving tray/plate), sprinkle with coriander leaves and serve hot.

Fig 11



Sl.No	Required things	Quantity
1	Cream crackers	8 nos
2	Cream cheese	5 tablespoon
3	Green capsicum (finely chopped)	1 tablespoon
4	Red capsicum (finely chopped)	1 tablespoon
5	Onion (finely chopped)	1 tablespoon
6	Chillies (finally chopped)	1 tablespoon
7	Coriander leaf finely chopped	½ tablespoon
8	Salt	As required
9	Cheese grated	As required

Cheese and Garlic Canapes

Fig 12



Recipe

- Add garlic herbs cheese, tomatoes, cheese, chilli flakes, pita chips and mix well.
- Cut the French roll into slices.

- Spread the cheese mixture evenly over it, top with a very thinly sliced cucumber and pipe bread with a little more of the cheese mixture on top.
- Crumble pita chips and sprinkle on top and serve.

Sl.No	Required things	Quantity
1	Garlic Herb Cheese	8 nos
2	Tomato (finely chopped)	2 nos
3	Chives (finely chopped)	2 tablespoon
4	Chilli flakes	½ tablespoon
5	French Loaf	1 nos
6	Slice cucumber very thinly	1 nos
7	Pitachips	As required

Recipe (Tomato & Cheese Canapes)

Fig 20



Sl.No	Required things	Quantity
1	Cheese (cheddar) slice	Cut into 6 thin slices
2	Wheat crackers (Large)	12 nos
3	Basil leaves (small)	12 nos
4	Tomato (cherry tomato)	6 nos

- Cut the cheese as per wheat crackers (round/square shape).
- Top 2 wheat characters, top with cheese and cherry tomatoes and serve with basil leaves.

Corn Canapes

Fig 13



SI.NO	Required things	Quantity
1	Corn	2 cups
2	Wheat crackers Curse/Bread slice	5 nos
3	Jalapeno	2 nos
4	Onion (finely chopped)	1 cup
5	Green olive	4 nos
6	Black olive	4 nos
7	Lettuce	8 leaves
8	Tomato ketchup	2 tablespoon
9	Pepper powder	1 tablespoon
10	Red capsicum (finely chopped)	1 nos
11	Oil	50 ml
12	Parsley (finely chopped)	1 tablespoon

Recipe

- 1 Mix corn, Jalapeno, tomato ketchup, salt, pepper, onion, black and green onions together.
- 2 Heat oil in a pan and fry the cannabiss in it.
- 3 Place the lettuce leaves on top of the canapes and top with the corn mixture.
- 4 Garnish with red chilli parsley leaves and serve.

Fruit Canapes

Fig 14



SI.No	Required things	Quantity
1	Biscuit (unibic)	12 nos
2	Cream	½ cup
3	Orange	2 nos
4	Apple	1 nos
5	Banana	1nos
6	Pomegranate	1 nos
7	Mango	1 nos
8	Chocolate syrup	2 tablespoon

Recipe

- 1 Clean all the fruits. Slice the apple, banana and mango.

- 2 Peel oranges and pomegranates.
- 3 Arrange the biscuits and layer the apples, bananas, mangoes and oranges on top of each other.
- 4 Whip the cream into a piping bag and pipe over the fruit.
- 5 Garnish with pomegranate and chocolate and serve.

Vegetable Canapes

Fig 15



SI.NO	Required things	Quantity
1	Canapes	12 cups
2	Capsicum	½ nos
3	Corn	1 cup
4	Onion (finely chopped)	1 nos
5	Tomato (finely chopped)	1 nos
6	Mayonnaise	1 tablespoon
7	Pizza paste sauce	1 tablespoon
8	Chilly powder	1 tablespoon
9	Oregano	1 tablespoon
10	Salt	As required
11	Cheese grated	1 cup

Recipe

- 1 Chop all the vegetables finely and mix them with mayonnaise, sauce and cheese.
- 2 Add 2 chilli flakes, oregano and salt.
- 3 Place this mixture on the canapes. Put grated cheese on it.
- 4 Microwave for 1 minute 30 seconds and serve.

Chat Canapes

Fig 16



Sl.NO	Required things	Quantity
1	Canapes Cup (Salt Biscuits/Bread Slices)	4 nos
2	Green gram (sprouted)	1/4 cup
3	Black channa (sprouted)	1/4 cup
4	Onion (finely chopped)	1 tablespoon
5	Tomato (finely chopped)	1 tablespoon
6	Mint chutney	1 tablespoon
7	Sour Chutney	1 tablespoon
8	Chat masala	1tablespoon
9	Chilly powder	½ tablespoon
10	Omapodi	½ tablespoon

Recipe

- 1 Boil both green gram and black chickpeas for 2 minutes.
- 2 Mix the boiled lentils, chickpeas, onions, tomatoes, mint chutney, sour chutney, chilli powder, chat masala well.
- 3 Serve this mixture like canapes and sprinkle omapodi on top.

Egg Canapes

Fig 17



Sl.No	Required things	Quantity
1	French loaf	2 nos
2	Cheese (cream)	500 grams
3	Butter	450 grams
4	Garlic (finely chopped)	½ cup
5	Parsley (finely chopped)	½ cup
6	Egg	2 nos

Recipe

- 1 On a baking tray, mold and arrange the French Loaf.
- 2 Boil 2 eggs, peel and grate them.
- 3 In a bowl add butter, garlic, parsley, finely chopped egg and mix like a cream.
- 4 Slice the French Loaf, top with the sauce and serve.

