

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI**

1	Name of Syllabus	<b>C. C. IN Cookery, Bakery &amp; Confectionary (401207)</b>						
2	Max.Nos of Student	25 Students						
3	Duration	1 year						
4	Type	Part Time						
5	Nos Of Days / Week	6 Days						
6	Nos Of Hours /Days	4 hrs.						
7	Space Required	1) Workshop = 600 sq feet 2) Class Room = 200 sq feet <b>TOTAL = 800 sq feet</b>						
8	Entry Qualification	S.S.C.						
9	Objective Of Syllabus/ introduction	To develop professional competencies among student in catering & bakery Service & make them competent to get employ or self employ.						
10	Employment Opportunity	Can set up his own bakery shop. Confectionary unit, Employment Max.available in Hotel, Catering & Bakery industries						
11	Teacher's Qualification	Diploma in Hotel management & Catering Technology. Or C.C.In cookery, and Bakery Confectionery. With 2 years Experience						
12	Training System	<b>Training System Per Week</b>						
		Theory		Practical		Total		
		6 hrs		18 hrs		24 hrs		
13	Exam System	Sr. No.	Paper Code	Name of Subject	TH/PR	Hours	Max. Marks	Min. Marks
		1	40120711	Bakery Science	TH-I	3 hrs	100	35
		2	40120712	Food Production	TH-II	3 hrs	100	35
		3	40120713	Catering Science, Costing & Communication	TH-III	3 hrs	100	35
		4	40120721	Bakery Science	PR-I	3 hrs	100	50
		5	40120722	Food Production	PR-II	3 hrs	100	50
		6	40120723	Continental Cookery & Larder	PR-III	3 hrs	100	50
				<b>Total Marks</b>			<b>600</b>	<b>255</b>

## Theory - I Bakery Science

1. Glossary of Bakery terms
2. Bakery and confectionery raw material :-
  - a. Cereals – structure of cereal grain, types of flour, constituents of flour
  - b. Sugar
  - c. Fats
  - d. Milk and milk products
  - e. Salt, spices and flavorings
  - f. Yeast
  - g. Eggs-structure of an egg. Uses of egg in bakery and confectionery
  - h. Fruits and nuts – types
  - i. Flavors and colors
3. Bread making methods-straight dough method, no time dough method, salt delayed method, sponge and dough method, sour dough physical changes occurring in bread making and baking. Oven spring and oven break
4. Characteristics of a good bread - internal and external.
5. Improvers – bread improvers and cake improvers.
6. Raising agents – definition, mechanical raising agent, chemical raising agent, biological raising agent, lamination and combination.
7. Cake making methods – creaming method, whisking method, flour batter method, sugar batter method, all in one method. Characteristics of a good cake – internal and external cake.
8. Cake faults and remedies.
9. Cake dressings-icings-types and application, marzipan, cream filling, almond paste fondant, gum paste.
10. Recipe balancing
11. Evaluation of Bakery products and standards.
12. Pastry – definition, types – short crust pastry, flaky pastry, puff pastry, choux pastry, Danish pastry, recipes, products, trouble shooting and remedy.
13. Biscuits---definition, difference between biscuit and cookies, Methods of making biscuits and cookies, characteristics, faults and remedies.
14. Meringues – definition, types and uses.
15. Chocolate work – uses of cocoa and chocolate in confectionery.

## Practical - I BAKERY SCIENCE

1	Dinner rolls
2	Bread loaf
3	French bread
4	Brown Bread
5	Garlic bread
6	Whole meal bread
7	Milk bread
8	Tomato cheese Pizza
9	Pita bread
10	Foccacia
11	Four Seed bread
12	Multi grain bread
13	Bread sticks
14	Croissants
15	Brioche
16	Cinnamon rolls
17	Danish Pastry
18	Chelsea buns
19	Baba au rheum

