

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

| S. No. | Units | Topics / Activities |
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| 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 |

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| | | <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 |

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| 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 |