

Module Title: Professional Cooking**Module Code: B1184****Level: BAIHTM – 2nd Semester...Lesson Plan**

S. No.	Units	Topics / Activities
1	Introduction to Kitchen Professionalism	<ul style="list-style-type: none">• Defining Kitchen Professionalism: Ethics, Attitude, Safety, and Uniform• Overview of Culinary History: Ancient to Modern Gastronomy• Origin of Cooking: Fire, Tools, and Evolution of Techniques• Aims and Objectives of Cooking: Nutrition, Palatability, Digestibility, and Preservation
2	Kitchen Organization and Menu Management	<ul style="list-style-type: none">• Staff Organization: Brigade De Cuisine (Classical and Modern)• Roles and Responsibilities in a Professional Kitchen• Menu Management: Types, Design, Costing, and Engineering
3	Herbs and Spices	<ul style="list-style-type: none">• Identification of Fresh and Dried Herbs• Common Spices: Origin, Flavor Profile, and Culinary Uses
4	Vegetables	<ul style="list-style-type: none">• Vegetable Classification: Roots, Tubers, Leaves, Flowers, etc.• Fabrication Techniques: Peeling, Cutting, and Shaping• Cooking Methods for Vegetables
5	Fruits	<ul style="list-style-type: none">• Fruit Classification and Identification• Ripening, Storage, and Preparation Techniques
6	Milk and Milk Products	<ul style="list-style-type: none">• Types of Milk and Cream• Cheese Making Process and Classification

		<ul style="list-style-type: none"> • Yogurt, Butter, and Fermented Dairy Products
7	Principles of Cooking Methods	<ul style="list-style-type: none"> • Dry Heat Methods: Grilling, Roasting, Baking, Sautéing • Moist Heat Methods: Boiling, Steaming, Poaching, Braising • Combination and Modern Techniques
8	Foundation of Sauces: Stocks, Roux, and Mother Sauces	<ul style="list-style-type: none"> • Types of Stocks: White, Brown, Fish, and Vegetable • Roux and Thickening Agents • Classical Mother Sauces and Derivatives
9	Soup	<ul style="list-style-type: none"> • Classification: Clear, Thick, Cold, and International Soups • Techniques for Consommé and Purées • Garnishing and Presentation
10	Seafood: Fish and Shellfish	<ul style="list-style-type: none"> • Identification of Finfish and Shellfish • Fabrication: Filleting, Shucking, and Cleaning • Cooking Techniques and Safety Considerations
11	Poultry and Game	<ul style="list-style-type: none"> • Types of Poultry and Game Birds • Butchery Techniques and Portion Control • Cooking Methods and Safety
12	Eggs and Pasta	<ul style="list-style-type: none"> • Egg Structure, Grades, and Uses in Cooking • Pasta Types: Fresh vs. Dry, Shapes, and Uses • Cooking Techniques for Eggs and Pasta

13.	Lamb, Beef, and Pork	<ul style="list-style-type: none"> • Cuts, Grading, and Butchery of Red Meat • Cooking Methods for Each Meat Type • Tenderness, Marination, and Safety
14.	Principles of Bakery and Bread Making	<ul style="list-style-type: none"> • Introduction to Baking Science: Ingredients and Functions • Bread Making Process: Fermentation, Shaping, Baking • Types of Breads: Yeast, Quick, and Flatbreads
15.	Cake And Pastry	<ul style="list-style-type: none"> • Cake Types and Methods of Preparation • Icing, Frosting, and Glazes • Pies, Tarts, Pastries, and Gateaux: Doughs and Fillings • Plating and Presentation Techniques