20	Nan
21	Chicken plait
22	Harlequin bread
23	Burger buns
24	Ladi pav
25	Doughtnuts
26	Vanilla buns
27	Cherry buns
28	Rock cake
29	Queen cakes
30	Coconut cakes
31	Madelienes
32	Cup cakes
33	Orange muffins
34	Chocolate chip muffins
35	Sponge cake
36	Swiss roll
37	Butter cake
38	Chocolate layer cake
39	Madeira cake
40	Fruit cake
41	Genoese sponge cake
42	Pineapple upside down cake
43	Pound cake
44	Walnut sultana cake
45	Ribbon cake
46	Plum cake
47	Egg less cake
48	Cherry coconut cake
49	Black forest cake
50	Pineapple gateaux
51	Your log
52	Birthday cake
53	Wedding cake
54	Dutch truffle cake
55	Coconut Macaroons
56	Cheese straws
57	Brownies
58	Butter buttons
59	Melting moments
60	Golden goodies
61	Peanut macaroons
62	Nankhatai
63	Jeera biscuits
64	Chocolate chip cookies
65	Coconut cookies
66	Machala biscuits
67	Ginger biscuits
68	Sortie butter
69	Strawberry cream fingers
70	Till cookies
71	Tri color biscuits
72	Lemon curd tarts
73	Cherry and pineapple tarts
74	Chocolate truffle tarts
75	Apple flan

76	Baked Cheese cakes
77	Volau vents
78	Palmiers
79	Vegetable puffs
80	Chicken Puffs
81	Cheese straws
82	Khaari
83	Chocolate eclairs
84	Caramel custard
85	Diplomat pudding
86	Bread and butter pudding
87	Lemon soufflé
88	Coffee mousse

## Theory - II Food production

1. Aims and objectives of cooking  
Definition of cookery, Aims and objectives of cooking, Major components of Foods, Effect of heat on proteins, effect of heat on carbohydrates, Effect of Heat on fats and oils, Effect of heat on minerals, Effect of heat on vitamins, Effect of heat on pigments, Effect of heat on flavor.
2. Introduction to commodities.
3. RAW materials  
Introduction, Foundation ingredient, Salt, Liquid, Sweetening agents, Fats & Oils, Leavening agents, thickening agents, coloring agents, Souring agents  
Seasoning and flavoring agents, Eggs.
4. Culinary teams  
Indian and western culinary Terms and description.
5. Preparation of ingredients  
Weighing and measuring, Miss-en-place, methods of mixing, texture of food
6. Methods of cooking –  
Introduction to cooking, Classification of methods of cooking, Moist heat methods of cooking, , Dry heat methods of Cooking, with fats and oil, Special methods of cooking
7. Menu planning – Definition, Types of menu, factors affecting menu planning  
writing of menu card, sample menus, planning of menus.
8. Larder – Definition, functions, liaison between larder and different departments, larder control, duties & responsibilities of larder chef , larder Equipment.
9. Still Room ----- functions and equipment.
10. Cereals and pulses -- Cooking of wheat products, Rice and rice products, millets, Pulses, cooking of pulses, cooking of cereals and pulses together, Fermentation of cereals & pulses.
11. Vegetables :- Classification, purchasing storage, cooking of vegetable in a little liquid versus a lot of a liquid, General rules of cooking vegetables. Effect of heat, acid, alkali on color pigments, texture. Methods of cooking vegetables, potato preparations.
12. Fruits :- Composition of fruits, Classification of fruits, purchasing. Storage of fruits, preparing raw fruit, cooking of fruits.
13. Beef, Veal, Pork, Lamb – Cuts of veal and uses, signs of good quality veal, cuts of beef and uses, signs of good quality beef, Steaks, Pork, Signs of good quality pork, Order of dissection, Cuts of pork, Bacon – cuts and uses, Lamb – cuts of lamb. Signs of good quality lamb, Dissection of joints, Dishes of lamb. Average cuts of joints and preparation of mutton.

14. Fish – Importance of fish, Classification of fish, Selection of fish, Selection of shell fish Storage of fish and shell fish, pre preparation of fish, cuts of fish, cooking liquor-court bullions, Cooking of fish.
15. Poultry – Classification, Signs of fresh and young chicken Cuts of chicken, Food value, Cooking methods.
16. Appetizers—Classification, Cocktails, Canapés, Zakuski, Hors d’oeuvres, Indian Snacks.
17. Salads – Introduction, parts of salads, Types of salads, Various garnishes and borders popular salads, Dist decoration and presentation, Arrangement on the plate, Garnish
18. Stocks- Definition, Functions, Classification, Points to be considered while preparing stock, Recipes of white stock, Brown stock, Vegetable stock, Glazes, Storage of stocks.
19. Sauces – Definition, importance of soups in food preparation, classification of sauce. Derivatives of sauces. Thickening agent, garnishes.
20. Soups - Definition, Importance of soups in food preparation, classification of soups examples of different soups, thickening agent, garnishes.
21. Sandwiches – Definition, Main ingredients used in making of sandwiches, Important points to be observed while preparing sandwiches, Cutting of sandwiches, Types if sandwiches.
22. Pasta dishes-Raw material used in preparing pasta, procedure, Good quality pasta. Types of pasts. Cooking of pasts. Difference between dry pasta and wet pasta.
23. Pastry-Definition, Types of pastries. Blind Baking short crust pastry, choux pastry, flaky pastry and puff pastry, rough puff pastry. Danish pastry.
24. Recharging – Definition, purpose, Methods and equipments General directions Reshuffling of dishes.
25. For cement marinades and brines---Description.
26. Cold buffet and Smorgasbord
27. Kitchen Organization.

