

Module Title: Professional Cooking

Module Code: B1184

Level: BAICA – 2nd Semester...Lesson Plan

S. No.	Units	Topics / Activities
1	Introduction to Kitchen Professionalism	• 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	• 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	• Identification of Fresh and Dried Herbs • Common Spices: Origin, Flavor Profile, and Culinary Uses
4	Vegetables	• Vegetable Classification: Roots, Tubers, Leaves, Flowers, etc. • Fabrication Techniques: Peeling, Cutting, and Shaping • Cooking Methods for Vegetables
5	Fruits	• Fruit Classification and Identification • Ripening, Storage, and Preparation Techniques
6	Milk and Milk Products	• Types of Milk and Cream • Cheese Making Process and Classification

		• Yogurt, Butter, and Fermented Dairy Products
7	Principles of Cooking Methods	• 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	• Types of Stocks: White, Brown, Fish, and Vegetable • Roux and Thickening Agents • Classical Mother Sauces and Derivatives
9	Soup	• Classification: Clear, Thick, Cold, and International Soups • Techniques for Consommé and Purées • Garnishing and Presentation
10	Seafood: Fish and Shellfish	• Identification of Finfish and Shellfish • Fabrication: Filleting, Shucking, and Cleaning • Cooking Techniques and Safety Considerations
11	Poultry and Game	• Types of Poultry and Game Birds • Butchery Techniques and Portion Control • Cooking Methods and Safety
12	Eggs and Pasta	• 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	• Cuts, Grading, and Butchery of Red Meat • Cooking Methods for Each Meat Type • Tenderness, Marination, and Safety
14.	Principles of Bakery and Bread Making	• Introduction to Baking Science: Ingredients and Functions • Bread Making Process: Fermentation, Shaping, Baking • Types of Breads: Yeast, Quick, and Flatbreads
15.	Cake And Pastry	• Cake Types and Methods of Preparation • Icing, Frosting, and Glazes • Pies, Tarts, Pastries, and Gateaux: Doughs and Fillings • Plating and Presentation Techniques