

**GOVERNMENT OF THE PUNJAB**

**TECHNICAL EDUCATION & VOCATIONAL TRAINING  
AUTHORITY**



*CURRICULUM FOR*

**Culinary Arts**

**(6-Months Course)**

Developed, August, 2023

06SCLAS2023D1

**CURRICULUM SECTION  
ACADEMICS WING**

96-H, GULBERG-II, LAHORE

Ph # 042-99263055-9, 99263064

[gm.acad@tevta.gop.pk](mailto:gm.acad@tevta.gop.pk), [manager.cur@tevta.gop.pk](mailto:manager.cur@tevta.gop.pk)

## **TRAINING OBJECTIVES**

This course aims at imparting practical skills and theoretical knowledge for developing adequately trained culinary students with a view to satisfy the manpower requirement of this category in non-commercial and commercial food production units. One of the major objectives is to impart knowledge, which is required for preparation of good quality cookery, adopting food safety principles.

On successful completion of this course, a trainee will learn about kitchen operations and its organization, different recipes, cutting of vegetables, meats, fish etc. required for cooking, preservation of fruit & vegetable, different cooking methods, preparation of salads, sauces and dressings etc. He / she will also learn how to ensure personal conditions and working environment to be hygienic and cleanliness along with ethical values. It will also focus the food selection criteria / standards for preparation and the caloric value of different food components. It observes the precautions for accident prevention and major measures for pest control in food production area.

## **CURRICULUM SALIENTS**

|                                |   |                   |
|--------------------------------|---|-------------------|
| Entry Level                    | : | Matric            |
| Duration of course             | : | 6 - Months        |
| Total training hours           | : | 800 Contact Hours |
| Training Profile & Methodology | : | Practical 80%     |
|                                | : | Theory 20%        |

Lectures, Demonstration, Group discussion, Industry visits, etc.

|                        |   |                |
|------------------------|---|----------------|
| Medium of instructions | : | Urdu / English |
|------------------------|---|----------------|

**SKILL COMPETENCY DETAILS**

On successful completion of this course, trainee should be able to:

1. Adopt the practices maintaining good personal hygiene and grooming.
2. Use health and safety practices, principles and can apply to attain the highest standard of kitchen cleaning and sanitation.
3. Implement the standards for cold & hot food preparations.
4. Use the cutting skills and fundamental cooking techniques.
5. Use art of Food Presentation.
6. Use spices herbs and different food materials.
7. Identify different kitchen tools & equipment's & use them.
8. Prepare soups, salads, continental, Pakistani and chine dishes, desserts etc.
9. Use safety practices and kitchen cleanliness.
10. Apply Principles of preventive maintenance of equipment.
11. Use of digital marketing in different social media platforms.
12. Adopt work ethics, learning & development skills.

**KNOWLEDGE PROFICIENCY DETAILS**

On successful completion of this course, trainee should be able to:

1. Explain Personal Hygiene appearance and grooming.
2. Describe basic first aid and respond to emergencies.
3. Describe kitchen sanitation.
4. Explain safe food handling, how to avoid food from contamination; utilize food safety principles managing HACCP system.
5. Describe Work Ethics.
6. Describe kitchen departments.
7. Explain basic cooking.
8. Explain basic food ingredients.
9. Describe storage & food preservation.
10. Define safety practices.
11. Identify different parts of meat and caloric values of different food components.
12. Describe importance of Digital media.
13. Express personality development & soft skills interventions

**SCHEME OF STUDIES****Culinary Arts  
(6 – Months Course)**

| <b>S. No.</b> | <b>Subjects</b>                                    | <b>Theory Hours</b> | <b>Practical Hours</b> | <b>Total Hours</b> |
|---------------|----------------------------------------------------|---------------------|------------------------|--------------------|
| 1.            | Introduction to Hospitality Industry               | 06                  | 10                     | 16                 |
| 2.            | Role of a Chef                                     | 18                  | 09                     | 27                 |
| 3.            | Introduction to tools/utensils and equipment.      | 10                  | 10                     | 20                 |
| 4.            | HACCP Process in catering operations               | 10                  | 24                     | 34                 |
| 5.            | Food ingredients & their functions                 | 24                  | 18                     | 42                 |
| 6.            | Fundamental of Culinary Arts                       | 12                  | 32                     | 44                 |
| 7.            | Advance Skills in Culinary preparation             | 22                  | 100                    | 122                |
| 8.            | Cuisines                                           | 3                   | 5                      | 8                  |
| 9.            | Food presentation & sensory skills                 | 9                   | 16                     | 25                 |
| 10.           | Food Storage and Preservation                      | 6                   | 4                      | 10                 |
| 11.           | Practical cookery                                  | 0                   | 310                    | 310                |
| 12.           | Digital media marketing & self-employment          | 22                  | 60                     | 82                 |
| 13.           | Personality development & soft skills intervention | 18                  | 42                     | 60                 |
| <b>Total</b>  |                                                    | <b>160</b>          | <b>640</b>             | <b>800</b>         |