Salt biscuit chicken canapes

Fig 18



Sl.NO	Required things	Quantity
1	Chicken (boiled)	450 grams
2	Spring onion (finely chopped)	3 nos
3	Coriander leaf finely chopped	2 tablespoon
4	Mayonnaise	6 tablespoon
5	Green chilly	4 nos
6	Hot sauce	2 tablespoon
7	Salt	As required
8	Monaco Biscuit	10 nos

Recipe

- 1 In a bowl, mix the boiled (boneless) chicken, mayonnaise, spring onion, coriander leaves, green chillies, hot sauce and salt well and grind them in a mixer.
- 2 Arrange biscuits in a row and top with this chicken mixture sprinkled with some coriander leaves and a drizzle of tomato ketchup and serve.

Mushroom Canapes

Fig 19



Sl.NO	Required things	Quantity
1	Butter	2 tablespoon
2	Mushroom (finely chopped)	8 nos
3	Cheese cream	100 ml
4	White wine	1 tablespoon
5	Lemon juice	1 tablespoon
6	Garlic powder	¼ tablespoon
7	Hot sauce	¼ tablespoon
8	Bread slice (white)	1 nos
9	Mushroom (boiled) to garnish	As required
10	Parsley leaves	As required
11	Salt	As required

Recipe

- 1 Melt the butter in a pan. Sauce the mushroom well in it, then mix cheese cream, white wine, lemon juice, garlic powder, hot sauce and salt.
- 2 Cut the bread slice into small round shape circles.
- 3 Top with the mushroom mixture, a slice of the cooked mushroom and a sprinkling of parsley.

Prepare and practice various type of bread and bread rolls

Objective: At the end of this exercise you shall be able to

- practice preparing sweet bread and salty / sandwich bread.

Cuts of Game bird

Requirements	
Tools/Instruments <ul style="list-style-type: none"> • Bread Mould • Baking tray / Pan • Bread cutter • Sieve 	Equipment/Machines <ul style="list-style-type: none"> • Baking Oven / Weight scale • Cake Mixer / Planetary mixer Materials <ul style="list-style-type: none"> • Gloves

Cuts of Quail (Fig 1)

Recipe

Fig 1



Required things	Sweet bread / rolls	Salt bread / rolls
1 Maida flour	1 kg	1 kg
2 Salt	20grams	20grams
3 Sugar	250 grams	50 grams
4 Butter/ Margarine	100 grams	50 grams
5 Water/ milk	450-500ml	450-500ml
6 Gluten	10 grams	10 grams
7 Bread improver	5 grams	5 grams
8 Yeast	10 grams	20 grams
9 Vanilla powder if needed	10 grams	10 grams

- 1 First sift maida flour in a sieve.
- 2 Then mix the yeast in 50 ml of lukewarm water with a tablespoon of sugar. (This will allow the yeast to grow)

- 3 Place the dough on the work table. Make a well in the middle and add salt, sugar, yeast, gluten, butter and yeast, Improver mixture to it and dissolve it, Then add required amount of water to the flour and knead a smooth dough.

(When using a dough kneading machine flour mixer, mix all the ingredients in a mixing bowl.)

- 4 Leave the kneaded dough to rise for half an hour to an hour with a damp cloth. At this stage both yeast and sugar ferment together with water.
- 5 Then the fermented dough should be knocked back. Knockback is made from dough. Carbon dioxide creates large voids, which can be repaired by a single kneading method.
- 6 Then keep this dough ready in shape. Place in a deep mold and let it ferment.
- 7 When the dough has doubled in size, cover and bake in a preheated oven at 200°C for 25-30 minutes.
- 8 After baking well, take the breads out of the mould and keep them in a cooling chamber until the heat is completely gone.
- 9 Then make the bread using a bread slicer or bread knife. Keep in sachet and use as needed.

Note:

The same procedure should be followed for both sweet bread and salt bread.

Prepare and practice of Bread rolls

Dinner Rolls / Fancy rolls

Recipe

- 1 Cut the bread dough into small pieces weighing 20-30 grams and roll them.
- 2 Then roll lengthwise like twisting and assorted shaping in different ways.

- 3 Spread on a baking sheet and brush with beaten egg, then leave for 30—35 minutes until the dough has doubled in size.
- 4 Then sprinkle sesame seeds on them and bake for 10-15 minutes in a hot oven at 210°C.
- 5 After baking, brush the top with oil (so that the top of the rise is golden brown).
- 6 Let it cool and serve.

Bread Rolls - Danish Pasting / SweetBuns / Croissant

Fig 2



Sl.NO	Required things	Quantity
1	Salt bread flour	½ kg
2	Black/ white sesame	20 grams
3	Egg (if needed)	1 nos

Recipe

- 1 Roll the sweet bread dough flat and spread butter on top twice.
- 2 Then chill it in the fridge for 4—5 hours.
- 3 Then take out and book fold that dough.
- 4 Then cut them into different shapes and then roll them.
- 5 Then after it becomes good, bake it for 10-15 minutes at 210 degree Celsius.
- 6 Cool well and serve rub and roll into a crab shape. Rub in this pattern.

Bread Rolls - Danish Pasting / SweetBuns / Croissant

Fig 3



Sl.No	Required things	Quantity
1	Sweet Bread dough	½ kg
2	Butter	200grams
3	Filling(Nuts,Custard sauce)	100grams
4	Egg	1-2 nos

Recipe

- 1 Roll the sweet bread dough flat and spread butter on top twice.
- 2 Then chill it in the fridge for 4—5 hours.
- 3 Then take out and book fold that dough.
- 4 Then cut them into different shapes and then roll them.
- 5 Then after it becomes good, bake it for 10-15 minutes at 210 degree Celsius.
- 6 Cool well and serve rub and roll into a crab shape. Rub in this pattern.

