

**Module Title: Culinary Operations (Practical)****Module Code: B1192****Level: BAICA – 1<sup>st</sup> Semester...Lesson Plan**

S. No.	Unit	Topic/Activities
1	Kitchen Orientation	<ol style="list-style-type: none"><li>1. Kitchen Hierarchy</li><li>2. Kitchen Layout</li><li>3. Introduction to Small Equipment and Heavy Equipment</li><li>4. Knife Handling</li></ol>
2	Kitchen Hygiene	<ol style="list-style-type: none"><li>1. Orientation with Kitchen Chemicals</li><li>2. Sanitary Materials, Sanitary Equipment and Devices</li><li>3. Cleaning Procedure</li><li>4. Food Safety Systems Followed in the Kitchen</li><li>5. HACCP Guidelines</li></ol>
3	Orientation & Identification with Herbs and Spices	<ol style="list-style-type: none"><li>1. Fresh Herbs &amp; Spices</li><li>2. Dried Herbs &amp; Spices</li><li>3. General Guidelines about Usage, Storage, Differences</li><li>4. Blind Fold Tasting Session</li><li>5. Handling Fresh Herbs</li></ol>
4	Identification & Fabrication of Vegetables	<ol style="list-style-type: none"><li>1. Leafy Greens: Lettuce, Spinach, Kale, Collard Greens</li><li>2. Root Vegetables: Carrot, Beets, Potatoes, Radishes</li><li>3. Stem Vegetables: Asparagus, Celery</li><li>4. Flower Vegetables: Broccoli, Cauliflower, Artichoke</li><li>5. Bulb Vegetables: Onion, Garlic, Leeks</li><li>6. Tuber Vegetables: Sweet Potatoes, Yams, Cassava, Taro</li><li>7. Seed Vegetables: Peas, Beans</li><li>8. Basic Cuts: Peeling, Slicing, Chopping, Julienne, Brunoise, Jardiniere, Bretonne, Macedoine, Payassanne, Chateaux, Paring, French Fry, Shredding, Mire-Poix</li></ol>
5	Perishable (Non-vegetarian) Products – Identification & Fabrication	<ol style="list-style-type: none"><li>1. Fish &amp; Shellfish</li><li>2. Poultry</li><li>3. Games</li><li>4. Red Meat</li><li>5. Fabrication of Fish</li><li>6. Fabrication of Poultry &amp; Games</li><li>7. Fabrication of Red Meat</li></ol>
6	Methods of Cooking	<ol style="list-style-type: none"><li>1. Dry Medium: Baking, Broiling, Smoking</li><li>2. Fat Medium:<ol style="list-style-type: none"><li>a. Roasting: Spit, Pot, Oven</li><li>b. Grilling: Barbecue, Salamander</li><li>c. Frying: Deep, Shallow, Stir</li></ol></li></ol>

		<p>3. Moist Medium:</p> <ol style="list-style-type: none"> <li>Boiling</li> <li>Steaming</li> <li>Poaching</li> <li>Blanching</li> <li>Stewing</li> <li>Braising</li> <li>Poelling</li> </ol>
7	Stock	<ol style="list-style-type: none"> <li>1. White Stock</li> <li>2. Brown Stock</li> <li>3. Fish Stock</li> <li>4. Vegetable Stock</li> <li>5. Emergency Stock</li> </ol>
8	Roux	<ol style="list-style-type: none"> <li>1. White Roux</li> <li>2. Blond Roux</li> <li>3. Brown Roux</li> <li>4. Beurre Manie</li> <li>5. Miscellaneous Thickening Agents</li> </ol>
9	Mother Sauce	<ol style="list-style-type: none"> <li>1. Bechamel (White) Sauce: <ol style="list-style-type: none"> <li>a. Ten Possible Derivatives</li> </ol> </li> <li>2. Velouté (Off-white) Sauce: <ol style="list-style-type: none"> <li>a. Ten Possible Derivatives</li> </ol> </li> </ol>
10	Mother Sauce	<ol style="list-style-type: none"> <li>1. Espagnole (Brown) Sauce: <ol style="list-style-type: none"> <li>a. Ten Possible Derivatives</li> </ol> </li> <li>2. Tomate (Tomato) Sauce: <ol style="list-style-type: none"> <li>a. Ten Possible Derivatives</li> </ol> </li> </ol>
11	Mother Sauce	<ol style="list-style-type: none"> <li>1. Mayonnaise (Cold) Sauce: <ol style="list-style-type: none"> <li>a. Ten Possible Derivatives</li> </ol> </li> <li>2. Hollandaise (Warm) Sauce: <ol style="list-style-type: none"> <li>a. Ten Possible Derivatives</li> </ol> </li> </ol>
12	Soup	<ol style="list-style-type: none"> <li>1. Two Varieties of Puree Soup</li> <li>2. Two Varieties of Cream Soup</li> <li>3. Two Varieties of Velouté Soup</li> <li>4. Two Varieties of Cold Soup</li> </ol>
13	Soup	<ol style="list-style-type: none"> <li>1. Two Varieties of Bisque Soup</li> <li>2. Two Varieties of Chowder Soup</li> <li>3. Two Varieties of Consommé Soup</li> <li>4. Two Varieties of Broth Soup</li> </ol>
14	Egg Cookery	<ol style="list-style-type: none"> <li>1. Omelette (Cheese/Masala)</li> <li>2. Fluffy Omelette</li> <li>3. Spanish Omelette</li> <li>4. Fried Egg (Sunny Side Up/Double)</li> </ol>

		<ol style="list-style-type: none"> <li>5. Poached Egg</li> <li>6. Steamed Egg</li> <li>7. Coddled Egg</li> <li>8. Baked Egg</li> <li>9. Boiled Egg (Full/Half)</li> <li>10. Scrambled Egg</li> <li>11. Egg Akuri</li> </ol>
15	Cheese	<ol style="list-style-type: none"> <li>1. Types of Cheese</li> <li>2. Accompaniments of Cheese</li> <li>3. How to Set a Cheese Board</li> <li>4. How to Set a Cheese Platter</li> <li>5. Pairing Cheese with Wine</li> </ol>
16	Breakfast Cookery	<p>English Breakfast</p> <ol style="list-style-type: none"> <li>a. Sausage</li> <li>b. Bacon Rashers</li> <li>c. Baked Beans on Toast</li> <li>d. Mushroom</li> <li>e. Tomatoes</li> <li>f. Eggs to Order</li> <li>g. English Breakfast Rolls</li> <li>h. Coffee/Tea</li> </ol>
17	Breakfast Cookery	<p>American Breakfast</p> <ol style="list-style-type: none"> <li>a. Fresh Fruit Juice</li> <li>b. Breakfast Rolls</li> <li>c. Bacon Rashers</li> <li>d. Hash Brown Potato</li> <li>e. Eggs to Order</li> <li>f. Ham</li> <li>g. Sausage</li> <li>h. Cheese Board</li> <li>i. Oatmeal</li> <li>j. Waffle</li> <li>k. Fresh Fruits</li> <li>l. Coffee/Tea</li> </ol>
18	Menu 1	<p>Indian Cuisine</p> <ol style="list-style-type: none"> <li>1. Main Course with Starch, Vegetables and Accompaniments</li> <li>2. Salad</li> </ol>
19	Menu 2	<p>Indian Cuisine</p> <ol style="list-style-type: none"> <li>1. Starter</li> <li>2. Main Course with Accompaniment</li> <li>3. Dessert</li> </ol>