**Culinary Arts (6-Month)****Detailed Subjects/ Contents**

| <b>S. No.</b> | <b>Subject main Topic</b>                                                                                                                                                                                                                                                    | <b>Theory Hours</b> | <b>Practical Hours</b> |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|------------------------|
| <b>1.</b>     | <b>Introduction to Hospitality Industry</b><br>1.1 History of Hospitality & Tourism<br>1.2 Hospitality Sector<br>1.2.1 Hotels & Resorts<br>1.2.2 Restaurant & Catering<br>1.2.3 Clubs & Bars<br>1.3 Hospitality Skills<br>1.4 Scope of Hospitality Industry in Pakistan      | 06                  | 10                     |
| <b>2.</b>     | <b>Role of a Chef</b><br>2.1 Leadership skills<br>2.2 Supervision of kitchen operations<br>2.3 Food production cycle<br>2.4 Forecasting and Food Costing<br>2.5 Sections of kitchen<br>2.6 Staff Training<br>2.7 Standard recipe<br>2.8 Recipe yield<br>2.9 Recipe balance   | 18                  | 9                      |
| <b>3.</b>     | <b>Introduction to tools/utensils &amp; equipment</b><br>3.1 Equipment & Machinery<br>3.2 Care & maintenance of utensils / tools & equipment / machinery<br>3.3 Safety rules handling tools & equipment.<br>3.4 Preventive maintenance                                       | 10                  | 10                     |
| <b>4.</b>     | <b>HACCP Process in catering operations</b><br>4.1 Food Safety<br>4.2 Food contamination & cross contamination<br>4.3 Food Hazards<br>4.4 Critical Control Points<br>4.5 Cooking & holding temperatures.<br>4.6 Types of Bacteria<br>4.7 Factors affecting bacterial growth. | 10                  | 24                     |

|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |    |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|
|           | 4.8 Potentially hazardous food<br>4.9 Types of food-borne illness<br>4.10 Monitoring control points<br>4.11 Corrective Actions<br>4.12 HACCP documentation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |    |    |
| <b>5.</b> | <b>Food Ingredients &amp; their Functions</b><br>5.1 Meat (identification, selection & composition)<br>5.2 Poultry (identification, selection & composition)<br>5.3 Fish & shellfish (identification, selection & composition)<br>5.4 Dairy products & egg identification<br>5.5 Fundamental procedures (cooking terminology)<br>5.6 Spices, Herbs & Lentils<br>5.7 Packaged foods<br>5.8 Fruits & Vegetables<br>5.9 Flavour Development<br>5.10 The food groups.<br>5.11 Basic components of food<br>5.12 Carbohydrates<br>5.13 Proteins & Fats<br>5.14 Vitamins & Mineral contents<br>5.15 Caloric value of nutrients<br>5.16 Balanced diet | 24 | 18 |
| <b>6.</b> | <b>Fundamental of Culinary Arts</b><br>6.1 Use of cutting boards.<br>6.2 Knife essentials<br>6.3 How to carve<br>6.4 De-boning a chicken<br>6.5 How to clean & fillet a fish<br>6.6 How to chop, slice, dice & shred<br>6.7 Trimming, peeling, coring, pitting<br>6.8 Basic cuts of vegetables<br>6.9 Portioning cuts<br>6.10 Meat grinding procedure<br>6.11 Grating food                                                                                                                                                                                                                                                                    | 12 | 32 |

|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |    |     |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|-----|
|           | 6.12 Washing, rinsing & blanching<br>6.13 Measuring & conversions<br>6.14 Mixing of foods                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |     |
| <b>7.</b> | <b>Advance Skills in Culinary preparation</b><br>7.1 Cold sauces and sweet cream mixtures<br>7.2 Marinades, dressings, spiced vinegars, brines & seasoning<br>7.2.1 Salads and Sandwiches<br>7.2.2 Classification & use of sauces<br>7.3 Preparing sauces<br>7.4 Preparing stocks<br>7.5 Preparing clear soups<br>7.6 Preparing thickened soups<br>7.7 Quality factors in soups & sauces<br>7.8 Preparing pasta & rice<br>7.9 Preparing appetizers<br>7.10 Preparing desserts<br>7.11 Egg cookery<br>7.11.1 Handling & storage of eggs<br>7.11.2 Checking freshness of eggs<br>7.11.3 Preparation of<br>7.11.3.1 Boiled eggs<br>7.11.3.2 Poached eggs<br>7.11.3.3 Fried eggs<br>7.11.3.4 Omelette's<br>7.11.3.5 Scrambled eggs<br>7.12 Grilling & broiling method<br>7.13 Roasting method<br>7.14 Sautéing method<br>7.15 Stir frying method.<br>7.16 Deep frying method<br>7.17 Braising & stewing method<br>7.18 Steaming method<br>7.19 Poaching, simmering & double boiling,<br>par boiling. | 22 | 100 |