Fig 4



Prepare soup sticks/ garlic breads/ cheese sticks

Objective: At the end of this exercise you shall be able to

- preparation of Soup Stick / Garlic Bread / Cheese Stick.

Requirements

Tools/Instruments

- Bowl / Basin
- Baking tray
- Siever
- Vessel

- Brush

Equipment/Machines

- Baking Oven
- Dough

Soup stick

Fig 1



Sl.No	Required things	Quantity
1	Salt Bread Dough	½ kg
2	Poppy seeds	25grams

Recipe

- 1 Prepare the bread dough following the bread dough method.
- 2 Cut 10-20 grams of dough into small balls.
- 3 Roll and leave for raising these balls long.
- 4 After the soup stick is done, bake it for 5-10 minutes in a 200 degree oven.
- 5 Let the cooked soup stick cool down well and then bake it in a 180-200 degree Celsius oven until the moisture is completely removed and it becomes rusk.
- 6 Serve with soup.

Garlic Bread

Recipe

- 1 Prepare the bread dough following the recipe below.
- 2 Divide the dough to 300-400 grams and roll it into balls.

- 3 Roll the dough into a ball and place it on a baking tray and let it rise.
- 4 After 4 rising, crack the top (like this, by cracking the top, the bread will get rid of excess CO₂ (carbon dioxide gas) during baking).
- 5 After rising completely, bake them at 180°C for 20-25 minutes.
- 6 After baking, cool well and serve.

Fig 2



Sl.No	Required things	Quantity
1	Fluffed bread flour	½ kg
2	Garlic finely chopped	100grams

Cheese Sticks

Fig 3



Sl.NO	Required things	Quantity
1	Salt bread flour	½ kg
2	Butter	100 grams
3	Grated cheese (cheddar/mozzarella)	250grams
4	Pepper powder	25 grams

Recipe

- 1 Roll the bread dough into flat sheets.
- 2 Spread softened butter on top.

- 3 Then sprinkle grated cheese on top with pepper powder.
- 4 It should rise well.
- 5 After the rising place the cheese dough, bake in the oven and bake at 200°C for 20-25 minutes until the cheese is melted and becomes golden brown.
- 6 Cut it into small pieces like sticks.
- 7 Serve hot.

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Prepare and practice of: Pastries, jam tart, lemon tart, swiss roll, puffpastries/vegetables, patties, cookies and cakes

Objective: At the end of this exercise you shall be able to

• **prepare making the following dishes**

- pasteries
- jam tart
- lemon tart
- swiss roll
- puff
- pasteries / vegetable
- patties
- cookies
- cakes

Requirements

Tools/Instruments

- Cake stand
- Cookie cutter
- Tart mould
- Cake mould

- Baking tray
- Weight scale

Equipment/Machines

- Cake mixer
- Refrigerator

Pasteries

Fig 1



Sl.NO	Required things	Quantity
1	Egg	9 nos
2	Sugar	300grams
3	Maida flour	250grams
4	Baking powder	15grams
5	Vanilla essence	30ml
6	Oil	100ml
7	Cake gel (if needed)	25grams
8	Whipped Cream	400ml
9	Sugar syrup	As required

recipe

- 1 First beat the egg and the sugar well so that the sugar is completely dissolved.
- 2 Add baking powder and maida flour to this mixture and mix gently.

- 3 Then add essence and oil and prepare it into smooth dough without thickening.
- 4 Pour this mixture into a greased baking tin or mold and bake at 200°C for 20 to 30 minutes.
- 5 After baking take it out of the mould and cool it completely.
- 6 Then cut the cake crosswise into three pieces.
- 7 Place the first layer of the cut cake piece on the cake decoration stand and spread the sugar mixture on it and spread the whipped cream on it.
- 8 Then place the 2nd layer cake piece and spread the sugar mixture and again spread the whipped cream.
- 9 Then put the 3rd layer cake piece and rub the sugar mixture over it and spread whipped cream all over the cake Cut into small squares and serve chilled.

Jam Tart

Fig 2



Sl.No	Required things	Quantity
1	Butter	80 grams
2	Maida flour	150 grams
3	Icing sugar	30 grams
4	Vanilla essence	1 tsp.
5	Egg	1 nos
6	Salt	A little bit

Recipe

- 1 Mix both the butter and icing sugar in a bowl.
- 2 Add egg to this and mix.
- 3 Sift maida flour with baking powder and salt and knead it into the above mixture.
- 4 Then keep this flour mixture in the refrigerator until it becomes firm.

Take a small ball of dough and roll it gently and place it in the tart mould and gently press it.

- 5 Place these in a 200 Celsius oven and do blind baking
- 6 Cool the baked tart gel.
- 7 Pour jam inside it and garnish with cream and serve.

Lemon Tart

Fig 3



Sl.No	Required things	Quantity
1	Butter	80 grams
2	Maida flour	150grams
3	Icing sugar	80 grams
4	Vanilla essence	1tsp
5	Egg	1 nos
6	Salt	A pinch
Filling		
1	Sugar	80 grams
2	Corn flour	20 grams
3	Maida flour	10 grams
4	Salt	5 grams
5	Yellow egg yolk	1 nos
6	Butter	30 grams

7	Lemon juice	1 tsp.
8	Lemon peel (grated)	A pinch
Topping		
1	Sugar	60 grams
2	Corn flour	10 gram
3	Maida flour	10 gram
4	Salt	As required
5	Yellow egg yolk	1 nos
6	Butter	25 gram
7	Lemon juice	1 tsp.
8	Lemon peel (grated)	A pinch
Topping		
1	Cream	100ml
2	Sugar	Gram
3	Vanilla	1tsp.