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## Practical - II Food production

Rice preparation	<ol style="list-style-type: none"> <li>1</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> <li>8.</li> <li>9.</li> <li>10.</li> </ol>	<p>Jeera rice</p> <p>Coconut yellow rice</p> <p>Moongdal khichdi</p> <p>Ven pongal</p> <p>Alu ki tahiri</p> <p>Peas pulao</p> <p>Chicken Biryani</p> <p>Prawn pulao</p> <p>Zarda pulao</p> <p>Vegetable biryani</p>
Wheat preparation	<ol style="list-style-type: none"> <li>1</li> <li>2</li> <li>3</li> <li>4</li> <li>5</li> <li>6</li> <li>7</li> <li>8</li> </ol>	<p>Chapatti/phulka</p> <p>Paratha</p> <p>Stuffed Parathas(all,gobi,mooli)</p> <p>Puris</p> <p>Bhakri</p> <p>Mogh lai parathas</p> <p>Bhatura</p> <p>Missie roti</p>

Dal and pulses preparations	1 2 3 4 5 6 7 8 9	Dal Tadka Machala dale Dal makhni Doodhi channa dal Rasam Choley Sambhar Sprouted mung Pakoda kadhi
Vegetable preparations	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	Fried Bhindi Beams foogath Cabbage bhujia Bagara baingan Palak panir Methi paneer Sukhe aloo Navratan khorm Mutter paneer Doodi kofta Sarson ka saag Doodi Pachadi Vegetable jhalfarezi Aloo mutter Khumb mutter Methi malai mutter Veg makhanwalla Kadhai paneer Brinjal bharta.
Chutney	1 2 3 4 5 6	Garlic chutney Mint cutney Green coconut chutney Khajoor chutney Coconut chutney Imli ki chutney
Raitas and Indian salads	1 2 3 4 5 6 7 8 9	Boondi raita palak raita Doodhi raita Aloo ka raita Tomato onion cucumber Carrot salad Cabbage salad Cucumber cucumber Panchamrut Fruit Chhat
Egg preparations	1 2 3	Masala omelette Egg curry Egg Masala
Fish preparations	1 2 3 4 5 6	Fish cutlets Amritsari machhi Prawn curry Macher jhal Goan fish curry Maharashtrian fish curry.

Meat dishes	1 2 3 4 5 6 7 8 9 10	Mutton curry Mutton do pyaaz Country captain Sukha mutton Mutton chilly fry Rogan josh Mutton khorma Minced balls Dumpukht Mutton palak
Chicken dishes	1 2 3 4 5	Chicken curry Mugh Mussallam Rogini chicken Chicken chaucouti Butter chicken
Snacks	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	Vegetable cutlet Assorted pakodas Batata wada Medu wada Samoda Dahi wada Potato tikki Poh Upma Idli Dosa Cheese toast Bhel puri Ragda Pattice Khaman dhokla
Sweets	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	Sevaiyan Doodhi halwa Mung dal halwa Gajar ka halwa Sheera Coconut barfi Semolina laddoo Shah tukda Rossogulla Gulab jamun Bhalushahi Shrikhand Puran poli Besan laddoo Jalebi
Tandoori dishes	1 2 3 4 5 6 7 8 9 10	Tandoori chicken Tandoori rote Naan Seek kebab Booty kebab Chicken tike Tangier kebab Michele tike Pannier tike Vega sheikh kebab Tandoori Gobi

### Practical - III Continental Cookery & Larder

Ancillary preparations like stocks, sauces, gravies, compound butters can be taught while preparing the continental menus.

