

**Skills Development Program of the Ministry of Tourism
HUNNAR SE ROZGAR**

Course Guidelines

Course Title	Cook (Regional)
Objective	Increase trained manpower capacity of service providers
Eligibility	8 th Class pass Age: 18 to 28 years
Duration	Six Weeks or 280 hours Teaching of seven hours per day - five days a week or 35 hours per week
Industrial Training	Industrial Training of sixteen hours per week for eight weeks. Minimum clock in of 112 hours certified through log sheet by industry / trainer
Admission	Through Advertisement on first come first served basis with class size of 25-30 students
Fee	No course fee for trainee. Institute to pay Rs.2000/- to trainee at the end of course
Course Administration	To be delivered by Central Institutes of Hotel Management & four IHMs/FCIs @ Faridabad, Chandigarh, Kurukshetra & Ajmer
Attendance and Examination	Students must attain minimum 90% attendance to be entitled for stipend. There will be one hour objective type, multiple choice paper to test theoretical knowledge and 4/5 tasks tested in practical. Minimum pass marks are 60%
Certification	By Institute and NCHMCT

**Training Module for Hospitality Training Programme in
Food Production
Duration 8 weeks**

Rational:

Total Duration	: 8 weeks
Total contact hours	: 280 hours + 112 hours to log in catering units*
Classes per week	: 35 hours
Theory classes	: 1 hour per day
Demo/Preparation	: 2 hours per day for next day
Practical classes	: 4 hours per day

*112 hours of Hands On experience in Hotels/Restaurants/Catering Units.

KNOWLEDGE

Understanding the Industry

- Hotels
- Various types of catering establishments
- Different types of kitchens
- Kitchen organisation
- Your place in kitchen

Personal Hygiene for Food handlers

- Your appearance & uniform
- How to wash hands correctly
- How to develop a daily personal hygiene routine
- How to handle equipment and utensils

Basic Hygiene

- Ten main reasons for food poisoning
- To protect food from contamination
- General rules for food handlers
- Prevailing food standards in India , food adulteration as a public health hazard

Cleaning the Kitchen and equipment and preparing for work

- Identification of kitchen equipments
- Various food pans & cooking equipments
- Cleaning Floors/ Work surface/ ventilators / Refrigerators and Deep Freezers
- Cleaning Dish Room
- Pot / Container wash up
- Still Room
- Kitchen Rules

SKILL

- Describe the correct methods of cleaning the kitchen equipments
- Explain how to clean the kitchen correctly
- Describe how the working area is prepared for work

<p>Knife Skills</p> <ul style="list-style-type: none"> - Peeling and paring with Knives - Vegetable cuts & Fruit cuts - Use of Chopping boards / Cutting pads - Care of Knives - Explain and observe safety rules concerning knife - Describe the use of various types of knives - Name & explain various types of vegetables & fruit cuts
<p>Washing and Blanching Food</p> <ul style="list-style-type: none"> - Soaking food items - washing - Disinfecting - Blanching - Rinsing
<p>Vegetables and Spices</p> <ul style="list-style-type: none"> - identification of vegetables - standard quality of vegetables - spices and herbs used in Indian cuisine
<p>Garbage Disposal</p> <ul style="list-style-type: none"> - Different methods - Advantages & Disadvantages
<p>Handling Complaints</p> <ul style="list-style-type: none"> - Facts on complaints - Why do customers complain - Customers expectations in lodging a complaint - Complaints are sales opportunities
<p>Basic First-Aid</p> <ul style="list-style-type: none"> - Demonstration of first aid techniques preferably by St. John & Ambulance - First of wounds, scars & minor injuries
<p><u>Egg</u> Breakfast Egg Preparation:</p> <ul style="list-style-type: none"> - Egg fry (single / double) - Boiled egg - Omlette stuffed <p>Scrambled egg / Bhurji</p>
<p><u>Snacks</u></p> <ul style="list-style-type: none"> - Regional snacks including samosa, pakora, idli, dosa, dhokla, noodles etc.
<p><u>Soup</u></p> <ul style="list-style-type: none"> - Preparation of tomato, vegetable, chicken & three regional soups
<p><u>Salads and Sandwiches</u></p> <ul style="list-style-type: none"> - preparation of simple salads and sandwiches
<p><u>Preparation of</u></p> <ul style="list-style-type: none"> - Chutney, Raita & Indian Marinades
<p><u>Preparation of</u></p> <ul style="list-style-type: none"> - Rice and Pulses (Atleast four items each)
<p><u>Vegetable Cookery</u></p>

<ul style="list-style-type: none"> - Different vegetables preparations - Effect of heat on different vegetables
<p><u>BASIC PREPARATIONS OF</u></p> <ul style="list-style-type: none"> - Cuts of Meat, chicken and fish for Indian kitchen <p>Poultry – Mutton – Fish Curry Basis preparation as per regional specialities</p>
<p>Flour</p> <ul style="list-style-type: none"> - Kneading of flour, preparation of : <p>Indian Bread</p> <ul style="list-style-type: none"> - Roti - Poories - Naan, - Phulka - Paranthas - Kulchas etc
<p>Indian Sweets</p> <ul style="list-style-type: none"> - Preparation of regional sweet dishes (Atleast four)
<p>Beverages</p> <ul style="list-style-type: none"> - Preparation of Tea, Coffee, Lassi etc.
<p>Preparation of Regional popular items and Practice (Approx. 12 -15 items)</p>

IMPOPRTANT: Each popular regional item must be practiced repeatedly to ensure proficiency.