Recipe

- 1 First prepare the dough. Refrigerate until firm.
- 2 Roll small balls of dough into a tart mould and press gently.
- 3 Place these in a 200 degree oven and keep baking.
- 4 In a sauce pan, add sugar, corn flour, maida flour and salt, add 1 cup of water and boil everything for 1 minute and remove from heat.

Mix the egg yolk slowly with this and return it to the flame and carefully add the butter, lemon juice and grated rind and cook till it thickens. After cooking reduce the heat and keep it in the refrigerator for 3p4 hours.

- 5 Add the cream, sugar and vanilla essence and whisk until it becomes thick.
- 6 Pour into a well-chilled tart gel and spread the cream mixture over it.
- 7 Garnish with berries such as strawberries and roseberry and serve.

Swiss Roll

Fig 4



SI.NO	Required things	Quantity
1	Prepared vanilla sponge cake	500 gram
2	Whipping Cream	100 gram
3	Jam	100 gram
4	Sugar syrup	As required

Recipe

- 1 Make the prepared vanilla sponge cake into long shapes.
- 2 Place it on a butter paper or baking sheet.
- 3 Sprinkle sugar water over. Then top it with jam and whipping and spread it evenly.
- 4 Carefully roll and wrap in butter paper and place in the refrigerator.
- 5 Cool well and then cut into pieces and serve.

Plain Puffs

Fig 5



SI.NO	Required things	Quantity
1	Maida flour	1kg
2	Water (cool water better)	450-500 ml
3	Sugar	50 gram
4	Salt	20gram
5	Butter /margarine	50gram
6	Butter /margarine (To fill inside for folding)	450 gram

Recipe

- 1 First knead the dough with maida flour, salt, sugar, margarine/butter and cold water.
- 2 Flatten the dough and put the margarine inside and fold it in
Roll and fold 2 to 3 times. This will create multiple layers of dough.
- 3 Chill well in the fridge then roll them up as thick as you like and fold them inside as needed and stack them in the baking tray.
- 4 Bake them in a 200C Celsius oven for 35p45 minutes until golden brown. Serve hot

Puffs Pastries/Vegetables

Fig 6



SI.NO	Required things	Quantity
1	Puff pastry dough	500grams
2	Chopped Onion	150gram
3	Green chilly	10gram
4	Chilly powder	15 gram
5	Boiled potato	200 gram
6	Boiled Peas / Chickpeas	100 gram
7	Oil	100ml
8	Garam masala	5gram
9	Salt	As required
10	Chopped coriander leaves	10 grams
11	Ginger garlic paste	15gram
12	Turmeric powder	5gram

Recipe

- 1 Heat oil in a pan and add chopped onions and green chillies and saute them.
- 2 After sauteing well, add ginger and garlic paste and saute.
- 3 Add turmeric powder, chili powder, garam masala and saute well
- 4 Then add salt, boiled potato and fry well.
- 5 Roll the puff pastry sheet flat and cut it into squares of equal size and fold the prepared filling over it and place it on a baking tray and give it a milk wash/egg wash.
- 6 Bake them for 30-40 minutes in a hot oven at 200C Celsius. Serve hot

Chicken Patties

SI.NO	Required things	Quantity
1	Chicken mince	250gram
2	Chopped Onion	50gram
3	Egg	1

4	Pepper powder	10 gram
5	Dry herbal powder	3gram
6	Maida flour	50 gram
7	Salt	As required
8	Oil	100ml
9	Chopped garlic	30gram

Fig 7



recipe

- 1 Mix chicken meat, eggs, garlic, pepper powder, carrot powder and salt in a bowl.
- 2 Take maida flour in a bowl. Take a handful of the prepared mixture and mix it in the flour and prepare the patties in a flat round shape.
- 3 Heat a heavy bottomed tawa / dosa tawa and add oil to it.
- 4 After the oil is hot, fry the patties until golden brown on both sides.
- 5 Swap it with burgers, sandwiches and chats.

Cake

Recipe

- 1 Add butter to 1 cake flour mixer.
- 2 Attach the bowl to the machine and grind it.
- 3 When the butter is soft, mix in the sugar and process until they are completely dissolved.
- 4 Add the eggs one after the other to the mixture and mix it patiently for 5 to 10 minutes.

- 5 After adding the eggs completely, add the maida and baking powder to the water and gently mix together.
- 6 Then mix with vanilla essence and pour into the cake mold and bake at 180C for 30p40 minutes.

(Cake flour) is the base with which different flavors, color essences, fillers can be added to make different types of cakes)

Fig 8



SI.NO	Required things	Quantity
1	Maida flour	1kg ½
2	Sugar	1kg ½
3	Butter /margarine	1kg ½
4	Vanilla essence	50ml /25ml
5	Baking powder	25g/12
6	Egg	12nos/11nos

Cookies

Fig 9



SI.NO	Required things	Quantity
1	Maida flour	1kg/ ½
2	Icing sugar	800g/400
3	Vanilla powder	50g/25
4	Butter /margarine	1/2kg /750
5	Egg (if needed)	1
6	Salt	5
7	Baking powder	2

Recipe

- 1 In a flour mixer (add egg, butter and mix it. Add icing sugar, vanilla essence / powder and mix it.
- 2 Add maida flour to baking powder and mix (carefully mix)
- 3 Once the cookie dough is ready, refrigerate for at least 1 hour. Then roll them into small balls and place them on a baking tray.
- 4 Bake very carefully for 15-20 minutes in a 160C - 180C oven.
- 5 Once the baking is nicely golden then take it out and cool it and serve it with coffee and tea.