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|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----|
|            | 7.20 Cooking instruction for various grains<br><b>7.21</b> Degree of doneness in meat, poultry & fish                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   |    |
| <b>8.</b>  | <b>Cuisines</b><br>8.1 Food & Culture<br>8.2 Pakistani & Mughlai Cuisines<br>8.3 Chinese & oriental Cuisines<br>8.4 Continental & American Foods<br>8.5 Mediterranean Food                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 3 | 5  |
| <b>9.</b>  | <b>Food presentation &amp; sensory skills</b><br>9.1 Importance of decorating food<br>9.2 Presentation styles of different food materials<br>9.3 Simple items used for decoration.<br>9.4 Cold buffet garnishing & decoration                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 9 | 16 |
| <b>10.</b> | <b>Food Storage and Preservation</b><br>10.1 Food spoilage<br>10.2 Food preservation <ul style="list-style-type: none"> <li>10.2.1 Using high temperature</li> <li>10.2.2 Using low temperature</li> <li>10.2.3 Use of chemical</li> <li>10.2.4 Use of irradiation</li> <li>10.2.5 Drying techniques               <ul style="list-style-type: none"> <li>10.2.5.1.1 Corner stones of purchasing operation.</li> <li>10.2.5.1.2 Receiving food deliveries</li> <li>10.2.5.2 Storage principles</li> <li>10.2.5.3 Types of storage</li> </ul> </li> <li>10.2.6 Chilling, dry storage &amp; freezing)               <ul style="list-style-type: none"> <li>10.2.6.1 Design factors &amp; environmental control</li> <li>10.2.6.2 Sanitary features</li> <li>10.2.6.3 Operating practices</li> <li>10.2.6.4 Handling storage of specific items</li> </ul> </li> </ul> | 6 | 4  |

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|------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|-----|
|            | 10.2.6.4.1 Cooked & partially cooked food.<br>10.2.6.4.2 Meat<br>10.2.6.4.3 Poultry & eggs<br>10.2.6.4.4 Seafood<br>10.2.6.4.5 Dairy products<br>10.2.6.4.6 Fruits & vegetables                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   |     |
| <b>11.</b> | <b>Practical Cookery</b><br><b>11.1 Prepare Soups &amp; Starters</b><br>11.1.1 Cream of tomato Soup<br>11.1.2 Chicken Corn Soup<br>11.1.3 Hot and Sour Soup<br>11.1.4 Thai Soup<br>11.1.5 Mulligatawny soup<br>11.1.6 Cheese Balls<br>11.1.7 Meat balls<br>11.1.8 Cheese toast<br>11.1.9 Chicken Wings<br>11.1.10 Tempuras<br>11.1.11 Fish Crackers<br><br><b>11.2 Prepare Salads</b><br>11.2.1 Fresh Vegetable Salad<br>11.2.2 Bean Salad<br>11.2.3 Kachumer Salad<br>11.2.4 Fruit Salad<br>11.2.5 Russian Salad<br>11.2.6 Mango Thai Salad<br>11.2.7 Tangy Potato Salad / German Potato Salad<br>11.2.8 Chicken apple salad<br>11.2.9 Cole slaw<br>11.2.10 Macaroni Salad<br><b>11.3 Prepare Snacks</b><br>11.3.1 Chicken/ Vegetable rolls | - | 310 |

|  |             |                                    |  |  |
|--|-------------|------------------------------------|--|--|
|  | 11.3.2      | Finger fish                        |  |  |
|  | 11.3.3      | Nuggets                            |  |  |
|  | 11.3.4      | Chicken roast                      |  |  |
|  | 11.3.5      | Fried chicken                      |  |  |
|  | 11.3.6      | French fries                       |  |  |
|  | 11.3.7      | Potato cutlets                     |  |  |
|  | 11.3.8      | Chicken Pakora                     |  |  |
|  | 11.3.9      | Club Sandwich & open face sandwich |  |  |
|  | 11.3.9.1    | Samosas                            |  |  |
|  | 11.3.9.2    | Potato Wedges                      |  |  |
|  | 11.3.9.3    | Chicken dabu                       |  |  |
|  | <b>11.4</b> | <b>Prepare Pakistani dishes</b>    |  |  |
|  | 11.4.1      | Yakhni Pulao                       |  |  |
|  | 11.4.2      | Biryani                            |  |  |
|  | 11.4.3      | Mutton Qorma                       |  |  |
|  | 11.4.4      | Chicken White Qorma                |  |  |
|  | 11.4.5      | Mix Daal                           |  |  |
|  | 11.4.6      | Dal Chana Gosht                    |  |  |
|  | 11.4.7      | Dal Mash Dry                       |  |  |
|  | 11.4.8      | Mutton Green Karahi                |  |  |
|  | 11.4.9      | Palak Gosht                        |  |  |
|  | 11.4.10     | Sajji                              |  |  |
|  | 11.4.11     | Haleem                             |  |  |
|  | 11.4.12     | Beef Nihari                        |  |  |
|  | 11.4.13     | Mutton Paya                        |  |  |
|  | 11.4.14     | Halwa Puri                         |  |  |
|  | 11.4.15     | Aloo Gosht                         |  |  |
|  | 11.4.16     | Aloo Qeema                         |  |  |
|  | 11.4.17     | Katakat                            |  |  |
|  | 11.4.18     | Saag                               |  |  |
|  | 11.4.19     | Mutton Karahi                      |  |  |
|  | 11.4.20     | Chicken Karahi                     |  |  |
|  | 11.4.21     | Chicken Ginger                     |  |  |
|  | 11.4.22     | White Chicken Karahi               |  |  |
|  | 11.4.23     | Boneless Beef Pulao                |  |  |

