

GROUP-50

Indian Cook (Level of Exam- Matric+ Course in Catering)

1) General awareness, Reasoning, Mathematics, Science, History including Haryana related history, current affairs, literature, Geography, Civics, Environment, Culture etc. -

(Weightage 20%)

2) Computer terminology, Fundamentals, word software, excel software, Power point, internet, web browsing, Communication, emails, downloading and uploading data on websites etc. -

(Weightage 10%)

3) Subject related syllabus-

(Weightage 70%)

FOOD PRODUCTION (COOKERY)

Importance of kitchen in hotel & catering establishments; aims and objectives of cooking, classification of raw materials, preparation of ingredients, methods of mixing foods, effect of heat on various foods, weighing and measuring, texture of food, culinary terms.

Methods of cooking with special application to meat, fish, vegetables, cheese, pulses and egg. Conventional and non-conventional methods of cooking, solar cooking, microwave cooking, fast food operation. Varieties of fish, meat and vegetables. Accompaniments, garnishes and réchauffé.

Balancing of recipes, standardisation of recipes, standard yield, maintaining recipe files. Menu planning, portion control, brief study of how portions are worked out. Invalid cookery. Purchasing specifications, quality control, indenting and costing.

Description and use of the following: Basic Stocks, Aspics & Jellies. Roux Blanc, Roux Blond and Roux Brun. Recipes and quantities required to produce 10 liters of Stock - White & Brown. Recipes required to produce one liter of the following: Bechamel Sauce, Tomato Sauce, Velouté Sauce, Espagnole Sauce, Hollandaise and Mayonnaise Sauce with the necessary precautions to be observed while preparing these, with minimum five derivatives of each.

Soups- definition, classification of soups with example in each group, recipe for one liter Consommé, 10 Popular Consommés with their garnishes.

Eggs - structure, selection of quality, various ways of cooking eggs with example in each method and prevention of blue ring formation.

Vegetables - effect of heat on different vegetables in acid/alkaline medium and reaction with metals. Method of cooking different vegetables with emphasis on cooking asparagus, artichokes, brussels sprouts.

Theory of Bread Making, Bread Rolls, Bread Sticks, Indian Breads.

Pastry - recipes of Short Crust Pastry, Puff Pastry, Flaky Pastry Choux Paste, Danish Pastry and their derivatives. Recipes and method of preparation of plain Ice-cream.

Kitchen stewarding and upkeep of equipment.

Staff organization of kitchen; its coordination with other departments.

LARDER

Larder - organization & layout. Larder control - maintenance & upkeep of larder equipment and supplies. Hors d'oeuvre & salads - classification. Fish - classification, sealing, cleaning, preparation, basic cuts and its uses and storage. Butchery - cuts of beef, lamb, mutton and pork, its uses and weights. Poultry & Game: Poultry - classification, preparation, dressing and cuts with its uses. Game - furred game and feathered game, preparation cuts with its uses. Assembling of cold buffets, sandwiches and canapes. Proper storage of leftovers. Different types of forcement and their uses. Decorative work including sculptures, ice carvings, vegetable and fruit carvings. Cleaning and care of Larder Equipment.

COMMODITIES AND FOOD COSTING

Cereals - Wheat, Rice, Maize.

Breakfast Cereals - uses and storage of Cornflakes, Puffed Rice, Pressed Rice.

Pulses - types & uses of pulses.

Fresh fruits & vegetables - classification of fruits & vegetables and its use.

Dairy products - milk and its composition & storage, classification & uses of cheese, butter & cream.

Prevailing food standards in India, food adulteration as a public health hazard,

simple tests in the detection of common food adulterants, Essential Commodities Act-ISI Agmark.

Herbs, spices and condiments - classification and uses of different types of herbs and condiments.

Brief introduction of Tea, Coffee, Cocoa and its procurement, storage and use. Food flavours, essences and colours with brand names.

Methods of food preservation - long term and short-term methods.

Convenience food - sugar preserves and confectionery gums.

Importance of costing and cost dynamics - variable and semi-variable and fixed cost.

Elements of cost - material, labour and overhead.

Cost control procedure through Purchasing, Receiving, Storing, Issuing & Preparation, Portion Control.

HYGIENE & NUTRITION

Personal hygiene, care of skin, hand and feet, food handlers' hygiene, protective clothing.

Garbage disposal - different methods its advantage & disadvantages.

Food Poisoning - causative factors and the precautions to be taken by foodhandlers.

Food Storage - techniques of correct storage, storage temperature of different commodities to prevent bacterial manifestation or contamination.

Pest Control - rodents and insect control techniques, special stress on control of flies, rats and cockroaches.

Municipal Health Laws.

Golden rules of first aid and treatment for cuts, wounds, burns.

NUTRITION

Definition of nutrition, definition of a calorie, daily caloric requirements for different age groups, factors. Food groups and their role in balance diet.

Carbohydrates and Proteins - classification, sources, functions, Recommended Daily Allowance (RDA), excess and deficiency.

Fats - classification according to sources, difference between animal fat and vegetable fat, functions, Recommended Daily Allowance (RDA), excess and deficiency.

Minerals - importance of Minerals with special emphasis on calcium and iron (function & sources).

Vitamins in diet - fat soluble - A, D, E & K; water soluble - B complex, Thiamin, Niacin, Riboflavin & Vitamin C their sources & functions.

Health foods & menus for diabetic, heart, blood pressure patients. Specific requirement for sports men / women.

Important Note: The Weightage as mentioned against the syllabus is tentative & may vary.