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Identify pasta and prepare farinaceous dishes - spaghetti (2 varieties), marconi (2 varieties) and penne (2 varieties)

Objectives: At the end of this exercise you shall be able to

- knowing how to do spaghetti
- learning to make macaroni
- knowing how to do penno

Requirements

Tools/Instruments

- Cutting board
- Knife
- Mixing bowl
- Cooking ware
- Fry pan
- Pasta strainer

- Spoon
- Vessel, Casserole dish

Equipment/Machines

- Cooking stoves
- Salamander

Pasta & Prepare farinaceous Dishes (Fig 1)

- 1 Spaghetti - 2 Types
 - i Spaghetti Napolitana

Fig 1



Recipe

- 1 Put the required amount of water in a wide vessel and boil it, add a little olive oil and put the Spaghetti in it, put the lid on it and keep it for 7 to 10 minutes. Stove should be turned off. Then filter and take the spaghetti separately.
- 2 Heat oil in a fry pan and fry finely chopped garlic. Boiled and chopped tomatoes should be added with salt and boiled. Add basil leaves and cook on low heat, add boiled spaghetti to casserole dish, mix gently, add mozzarella cheese, mix, add Carnegie parmesan cheese and serve hot.

Tools & Equipments

- Cutting Board - 1 No.
- Chef knife - 1 No.
- Peeler - 1 No.
- Cooking vessel with top - 1 No.
- Fry pan - 1 No.
- Pasta strainer - 1 No.
- Laddle - 1 No.
- Salamander/OTG - 1 No.
- Cooking range - 1 No.

Sl.No	Required things	Quantity
1	Spaghetti	500/gram
2	Olive oil	75/ml
3	Garlic	2 Nos.
4	Blanched Chopped Tomatoes	600 gram
5	Basil	A little bit
6	Mozzarella cheese	150 gram
7	Parmesan cheese (for decoration)	20 gram
8	Herbs Mixture	5 Gram

Spaghetti Carbonara (Fig 2)

Fig 2



SI.No	Required things	Quantity
1	Spaghetti	500 gram
2	Garlic	25 gram
3	Olive oil	7.5ml
4	Cream	100ml
5	Egg (yellow)	1
6	Parmesan cheese	100ml
7	Parsley	1nos
8	Bacon	50 gram
9	Herbal mix	5 gram

Recipe

- 1 Boil the required amount of water in a pot, add a little oil, cover the spaghetti and boil it. Once it is cooked, filter the spaghetti.
- 2 Then add a little olive oil to the fry pan and saute a little chopped garlic, mix the Spaghetti and toss it (egg cream and the mixture already mixed in it), add the required amount of spices, mix it with cheese and serve it immediately.

2 Macroni - 2 types

i Baked Macroni (Fig 3)

Fig 3



SI.No.	Required things	Quantity
1	Macroni	100 grams
2	Butter	30 gram
3	Maida flour	30 gram
4	Milk	300ml
5	Crushed pepper	5 gram
6	Nutmeg powder	½ tsp
7	Grated cheese mixture (Cheddar, Mozzarella, Gouda, Parmesan mix)	30grams
8	Salt	5 gram
9	Bread crumbs	25gram

Recipe

- 1 Boil the macaroni, drain and cool well.
- 2 Heat butter in a fry pan and when the butter melts add maida flour and saute to prepare white roux.
- 3 Add the milk at medium heat to the mixture and mix well with a whisk without any lumps.
- 4 Stir in the salt, pepper, nutmeg, remaining grated cheese mixture and the cooked macaroni.
- 5 Butter a casserole dish and pour the mixture into it, sprinkle the remaining grated cheese and breadcrumbs and gratinate in the salamander / oven until the top turns golden brown.

6 Serve hot.

Tools & Equipments

- Cutting Board - 1 No.
- Chef knife - 1 No.
- Mxing bowl - 1 No.
- Cooking vessel with tap - 1 No.
- Fry pan - 1 No.
- Pasta strainer - 1 No.
- Laddle - 1 No.
- Salamander - 1 No.
- Stove - 1 No.

ii Macroni Milanaise (Fig 4)

Fig 4



Sl.No.	Required things	Quantity
1	Macroni	250grams
2	Ham	50grams
3	Mushroom	25gram
4	Tomato puree	100gram
5	Madeira wine	2tsp
6	parmesan cheese	50g
7	Butter	30g
8	Nutmeg powder	½ tsp
9	Salt	10g
10	Pepper powder	5g
11	Garlic	25g
12	Parsley	1

Recipe

- 1 Boil water in a pot, add macaroni and bring to a boil. Then take the macaroni out of the strainer
- 2 Heat a fry pan in the oven and add butter and saute garlic, pork, mushroom, pepper powder macaroni, add nutmeg and salt. Then add Madeira wine. Finally add cheese and serve hot. Add finely chopped parsley to garnish.