|  |             |                               |  |  |
|--|-------------|-------------------------------|--|--|
|  | 11.4.24     | Kari Pakora                   |  |  |
|  | 11.4.25     | Gurda champ masala            |  |  |
|  | 11.4.26     | Beef seekh kababs             |  |  |
|  | 11.4.27     | Chicken seekh kebabs          |  |  |
|  | 11.4.28     | Handi gosht                   |  |  |
|  | 11.4.29     | Mutton kunna                  |  |  |
|  | 11.4.30     | Chicken tikka                 |  |  |
|  | 11.4.31     | Roti, paratha, chapatti, naan |  |  |
|  | 11.4.32     | Mutton shab daig              |  |  |
|  | 11.4.33     | Malai Boti                    |  |  |
|  | 11.4.34     | Nargisi kofta curry           |  |  |
|  | 11.4.35     | White kofta curry             |  |  |
|  | 11.4.36     | Shahi koftay                  |  |  |
|  | 11.4.37     | Dal makhani                   |  |  |
|  | 11.4.38     | Kashmiri gosht                |  |  |
|  | 11.4.39     | Rashmi kebab                  |  |  |
|  | 11.4.40     | Tawa qeema                    |  |  |
|  | 11.4.41     | Chapli Kebab                  |  |  |
|  | <b>11.5</b> | <b>Prepare Raitas</b>         |  |  |
|  | 11.5.1      | Onion Raita                   |  |  |
|  | 11.5.2      | Potato raita                  |  |  |
|  | 11.5.3      | Mix Vegetable Raita           |  |  |
|  | 11.5.4      | Macaroni Raita                |  |  |
|  | 11.5.5      | Mushroom Raita                |  |  |
|  | 11.5.6      | Sweet Pineapple Raita         |  |  |
|  | 11.5.7      | Chicken Raita                 |  |  |
|  | <b>11.6</b> | <b>Prepare Chinese Dishes</b> |  |  |
|  | 11.6.1      | Egg Fried Rice                |  |  |
|  | 11.6.2      | Chicken Fried Rice            |  |  |
|  | 11.6.3      | Vegetable fried Rice          |  |  |
|  | 11.6.4      | Garlic fried rice.            |  |  |
|  | 11.6.5      | Masala Rice                   |  |  |
|  | 11.6.6      | Chicken in hot garlic sauce   |  |  |
|  | 11.6.7      | Chicken with almonds          |  |  |
|  | 11.6.8      | Chicken with pineapple        |  |  |
|  | 11.6.9      | Chicken Manchurian            |  |  |

|  |                                                              |                                       |  |  |
|--|--------------------------------------------------------------|---------------------------------------|--|--|
|  | 11.6.10                                                      | Kung Pao Chicken                      |  |  |
|  | 11.6.11                                                      | Sweet and sour chicken                |  |  |
|  | 11.6.12                                                      | Chop Suey                             |  |  |
|  | 11.6.13                                                      | Fish with Chili sauce                 |  |  |
|  | 11.6.14                                                      | Prawn Masala                          |  |  |
|  | 11.6.15                                                      | Chicken Szechuan                      |  |  |
|  | 11.6.16                                                      | Chicken Ginger                        |  |  |
|  | 11.6.17                                                      | Chicken Shashlik                      |  |  |
|  | 11.6.18                                                      | Chicken Chow Mein                     |  |  |
|  | 11.6.19                                                      | Stir fried Chicken.                   |  |  |
|  | <b>11.7 Prepare Continental &amp; Other Cuisine's dishes</b> |                                       |  |  |
|  | 11.7.1                                                       | Cheesy Tex-Mex Stuffed Chicken        |  |  |
|  | 11.7.2                                                       | Lasagna                               |  |  |
|  | 11.7.3                                                       | Shawarma                              |  |  |
|  | 11.7.4                                                       | Beef Fillet Steak                     |  |  |
|  | 11.7.5                                                       | Fajitas                               |  |  |
|  | 11.7.6                                                       | Steamed Chicken                       |  |  |
|  | 11.7.7                                                       | Baked Chicken with Honey Mustard      |  |  |
|  | 11.7.8                                                       | Grilled Sirloin Steaks                |  |  |
|  | 11.7.9                                                       | Breaded chicken Breast with asparagus |  |  |
|  | 11.7.10                                                      | Beef and Chicken Burgers              |  |  |
|  | 11.7.11                                                      | Pizza                                 |  |  |
|  | 11.7.12                                                      | Chicken Chili Dry                     |  |  |
|  | 11.7.13                                                      | Grilled Chicken Sandwich              |  |  |
|  | 11.7.14                                                      | Smash Burger                          |  |  |
|  | 11.7.15                                                      | Chicken Chili strips                  |  |  |
|  | 11.7.16                                                      | Alfredo Pasta                         |  |  |
|  | 11.7.17                                                      | Penne Pesto                           |  |  |
|  | 11.7.18                                                      | Mozzarella Sticks                     |  |  |
|  | 11.7.19                                                      | Chicken steak with tarragon           |  |  |
|  | 11.7.20                                                      | Chicken Steak Burger                  |  |  |
|  | 11.7.21                                                      | Beef Steaks                           |  |  |