Soups	1 2 3 4 5 6 7 8 9 10	Cream of tomato soup Cream of spinach soup Cabbage chowder Mulligatawny soup Scotch broth Gazpacho Minestrone soup Consommé julienne Pumpkin puree French onion soup
Fish	1 2 3 4 5 6 7 8 9 10	Fish Colbert Fish morays Fish orally Fish Florentine Fish meuniere Fish a la Portuguese Grilled fish Prawn Newburg Prawns fried in batter Pipettes de sole
Meat & Chicken	1 2 3 4 5 6 7 8 9 10	Hungarian goulash Brown stew Mutton fricassee Navarre Printainiere Shepherds pie Paulette sauté chasseur Paulette sauté hungriest Paulette sauté Ironies Roast Chicken Grilled chicken
Vegetable	1 2 3 4 5 6	Glace carrots Courge provencale Ratatouille Veg-au gratin Vegetable pan rolls Aubergines stuffed and baked
Potato preparations	1 2 3 4 5 6 7 8 9 10	Parsley Potatoes Lyonnaise potatoes Duchese potatoes Macaire Potatoes Pommes de terre Dauphini potatoes French Fries Scalloped potatoes Jacket potatoes Creamed potatoes

Egg preparation	1 2 3 4 5 6 7	Soft boiled eggs Hard boiled eggs Scrambled eggs Poached eggs Fried eggs Egg Croquettes Eggs au gratin
Pasta dishes	1 2 3 4 5	Spaghetti Bolognese Chicken tetrazzini Penne with cream such Fuseli with arabiata Fettuccine with pesto
Chinese	1 2 3 4 5 6 7 8 9 10 11	Sweet and sour chicken soup Hot and sour soup Hakka noodles American choosey Vegetable fried rice Chicken fried rice Chilly chicken Manchurian chicken Prawn and garlic sauce Sweet and sour prawns Fish with scheszwan sauce

#### Larder practicals

Salads	1 2 3 4 5 6 7 8 9 10 11 12 13 14	Waldorf salad Florida Salad Salad nicoise Prawn salad Mixed meat Hungarian meat Russian salad Tossed salad Cole slaw Potato salad Beet root salad Green salad Mixed vegetable salad Corn Salad
Fish Mongers	1	Demonstration and practice of cleaning and cutting basic cuts of fish locally available and shell fish
Butchery	1 2 3	Cleaning and cuts of steaks Cleaning of beef and mutton joints Cleaning and cuts of pork
Poultry	1 2	Demonstration and practice on basic cuts Indian curry cuts Boneless Continental cuts Trussing of chicken

## **Theory - III      Catering Science, Costing & Communication**

1. Basic Concept of Hygiene and Sanitation – Definitions, Sanitation, Hygiene, Health, Environmental Hygiene and Sanitation, importance of hygiene to cater
2. Personal Hygiene – meaning of Personal hygiene, care of hands and nails, care of feet, care of teeth, care of hair, care of skin, importance of exercise and posture, importance of rest and sleep, importance of uniform to a caterer.
3. Basic microbiology- definition, Study Bacteria, virus, molds & fungus, factors affecting their multiplication, growth curve.
4. Food Storage – meaning principles of food storage, types of food storage.
5. Pest Control – Introduction, Classification, Blood Suckers, Food Polluters, Property Destroyers, Prevention and control measures.
6. Food Spoilage – Introduction, Definition, Causes of food Spoilage, Signs of spoilage and their Preventive Measures.
7. Food Borne Illness – Definition, Classification, Causes, Food Borne Intoxications Symptoms, food Borne Infections, Causes Preventive Measures.
8. Sanitation of the cooking place importance , Sanitary Procedures, Planning of Kitchen Cleaning Procedures in Kitchen, Development of Cleaning and Sanitation Schedules.
9. Cleaning Agent – Definition and Importance of Cleaning Agents, Different Types of CA detergents, Sanitizer, Guidelines for Optimum Sanitization.
10. Dish Washing – Importance of DW. Methods of DW, Manual DW, Machine DW, Temperature of water used for cleaning process, Procedure of drying, Post Cleaning and Storage.
11. Garbage – Source of Garbage, Storage of Garbage, Garbage Bin, Cleaning Methods of Garbage Disposal, Effluent Treatment Plants.
12. Food Laws and food standards-definition of food adulteration, PFA,FPO, meat food product order, cold storage order, misbranding, ISI mark, Ag mark, Export inspection council.
13. Introduction to nutrition-definition of food , nutrition, malnutrition, health, Functions of food.
14. Nutrients in food – their functions , food sources and deficiency diseases.
15. Basic food groups and balanced diet.
16. Equipment-Large and Small Equipments, Small Equipments, materials. Used for Large and small Equipments. General Guidelines for Cleaning Equipments, Equipments Requiring Special Attention.
17. Electricity – Importance, Definitions, Electrically Operated Appliances, Safety Aspects. While Using Electrical Equipments. Fuse, Types of Fuse Units Earthing , Writing of plug, Meter Reading, Stabilizer, Inverters, conductors and non conductors, meter reading.
18. Cooking Fuels – Definition, Classification of Fuels, Merits and Demerits of Fuels
19. Fire Precaution – Definition, Classification of Fires, Types of Fire Related Accidents. Fire Prevention, Methods of Extinguishing Fire, Procedure in the Event of Fire, Use of Portable Fire Extinguishers.
20. Safety and Security – Importance of safety Measures, Causes of Accidents, Preventive Measures.