Tools & Equipments

- Cutting Board - 1 No.
- Chef knife - 1 No.
- Peeler - 1 No.
- Cooking vessel with tap - 1 No.
- Fry pan - 1 No.
- Pasta strainer - 1 No.
- Ladle - 1 No.
- Stove - 1 No.

3 Penne - 2 Types

i Baked penne - 4 Members (Fig 5)

Fig 5



Sl.No.	Required things	Quantity
1	Penne	250g
2	Butter	50g
3	parmesan cheese	50g
4	Milk	500ml
5	Maida	500g
6	Salt	5g
7	Cream	100ml
8	Parsley	1 nos
9	Herbal mix	1tsp
10	Mozzarella cheese grated	50g

Recipe

- 1 First boil the penne and take it separately.
- 2 Then white sauce should be prepared with butter, maida and milk.
- 3 Heat the butter in another fry pan and toss the penne. Mix with white sauce, cream salt, and mustard, put in a casserole and bake in the oven, then sprinkle cheese on top of the salamander, sprinkle with parsley, and serve hot.

Tools & Equipments

- Cutting Board - 1 No.
- Chef knife - 1 No.
- Sauce Pan - 1 No.
- Fry pan - 1 No.
- Pasta strainer - 1 No.
- Ladle - 1 No.
- OTG/Salamander - 1 No.

i Chicken Alfredo Penne- 6 members (Fig 6)

Fig 6



Sl.No.	Required things	Quantity
1	Chicken meat	750g
2	Butter	2tsp
3	Oregano	½ tsp
4	Dry basil	½ tsp
5	Salt	½ tsp
6	Pepper powder	½ tsp
7	Vane pasta	450g
8	Parsley	10g
9	Parmesan cheese	25g

Ingredients for making the sauce

Sl.No.	Required things	Quantity
1	Butter	50g
2	Garlic	4 nos
3	Maida flour	3tsp
4	Milk	500ml
5	Oregano	½ tsp
6	Dry Basil	½ tsp
7	Parmesan cheese	50g
8	Pepper powder	½ tsp

Recipe

- 1 Take a vessel, pour butter, heat it and add chicken breast (after remove bones) and saute well. Add pepper, salt, oregano and basil. Keep aside the meat is cooked.
- 2 In the same pan, pour butter and add finely chopped garlic and saute well. Along with this, add water and maida flour, mix and saute. Milk should be mixed little by little with this. Mix required amount of salt, pepper powder, basil and lastly mix parmesan cheese.
- 3 Prepared sauce should be added to the cooked penne chicken and now it is ready to be served with parmesan cheese.

Prepare and practice chinese dishes - Soups (4 nos.), noodle & rice (4 nos.), meat dishes (2 nos.) and vegetables (2 nos.)

Objectives: At the end of this exercise you shall be able to

- to learn to make Chinese soup
- to learn how to make Chinese noodles and rice dishes
- to know how to make Chinese meats
- to learn how to cook Chinese vegetables.

Requirements

Tools/Instruments

- Chinese wok
- Cutting board
- Soup strainer
- Chinese knife
- Peeler

- Chinese salt

Equipment/Machines

- High pressure burner range

1 Soup

Vegetable Egg Drop Soup (Fig 1)

Fig 1



Sl.No.	Required things	Quantity
1	Carrot	½ cup
2	Broccoli	¾ cup
3	Vegetable steak	5 cup
4	Oil	2tsp
5	Chopped ginger	½ tsp
6	Chopped garlic	2 ½ tsp
7	Chopped green chilly	1 tsp
8	Salt	As required
9	Sprouted crop	½ cup
10	Black pepper powder	As required
11	Chives (for decoration)	As required
12	Egg	2 nos

Recipe

- 1 Heat oil in a pan and add finely chopped ginger, garlic, green chillies and saute on high flame.
- 2 Add carrots and broccoli and saute.
- 3 Add the vegetable stock, salt, sprouted lentils and black pepper and bring to a boil, then add the beaten egg mixture.
- 4 Garnish with finely chopped spring onion.

Vegetable Manchow Soup (Fig 2)

Fig 2



Sl.No.	Required things	Quantity
1	Vegetable steak	4 cups
2	Ginger finely chopped	1 tsp
3	Garlic finely chopped	1 tsp
4	Green chilli finely chopped	1 tsp
5	Coriander leaves	1 bundle
6	Beans finely chopped	2tsp

Sl.No.	Required things	Quantity
7	Carrot finely chopped	2 tsp
8	Egg finely chopped	2 tsp
9	Capsicum finely chopped	2 tsp
10	Mushroom finely chopped	2 tsp
11	Chives finely chopped	2 tsp
12	Pepper powder	1 tsp
13	Soya sauce	2tsp
14	Corn flour	2 tsp
15	Spring onion	decoration
16	Oil with salt	As required

Recipe

- 1 Heat oil in a pan and add ginger. Add garlic and green chillies and stir.
- 2 Add all vegetables. Add salt and saute. Add soy sauce, stock and salt.
- 3 Simmer until the vegetables are cooked. Add the corn starch solution and keep stirring till the soup thickens a little.
- 4 Check the taste and garnish with spring onion and serve hot.

Sweet Corn Chicken Soup (Fig 3)

Fig 3



Sl.No.	Required things	Quantity
1	Sweet corn	1 cup
2	Chicken steak	4 cup
3	Corn flour	2 tsp
4	Salt	As required
5	Egg (beaten)	1 nos
6	Boiled chicken meat	½ cup
7	Vinegar	1tsp
8	Spring onion	½ bundle

Recipe

- 1 First dissolve the corn starch in water.
- 2 Boil the sweet corn in a pot. Once it is well cooked, add the chicken stock and let it boil.
- 3 Add the salt and corn starch solution and bring to a boil. Add the boiled chicken pieces and bring to a boil.
- 4 Slowly pour the beaten egg into the boiling mixture, stirring constantly.
- 5 Now add vinegar and serve hot.