|            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |    |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|
|            | <p><b>11.8 Prepare Desserts</b></p> <p>11.8.1 Egg custard &amp; Caramel custard</p> <p>11.8.2 Trifle, Rich trifle pudding</p> <p>11.8.3 Chocolate Souffle, Lemon Souffle.</p> <p>11.8.4 Tiramisu</p> <p>11.8.5 Mousse</p> <p>11.8.6 Rusmalai</p> <p>11.8.7 Gajar ka alwa</p> <p>11.8.8 Sheer Khurma</p> <p>11.8.9 Sweet Noodles</p> <p>11.8.10 Loki ki Kheer</p> <p>11.8.11 Suji Ka Halwa</p> <p>11.8.12 Kheer</p> <p>11.8.13 Zarda</p> <p><b>11.9 Fruit and Vegetable Preservation</b></p> <p>11.9.1 Mixed Vegetable Pickle</p> <p>11.9.2 Mango Pickle</p> <p>11.9.3 Squash (seasonal fruits)</p> <p>11.9.4 Chutnies</p> <p>11.9.5 Tomato Ketchup</p> |    |    |
| <b>12.</b> | <p><b>Digital media marketing &amp; Self-Employment</b></p> <p>12.1 Importance of social media</p> <p>12.2 Facebook, Tik-Tok, Insta, YouTube</p> <p>12.3 Food apps training.</p> <p>12.4 You-Tube channel introduction</p> <p>12.5 YouTube Channel Making</p> <p>12.6 Optimization of YouTube Channel</p> <p>12.7 Advertisement Boosting on social media</p> <p>12.9 Generation of Sale</p> <p>12.10 Payment methods</p>                                                                                                                                                                                                                               | 22 | 60 |
| <b>13.</b> | <p><b>Personality Development &amp; Soft Skills Interventions</b></p> <p>13.1 Communication Skills</p> <p>13.1.1 Speaking</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 18 | 42 |

|              |        |                           |            |            |
|--------------|--------|---------------------------|------------|------------|
|              | 13.1.2 | Listening                 |            |            |
|              | 13.1.3 | Writing                   |            |            |
|              | 13.1.4 | Body Language             |            |            |
|              | 13.1.5 | Customer Service          |            |            |
|              | 13.1.6 | Selling & Marketing       |            |            |
|              | 13.2   | Grooming                  |            |            |
|              | 13.2.1 | Etiquette & Manner        |            |            |
|              | 13.2.2 | Character & Values        |            |            |
|              | 13.2.3 | Desire to learn.          |            |            |
|              | 13.2.4 | Attitude & Courtesy       |            |            |
|              | 13.2.5 | Emotional Intelligence    |            |            |
|              | 13.2.6 | Problem Solving           |            |            |
|              | 13.2.7 | Self-awareness & Grooming |            |            |
|              | 13.2.8 | Presentation Skills       |            |            |
|              | 13.3   | Teamwork                  |            |            |
|              | 13.3.1 | Leadership                |            |            |
|              | 13.3.2 | Multitasking              |            |            |
|              | 13.3.3 | Motivation & Inspiration  |            |            |
|              | 13.3.4 | Conflict resolution       |            |            |
|              | 13.3.5 | Planning                  |            |            |
|              | 13.3.6 | Growth                    |            |            |
|              | 13.3.7 | Tolerance & Understanding |            |            |
| <b>Total</b> |        |                           | <b>160</b> | <b>640</b> |

## **LIST OF PRACTICAL**

### **Practical Cookery**

#### **Prepare Soups & Starters:-**

1. Cream of tomato Soup
2. Chicken Corn Soup
3. Hot and Sour Soup
4. Thai Soup
5. Mulligatawny soup
6. Cheese Balls
7. Meat balls
8. Cheese toast
9. Chicken Wings
10. Tempuras
11. Fish Crackers

#### **Prepare Salads:-**

12. Fresh Vegetable Salad
13. Bean Salad
14. Kachumer Salad
15. Fruit Salad
16. Russian Salad
17. Mango Thai Salad
18. Tangy Potato Salad / German Potato Salad
19. Chicken apple salad
20. Cole slaw
21. Macaroni Salad

#### **Prepare Snacks:-**

22. Chicken/ Vegetable rolls
23. Finger fish
24. Nuggets
25. Chicken roast
26. Fried chicken
27. French fries
28. Potato cutlets
29. Chicken Pakora
30. Club Sandwich & open face sandwich
31. Samosas
32. Potato Wedges
33. Chicken dabu

#### **Prepare Pakistani dishes:-**

34. Yakhni Pulao
35. Biryani
36. Mutton Qorma
37. Chicken White Qorma
38. Mix Daal
39. Dal Chana Gosht
40. Dal Mash Dry



41. Mutton Green Karahi
42. Palak Gosht
43. Sajji
44. Haleem
45. Beef Nihari
46. Mutton Paya
47. Halwa Puri
48. Aloo Gosht
49. Aloo Qeema
50. Katakot
51. Saag
52. Mutton Karahi
53. Chicken Karahi
54. Chicken Ginger
55. White Chicken Karahi
56. Boneless Beef Pulao
57. Kari Pakora
58. Gurda chana masala
59. Beef seekh kababs
60. Chicken seekh kebabs
61. Handi gosht
62. Mutton korma
63. Chicken tikka
64. Roti, paratha, chapatti, naan
65. Mutton shab daig
66. Malai Boti
67. Nargisi kofta curry
68. White kofta curry
69. Shahi kofta
70. Dal makhani
71. Kashmiri gosht
72. Rashmi kebab
73. Tawa qeema
74. Chapli Kebab

**Prepare Raitas:-**

75. Onion Raita
76. Potato raita
77. Mix Vegetable Raita
78. Macaroni Raita
79. Mushroom Raita
80. Sweet Pineapple Raita
81. Chicken Raita

**Prepare Chinese Dishes:-**

82. Egg Fried Rice
83. Chicken Fried Rice
84. Vegetable fried Rice
85. Garlic fried rice.
86. Masala Rice
87. Chicken in hot garlic sauce
88. Chicken with almonds
89. Chicken with pineapple
90. Chicken Manchurian
91. Kung Pao Chicken

92. Sweet and sour chicken
93. Chop Suey
94. Fish with Chili sauce
95. Prawn Masala
96. Chicken Szechuan
97. Chicken Ginger
98. Chicken Shashlik
99. Chicken Chow Mein
100. Stir fried Chicken.