21. Types of maintenance – breakdown, preventive, scheduled.
22. Food cost control- definition and nature of food cost control, objectives of food cost control, Obstacles to food cost control, phases of food cost control.
23. Cost control system- importance, Basic activities of the operational phase  
 Purchasing – elements, food purchaser, duties of a purchase officer, SPS, Purchasing procedure, methods of purchasing selection of supplier.  
 Receiving – Procedure, methods of control for receiving department.  
 Storing and Issuing – Location of the store room, storekeeper – Duties & Responsibilities, store Records, in small catering establishments, store Records in large catering establishments, pricing of issues, stock taking, stock levels.  
 Preparation Control : Volume forecasting standing yield, standard recipe, standard portion size, K.O.T.  
 Selling : Four Pricing Problems.
24. Elements of Cost :- Material cost, overhead cost, Concept of profit – Gross profit, AWP, Net Profit . Calculation of elements of cost and profit.
25. Unit Costing – Importance, Gross Profit, Steps in calculating selling price of dish for the desired gross profit, Cost sheet, Calculation of food cost for a dish, Meal costing, Banquets, Sales – Mix.
26. Methods of costing :- Costing, Historical costing, estimated costing, marginal costing, direct costing, Job costing, batch costing, contract costing , process costing, operation costing, unit costing, operating cost.
27. Standard Costing :- Introduction, standard cost, standard costing, Technique of standard costing, Advantages of standard costing, Disadvantages of standard costing Pre-requisites to the standards, variance analysis, causes of variance, importance of variance analysis
28. Cost dynamics : Marginal costing, advantages of marginal costing, cost dynamics (Behavior of cost), fixed cost, semi- fixed cost, variable cost, breakeven Analysis Break even chart, profit volume ratio, contribution margin of safety, step by step formulas for calculating Break even point.
29. Budget :- Budget, Budgetary control, Objectives of Budgetary control, Main stages of Budgetary control, classification of Budgets, Types of Budgets—sales budget, material cost budget, labor cost budget, overhead cost budget, budgeted profit and loss account.
30. Communication – Meaning , types of communication, grapevine, barriers of effective communication, steps for improving communication.
31. Letter writing – parts of letter
32. Application writing - essentials of good application, types of application
33. Application for the post of chef / baker
34. Letter of appointment
35. Requesting for an increase in salary.
36. Application for sick leave.
37. Application for long leave
38. Resigning from a job
39. Applying for a loan.
40. Inviting question, handling guest complaint, making complaints, report writing

## REFERENCES BOOKS

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- Bakers handbook on practical baking (1966) Wheat associates, New delhi
- Professional baking – Wayne Gisslen, John Wiley & Sons.
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- Upto date confectionery. A complete guide to the craft Daniel A.R.(1965) Malaren & sons. England.
- Theory of Cookery – Krishna Arora
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- Introductory Foods – Hughes O & Bennion, M (1970). The Macmillan Co. Ltd. New York.
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- Hygiene and sanitation By S Roday.
- Theory of Catering – By s.Roday
- Theory of Catering – By Ronald Kinton and victor Ceserani
- All About Catering By Julia Reay
- An Introduction to food and Beverage Studies By Marzia Magris and cathy Mc Crery
- Food Microbiology By William Frazier
- Food and Nutrition By Arya Publishing House, Educational Publishers, Karol Bagh, New Delhi.
- Food Science BY Sumati Mudambi
- Modern Cookey volume II (fifth edition ) Thangham E. Philip
- Practical cookery – Ronald Kinton, Victor Cesarani & David Foscett.
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