Lung Fung Soup (Fig 4)

Fig 4



Sl.No.	Required things	Quantity
1	Boneless chicken meat	100g
2	Mixed chopped vegetable	½ cup
3	Ginger, garlic finely chopped	1 tsp
4	Soya sauce	1 tsp
5	Tomato sauce	1 tsp
6	Corn flour	1 tsp
7	Egg	1 nos
8	Oil	1 tsp
9	Salt & Pepper	As required

Recipe

- 1 Boil the chicken in a pot.
- 2 After boiling, chop into fine pieces.
- 3 Heat oil in a wok and fry finely chopped ginger and garlic.
- 4 Add the vegetables and saute and then add the finely chopped cooked chicken and mix.
- 5 Add soy sauce, tomato sauce, salt and required amount of water to this mixture and bring to a boil.
- 6 When the mixture boils, add the corn starch solution and let it boil until it thickens.
- 7 Add the beaten egg little by little to the boiling mixture and keep stirring.

- 8 Stir in required amount of salt and pepper powder and serve hot.

2 Noodles & Rice

Vegetable Noodles (Fig 5)

Fig 5



Sl.No.	Required things	Quantity
1	Onion sliced lengthwise	50 g
2	Carrot sliced lengthwise	100g
3	Cabbage (shredded) chopped	
4	Ginger, garlic finely chopped	10g
5	Beans sliced lengthwise	50g
6	Pepper powder	10g
7	Oil	25ml
8	Noodles (1 Packet)	200g
9	Salt	As required
10	Chives finely chopped	Decoration
11	Soya sauce	5ml
12	Chopped green chilly	5g
13	Capsicum sliced lengthwise	100g

Recipe

- 1 Heat oil in a wok. Heat oil then add chopped garlic, ginger, green chillies and onions and saute.
- 2 Add the long cut vegetables and saute.
- 3 Add salt as required.
- 4 Stir in the last cooked noodles with soy sauce and spring onion.
- 5 Check the taste and serve with tomato sauce.

Chicken Schezwan Noodles (Fig 6)

Sl.No.	Required things	Quantity
1	Garlic	2 tsp
2	Oil	4tsp
3	Boiled shredded chicken	2 cup

Sl.No.	Required things	Quantity
4	Mixed vegetables are beans, peppers, carrots, cabbage	2 cup
5	Onion sliced lengthwise	¼ cup
6	Dry chillies	46 nos
7	Schezwan sauce	4 tsp
8	Red chilli sauce	2tsp
9	Vinegar	2tsp
10	Soya sauce	2tsp
11	Tomato sauce	2tsp
12	Salt	2tsp
13	Noodles (1 packet)	20g
14	Egg	2 nos

Recipe

- 1 Heat oil in a wok (chinese pan), once the oil is hot add finely chopped garlic, ginger, green chillies and onions and saute. Add egg to it and fry it.
- 2 Toss with the dry chillies, finely chopped vegetables and finely chopped chicken.
- 3 Then add vinegar, soy sauce, tomato sauce, red chilli sauce, Schezwan sauce leaves and saute everything.
- 4 Finally add the boiled noodles and toss to taste and serve.

Fig 6



Vegetables Fried Rice (Fig 7)

Fig 7



Sl.No.	Required things	Quantity
1	Onion finely chopped	10g
2	Carrot finely chopped	50g
3	Cabbage shredded	50g
4	Capsicum finely chopped	50g
5	Ginger, garlic finely chopped	15g
6	Beans finely chopped	50g
7	Pepper powder	10g
8	Oil	50ml
9	Cooked basmathi rice	200g
10	Salt	As required
11	Chives finely chopped	Decoration
12	Soya sauce	5ml
13	Green chilly finely chopped	5g

Recipe

- 1 Heat oil in a wok (Chinese wok). After heating the oil, add finely chopped garlic, ginger, green chillies and onions and saute.
- 2 Add finely chopped vegetables to this and saute.
- 3 Add salt as needed and toss
- 4 Finally stir in the cooked rice, soy sauce and spring onion.
- 5 Taste and serve hot with tomato sauce.

Chicken Schezwan Fried Rice (Fig 8)

Fig 8



Sl.No.	Required things	Quantity
1	Garlic finely chopped	2 tsp
2	Oil	50ml
3	Boiled chicken shredded meat	2 cup
4	Mixed vegetables (Beans, capsicum, carrot, cabbage)	2 cup
5	Onion finely chopped	1 cup

Sl.No.	Required things	Quantity
6	Dry chillies	4-6nos
7	Schezwan sauce	2 tsp
8	Red chilly sauce	2tsp
9	Soya sauce	2tsp
10	Tomato sauce	2tsp
11	Salt	As required
12	Cooked basmathi rice	4 cup
13	Egg	2 nos

Recipe

- 1 Heat oil in a wok Chinese pan, once the oil is hot add finely chopped garlic, ginger, green chillies and onions and saute. Add egg to it and fry it.
- 2 Toss with ground chilli powder, chopped vegetables and finely chopped chicken.
- 3 Then add soya sauce, tomato sauce, red chilli sauce, and Schezwan sauce, leaves and saute.
- 4 Finally, add the cooked basmati rice and toss them, check them and serve.