**Prepare Continental & Other Cuisine's dishes:-**

101. Cheesy Tex-Mex Stuffed Chicken
102. Lasagna
103. Shawarma
104. Beef Fillet Steak
105. Fajitas
106. Steamed Chicken
107. Baked Chicken with Honey Mustard
108. Grilled Sirloin Steaks
109. Breaded chicken Breast with asparagus
110. Beef and Chicken Burgers
111. Pizza
112. Chicken Chili Dry
113. Grilled Chicken Sandwich
114. Smash Burger
115. Chicken Chili strips
116. Alfredo Pasta
117. Penne Pesto
118. Mozzarella Sticks
119. Chicken steak with tarragon
120. Chicken Steak Burger
121. Beef Steaks

**\*Prepare Desserts:-**

122. Egg custard & Caramel custard
123. Trifle, Rich trifle pudding
124. Chocolate Souffle, Lemon Souffle.
125. Tiramisu
126. Mousse
127. Rusmalai
128. Gajar ka alwa
129. Sheer Khurma
130. Sweet Noodles
131. Loki ki Kheer
132. Suji Ka Halwa
133. Kheer
134. Zarda
135. Fruit and Vegetable

**Chatnies & Preservation :-**

136. Mixed Vegetable Pickle
137. Mango Pickle
138. Squash (seasonal fruits)
139. Tomato Ketchup

**Personality Development & Soft Skills Interventions**

- 140. Give Individual Presentation
- 141. Perform group discussion.
- 142. Listen audio recording.
- 143. Write Application, Letter & Reports
- 144. Perform Role Plays
- 145. Write C.V.
- 146. Practice interview
- 147. Learn from Peers.

## **LIST OF LABS**

➤ Kitchen

## LIST OF MACHINERY / EQUIPMENT / TOOLS

(For a class of 25 students)

|                           |                             |
|---------------------------|-----------------------------|
| <b>Name of Trade</b>      | <b>Professional Cooking</b> |
| <b>Duration of Course</b> | <b>6-Months Course</b>      |

| S. No | Names of Tools / Equipment / Item                                                                                                                                                                                                                                                                                                                | Quantity                                         |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| 1.    | <b>Floor mop bucket</b><br>With 02 Dry Mops with handles and 02 wet mops with handles.<br>Material: Plastic with Steel Handle and 4 Wheels                                                                                                                                                                                                       | 01                                               |
| 2.    | <b>Lemons Squeezer (Steel made, Local)</b><br>(made, non-Magnetic)                                                                                                                                                                                                                                                                               | 03                                               |
| 3.    | <b>Air Tight Jars</b><br>Capacity: Approximately half liter<br>Use: Food Storage                                                                                                                                                                                                                                                                 | 20                                               |
| 4.    | <b>Pressure Cooker</b><br>Approx. 11 Liter                                                                                                                                                                                                                                                                                                       | 3                                                |
| 5.    | <b>Woks / Karahi (Chinese)</b><br>Material: Iron<br>Round Bottom<br>Sizes: 18 inches<br>Weight: 1.5 Kg                                                                                                                                                                                                                                           | 06                                               |
| 6.    | <b>French Fried Cutter (Local)</b><br>(Standard Size)<br>Material: Metal Body,                                                                                                                                                                                                                                                                   | 01                                               |
| 7.    | <b>Microwave Oven (Convectional)</b><br><br>Specification:<br><br>Capacity: Approx 25 ltr<br>Power Output: 1200w<br>Power input (Grill): 1200w<br>Colours: Black / Silver                                                                                                                                                                        | 01                                               |
| 8.    | <b>POTS:</b><br>Material: Aluminum<br>Sizes:<br>Number 10 with round bottom:<br>Number 9 with round bottom:<br>Number 8 with round bottom:<br>Number 7with round bottom:<br>Number 6 with round bottom:<br>KARAHIS:<br>Material: Aluminum<br>Sizes:<br>Number 5 with round bottom:<br>Number 4 with round bottom:<br>Number 3 with round bottom: | 02<br>02<br>02<br>02<br>02<br><br>02<br>02<br>02 |

