

MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION, MUMBAI

1	Name of Syllabus	C. C. IN CONTINENTAL FOOD (401113)																																									
2	Max. Nos of Student	25 Students																																									
3	Duration	6 Month																																									
4	Type	Part Time																																									
5	Nos Of Days / Week	6 days																																									
6	Nos Of Hours /Days	4 hrs.																																									
7	Space Required	1) Workshop = 400 sqfeet 2) Class Room = 200 sqfeet TOTAL = 600 sqfeet																																									
8	Entry Qualification	5 th Passed																																									
9	Objective Of Syllabus/ introduction	After completion of this level the trained person would be able to do the Wastage Management and Up keeping of work place. handle raw materials and products in a safe and hygienic manner. able to supervise the Assistant Craftsmen. prepare all varieties of Continental Food with good speed. check the quality of Continental Food. handle the Product, People & Equipments. resolve any technical problem during production process. Innovate new products/new varities																																									
10	Employment Opportunity	Self Employment / May get job in Establishment																																									
11	Teacher’s Qualification	Diploma or Certificate in Hotel management																																									
12	Training System	Training System Per Week <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 hrs</td><td>18hrs</td><td>24hrs</td></tr></table>							Theory	Practical	Total	6 hrs	18hrs	24hrs																													
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Theory - I - Continental Food

1. Knowledge about Continental Kitchen equipment and familiarization of their handling in continental department.
2. Safety rules for using different types of knives in the continental cuisine.
3. Foundation of ingredient and their properties and characteristics.
4. Layout of continental kitchen department.
5. Functions of continental department.
6. Movable & immovable equipment in the continental department.
7. Objectives of continental food.
8. Classifications of raw material, Perishable & Non-perishable.
9. Kitchen Organization responsibilities and functions of each category of staff working in the continental cuisine.
10. Inter relation between staff in the continental cuisine.
11. Seasoning & flavoring agents.
12. Accompaniments & Garnishes.
13. Courses menu knowledge of menu planning, recipe writing.
14. Methods of cooking food with special reference to Vegetables, fish, meat & chicken.
15. Portion Control & Quality Control.
16. Preservation of Food & Food Storage.
17. Hygiene – Hygiene of food handler, Fire Hazards, Contents of first aid, safety.
18. Knowledge about fuels.
19. Food Costing

PRACTICAL - I - Preparatory Processes

A) Safety Precautions

- Practice in safe working procedures and observe the necessary precautions. Observe safety procedures when handling steam; diesel; gas; electrical; cutting and grinding equipments
- Maintain good housekeeping. Maintain Goods Manufacturing Practices as per Hazard Analysis Critical Control Point.

B) PRINCIPLES and PROCESSING

- Handling of Ingredients used in manufacturing of Continental Food and processing characteristics
 - Preparation Process of Continental Food menu sequences (e.g.
 1. Soup Horsd'oeuvres (Appetizer).
 2. Soups
 3. Sauces.
 4. Gravies.
 5. Fish.
 6. Entrée.

7. Joint.
8. Roast.
9. Vegetables.
10. Invalid Cookery.
11. Beverages.
12. Breakfast Dishes.
13. Continental Desserts & Pudding.
14. Savory Preparations
15. Veg. Burgers & Veg. Pizzas

C) PACKAGING

- Concept and types of packaging NORMAL (Canning; Thermoformed trays; preformed pouches; injection molded trays etc.) MAP (modified atmosphere packaging) (nitrogen flushing/oxygen scavengers etc.)
- Practice canning and tray packaging (with or without MAP)

Practical – II - Continental Food

A) SHELF LIFE

- Shelf-life of Continental Food Items.
- Handling of Ingredients used in manufacturing of Continental Food
- Preparation of Continental Food (e.g. Veg. Burgers & Veg. Pizzas etc.)

B) Food Cost

- Handling of Raw material in order to minimise the wastage.
- Preparation of Continental Food by following 100% recipe procedures.
- Handling of Finished Items in order to minimise the wastage.
- 100% portion control while serving & packing Continental Food.

C) PACKAGING

- Concept and types of packaging NORMAL (Canning; Thermoformed trays; preformed pouches; injection molded trays etc.) MAP (modified atmosphere packaging) (nitrogen flushing/oxygen scavengers etc.)
- Practice canning and tray packaging (with or without MAP)

CONTINENTAL RECIPES OF THE FOLLOWING:

1. Soup.
2. Bortsch-Polongnaise
3. Petit-Marmite.
4. Minestrone.
5. Mulligatawny.
6. Hungarian Goulash.
7. American Chodler

B-

1. Stromate' e IL Anglaise.
2. Filet De Stromate'e-Meuniere.
3. Stromattee A 1 Florentine.
4. Lobster Thermidor
5. Filet De Pomfret A' L Orly.

C-

1. Chicken A Lakiev.
2. Poulet Saute Maryland.
3. Poulet Cordon-Bleu
4. Wiener Schinitzel.
5. Chateaubriand-Steak.

C) PACKAGING

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List Of Tools and Equipments

- Pizza Oven-1 • Pizza Cutter-2 • Knives-2 • Chopping Board-2
- Electronic weighing balance-1
- Fryer-1 • Slicer-2 • Working Table-1
- Tongs-2 • Frying Basket-1
- 1. Chopping Boards.
- 2. LP Gas Cooking Range.
- 3. Oven.
- 4. Griller.
- 5. Refrigerator.
- 6. Gas Tandoor & Skewer .
- 7. Grinder Machine.
- 8. Blender & Mixer.
- 9. Dough & Batler Maker.
- 10.Mixer.
- 11.Weigh Machine.
- 12.Frying Pan.
- 13.Kadai (Large & Small).

- 14.Tawa (General & Large)
- 15.Wooden Spatula.
- 16.Slicer.
- 17.Steel Basin.
- 18.Baking Tray.
- 19.Holder.
- 20.Server.
- 21.Sauce Pan.
- 22.Pie Dishes.
- 23.Steel & Plastic Mugs.
- 24.Balloon Whisk.
- 25.Measuring Jars.
- 26.Containers (For Keeping Ready Preparations).
27. Bread Moulds.
- 28.Coconut Grater.
- 29.Blackboard.
- 30.Trainers Table.
- 31.Dustbin.
- 32.Proper Electric & Gas Connections.
- 33.Chart denoting the Do's & Don's in the Kitchen.