3 Chinese Meat Dishes

Kung Pao Chicken (Fig 9)

Fig 9



Sl.No.	Required things	Quantity
1	Boneless chicken meat	300g
2	Oil	50ml
3	Soya sauce	2tsp
4	White wine	2tsp
5	Corn flour solution	2tsp
6	Red chilly paste	1 tsp
7	Vinegar	1tsp
8	Country Sugar/Panangakandu	2tsp
9	Crushed peanuts	1tsp
10	Onion finely chopped	1 cup
11	Garlic finely chopped	1tsp
12	Salt & Pepper	As required
13	Spring onion finely chopped	Decoration

Recipe

- 1 In a bowl, marinate the chicken in wine, soy sauce, oil, corn flour solution, salt and pepper for 30 minutes.
- 2 Heat a Chinese pan and add oil. When the oil is hot, add finely chopped garlic and fry it, then add onions and saute.
- 3 Add the chicken mixture to this and cook well and saute along with other ingredients
- 4 Saute till the sauce becomes smooth and add finely chopped spring onion and serve hot.

Chinese Stir Fry Lamb (Fig 10)

Fig 10



Sl.No.	Required things	Quantity
1	Mutton (thinly sliced)	250g
2	Onion finely chopped	2 nos
3	Garlic finely chopped	3tsp
4	Oil	50ml
(Marinate) to apply on top		
1	Oil	2 tsp
2	Soya sauce	1tsp
3	Salt	As required
4	Wine	1tsp
5	pepper	1tsp
Seasoning sauce		
1	Soya sauce	1tsp
2	Vinegar	1tsp
3	Oil	1tsp

Recipe

- 1 In a vessel, mix the ingredients required for the marinate, add thinly sliced lamb meat and keep it in the refrigerator for 4 - 5 hours.
- 2 Heat oil in a Chinese wok. When the oil is hot, add garlic and fry it and add the soaked mutton and stir-fry on high heat (the mutton should be cooked well.)

- 3 Add onions and sauce. Then pour the seasoning sauce and garnish with spring onion and serve.

4 Vegetables

Stir Fired Mushroom with Baby corn (Fig 11)

Fig 11



Sl.No.	Required things	Quantity
1	Oil	2tsp
2	Garlic finely chopped	3 nos
3	Chopped onion (dice)	1
4	Baby corn (very small corn)	10 nos
5	Mushroom	10 nos
6	Soya sauce	2tsp
7	Corn flour solution	2tsp
8	water	3tsp
9	Capsicum chopped(dice)	1 nos
10	Spring Onions	1 tsp
11	Pepper powder	1 tsp
12	Salt	As required
13	Vinegar	1 tsp

Recipe

- 1 Heat oil in a Chinese wok and fry garlic in it
- 2 Then add the wedges, onion and baby corn and sauce.
- 3 Then add salt, soy sauce, water and pepper and stir fry.
- 4 Finally add the corn starch solution and saute and garnish with spring onion and serve.

Vegetables hot garlic sauce (Fig 12)

Sl.No.	Required things	Quantity
1	Onion	100g
2	Green capsicum	1 nos
3	Red capsicum	1 nos
4	Yellow capsicum	1 nos
5	Mushroom	50g
6	Baby corn	50g
7	Zucchini	50g

	For Hot Garlic Sauce	
1	Soya sauce	1tsp
2	Country sugar	25g
3	Red chili flakes	10g
4	Red chilli sauce	10g
5	Garlic finely chopped	30g
	Other Ingredients	
1	Oil	50ml
2	Ginger, garlic finely chopped	As required
3	Salt	As required
4	Pepper powder	½ tsp
5	Corn flour	2 tsp
6	Water	3 - 4 cup
7	Dry chilli	

Recipe

- 1 Heat oil in a Chinese pan (wok) and stir-fry all the vegetables except the onion and keep aside sauting.

- 2 Then heat oil in the same pan and add finely chopped garlic, dry chillies and ginger.
- 3 Add onion to it and saute.
- 4 Prepare hot garlic sauce by adding vinegar and other ingredients.
- 5 Add the previously sauted vegetables to this mixture and let it boil after adding water.
- 6 Add the corn flour solution to the boiling mixture and let it boil until it thickens.

Fig 10



Training of trainers directly at the hotel

Objectives: At the end of this exercise you shall be able to

- knowing about the responsibilities of the trainer in the workplace
- awareness of high standard of work
- understanding the nature of the work environment.

- 1 It is known as getting training beforehand about the hotel companies that you are going to work after passing the Apprenticeship Training Institute.
- 2 Thus, by taking job training from the vocational training center to leading companies, they can work anywhere after completing their training, know the nature of the work well, work hard and progress gradually in life, get promoted in a short time, and achieve in life.
- 3 On-the-job training is essential for every apprentice. Because through this job training you can learn how to train and work according to time and situation.
- 4 You can take job training in leading hotel companies in the following manner.
 - i How to dress up and go for OJT. Be trained in what to wear in the kitchen and in safety practices and learn to handle equipment.
 - ii When going for the first day of training, go to the HRD department and contact the officer who will give details about how you will work on the first day and the purpose of the training. Also the training department officer of the hotel will indicate what to do to the newly trained trainees.

- iii Follow his advice will also introduce the Training Officer, Executive Chef. Apprentices should listen to all instructions given by the head chef and practice accordingly.
- iv The trainee should take notes and get the approval of the supervisor at the place where the trainee is trained daily while undergoing 60 hrs training or 3 weeks training.

Fig 1