|    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |   |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
|    | <p>Number 5 with Flat bottom: 02</p> <p>Number 4 with Flatbottom: 02</p> <p>Number 3 with Flat bottom: 02</p> <p>SAUCE PANS:</p> <p>Material: Aluminum milk pans</p> <p>Sizes: Number 9 06</p> <p>Number 7 06</p> <p>FRY PANS:</p> <p>Material: Aluminum with Bakelite handle 06</p> <p>Sizes:</p> <p>Number 4</p> <p>NON-STICK FRY PANS: 04</p> <p>Material: Aluminum</p> <p>Sizes: 30cm Diameter</p> <p>NON-STICK SPOON SET (06- PCS) 04</p> <p>STEAMER: 04</p> <p>3 Piece Steamer Stockpot 18/10 Stainless Steel)</p> <p>6 QUART/5.7 LITRE</p> <p>3 PIECE STAINLESS STEEL</p> <p>SITS FLAT</p> <p>IMPACT BONDED FOR EVEN HEAT DISTRIBUTION 18/10 STAINLESS STEEL</p> <p>Size: 10" IN DIAMETER AND 8 1/2" TALL</p> <p>CAST IRON GRILL:</p> <p>Material: Cast Iron 4</p> <p>Sizes: 35cm diameter</p> <p>Sizes: 24cm diameter 3</p> <p>KEY FEATURES</p> <p>This rectangular-shaped grill has a cast iron base that cooks evenly and locks in the flavor for the best results.</p> <p>Safe to use.</p> <p>Maximum durability and strength.</p> <p>Fat free healthy cooking.</p> <p>PRODUCT INFORMATION</p> <p>Colour</p> <p>Black</p> <p>Main Material</p> <p>Cast Iron</p> <p>Dimensions</p> <p>35 cm</p> |   |
| 9. | <p><b>Cutlery Utensils (124 Pieces Set)</b></p> <p>Full Dual Finish 14 Gauge</p> <p>Tea Spoon 12 PCS</p> <p>Dessert Spoon 12 PCS</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 1 |

|            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |    |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
|            | Dessert Fork 12 PCS<br>Dessert Knife 12 PCS<br>Service Curry Spoon 4 PCS<br>Service Rise Spoon 4 PCS<br>Demitasse Spoon 6 PCS<br>Sugar Spoon 2 PCS<br>Butter Knife 2 PCS<br>Service Fork 2 PCS<br>Cake Fork 12 PCS<br>Ice Cream Spoon 12 PCS<br>Soup Spoon 12 PCS<br>Soup Ladle 9" 2 PCS<br>Tea Spoon Big 12 PCS<br>Service Tong 2 PCS<br>Ice Tong 2 PCS                                                                                                                                                                                                                                                                                             |    |
| <b>10.</b> | <b>Refrigerator</b><br>Single Door<br>Size 30"x28"x80"<br>Upright , Stainless Steel Body<br>Commercial Usage                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 1  |
| <b>11.</b> | <b>Deep Freezer</b><br>Size 30"x28"x80"<br>Stainless Steel Body<br>Commercial                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1  |
| <b>12.</b> | <b>Salamander Grill</b> (Stainless Steel)<br>Dimension<br>880*440*610 mm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 1  |
| <b>13.</b> | <b>Bakery oven Single Deck 56x36x35 Stainless Steel</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1  |
| <b>14.</b> | <b>Cutting boards Wooden (Different Colors) 24x18x2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 12 |
| <b>15.</b> | <b>Dinner-ware set (One)</b><br>Shape: Square<br>Product Features: Dishwasher Safe, Microwave Safe<br>Style: Restaurant-ware<br>Pattern: Solid<br>Set Include: 80-piece<br>Care Instruction: Dishwasher Safe<br>Exact Color: White<br>Color: White<br><u><b>Set Includes:</b></u><br><br>12 x 10-inch Dinner Plates<br>12 x 7-inch Salad Plates<br>12 x 7-inch Bowls<br>12 x 10.5-ounce Mugs<br>12 x 4-inch Sauce Dishes<br>2 x 2-ounce Salt Shaker<br>2 x 2-ounce Pepper Shaker<br>2 x 8-ounce Sugar bowl with lid<br>2 x 8.75-ounce Milk creamer<br>2 x 8.5-inch Butter dish with lid<br>2 x 20-ounce Gravy boat<br>2 x 10-inch Large Serving bowl | 1  |

|            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |    |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
|            | 2 x 13.75-inch Rectangular platter                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |    |
| <b>16.</b> | <b>Various knives &amp; choppers (Set)</b><br>(Professional Kitchen Knives)<br><b>Description:</b><br>High-carbon stainless steel blades<br>Durable bolster<br>Ergonomic hollow stainless steel handle<br>Includes all-purpose household shears<br>Dishwasher safe<br><b>Dimensions:</b><br>Chef's knife: 8 inches long<br>Slicing knife: 8 inches long<br>Santoku knife: 5.5 inches long<br>Serrated utility knife: 5.5 inches long<br>Paring knife: 3.5 inches long<br>Bird's peak paring knife: 2.75 inches long<br>Sharpening steel: 8 inches long<br>Steak knives: 4.5 inches long<br>Block: 14.5 inches high x 7.2 inches long x 6.8 inches wide | 4  |
| <b>17.</b> | <b>Strainer different size</b><br>Material: Stainless Steel with Bakelite handles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 06 |
| <b>18.</b> | <b>Measuring tools &amp; equipment (Set)</b><br>Measuring cups            01 sets<br>Measuring spoons        01 sets<br>Measuring jugs            01 Number<br>Local Made                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 04 |
| <b>19.</b> | <b>Various moulds for baking (Set of 3)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 08 |
| <b>20.</b> | <b>Baking trays</b><br>Material: Aluminum<br>Size: 18 x 12 Local Made                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 06 |
| <b>21.</b> | <b>Lava Rock Gas Griller with Shelves</b><br>Dimension : 800*900*(850+60) mm<br>Power : 17KW/58188BTU<br>LPG Gas Pressure : 2800Pa<br>LPG Gas Consumption : 1.238kg/h<br>NG Gas Pressure : 2000Pa<br>NG Gas Consumption : 1.588m <sup>3</sup> /h<br>N.W : 137 Kg<br>G.W : 208 Kg<br>Free Standing                                                                                                                                                                                                                                                                                                                                                      | 1  |
| <b>22.</b> | <b>Deep Fat Fryer (Gas operated)</b><br>Freestanding Gas 2-Tank 2-Basket Fryer with chip dump table, with two basket<br>Dimension :<br>500*700*1080 mm<br>Power : 27KW/92125BTU<br>Capacity : 36L<br>LPG Gas Pressure : 2800Pa<br>LPG Gas Consumption : 1.70kg/h<br>NG Gas Pressure : 2000Pa<br>NG Gas Consumption : 5.53m <sup>3</sup> /h<br>N.W: 62kg                                                                                                                                                                                                                                                                                                | 1  |



|                                                                                                                                                                              |           |                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------|
|                                                                                                                                                                              | G.W :80Kg |                      |
| <b>23. Sink</b><br>Tripple Sink Bench<br>Dimension:1500x610x900+200mm<br>Package Dimension<br>1520x630x680 mm<br>Cube :0.65 m3<br>Weight: 24Kg<br>Gross Weight: 27Kg,Legs: 4 |           | 1                    |
| <b>24. Working Table (Stainless Steel) Two Shelves</b><br>60x24x35 inches                                                                                                    |           | 4                    |
| <b>25. Food Processor (1000 W Motor)21x22x40</b>                                                                                                                             |           | 2                    |
| <b>26. Meat Grinder Metal Body 3.6 KG</b><br>Material: Stainless Steel(450x360x340mm)                                                                                        |           | 1                    |
| <b>27. Stoves / Cooking Range</b><br>Dimension :<br>60"x24"x35"<br>Gas Nozzle 3 Commercial burners with Tray heavy duty commercial stove.<br>Full Stainless steel.           |           | 3                    |
| <b>28. Multimedia Projector with white screen Sony or Equivalent</b>                                                                                                         |           | 1                    |
| <b>29. Computer Core i7 with 21" LCD</b>                                                                                                                                     |           | 1                    |
| <b>30. Printer LaserJet with Wi-Fi</b>                                                                                                                                       |           | 1                    |
| <b>31. Exhaust Hood</b><br>Dimensions : As per individual lab<br>Exhaust Hood (Stainless Steel) with Filters,<br>Shape and size: as per the site of the lab individually     |           | 1 (24 feet)          |
| <b>32. Griddle / Hot Plate</b><br>Dimension : 1220*840*360+60 mm<br>Grilled Board Dimension : 1216*612*20 mm<br>Power : 35.2KW/120000BTU<br>Burners : 4                      |           | 1                    |
| <b>33. Exhaust Ducting and Blower (50 ft)</b><br>Material: MS Ducting and Blower<br>Size: As per site of individual lab<br>Dimensions : As per individual lab.               |           | 1 (50 ft)            |
| <b>34. Storage Rack/ Shelves Stainless Steel (4 shelves)</b><br>Dimension : 36"x18"x72"<br>Legs: 4                                                                           |           | 2                    |
| <b>35. Barbeque Counter</b><br>4ft x 22" x 40"<br>With 50 Standard Kebab Bars and 50 Seekh Bars of Iron                                                                      |           | 1                    |
| <b>36. Stainless Steel Food Pan</b>                                                                                                                                          |           | 06                   |
| <b>37. Stainless Steel Bowls</b><br>Small : 30<br>Medium: 20<br>Large: 20<br>Extra Large: 10                                                                                 |           | 30<br>20<br>20<br>10 |
| <b>38. Stainless Steel Bowls</b><br>Capacity 250 mL                                                                                                                          |           | 06                   |
| <b>39. Dough Mixer</b><br>Electric, with Stainless Steel 9 Liter Bowl capacity                                                                                               |           | 01                   |
| <b>40. Rolling Pin with Board set</b>                                                                                                                                        |           | 02                   |

|                                                                                                              |                                                            |    |
|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|----|
|                                                                                                              | Wooden Handle Marble Pin, Marble Board<br>Commercial Usage |    |
| <b>41. Egg Slicer</b>                                                                                        |                                                            | 04 |
| <b>42. Wire Whisk</b>                                                                                        |                                                            | 4  |
| Stainless Steel Material                                                                                     |                                                            | 4  |
| Small (10 inches)                                                                                            |                                                            | 4  |
| Medium (14 inches)                                                                                           |                                                            |    |
| Large (18 inches)                                                                                            |                                                            |    |
| <b>43. Piping Bag (Canvas Material) with different shaped 6 nozzles</b>                                      |                                                            | 4  |
| <b>44. Soup Bowls/Stainless Steel 7L Stockpot</b>                                                            |                                                            |    |
| Suitable for all hob types.                                                                                  |                                                            | 4  |
| Black Bakelite handles with glass lid.                                                                       |                                                            |    |
| 23cm Diameter.                                                                                               |                                                            |    |
| 7 Litres capacity                                                                                            |                                                            |    |
| <b>45. Bread Toaster</b>                                                                                     |                                                            | 1  |
| <b>46. Deep dish (Stainless Steel)</b>                                                                       |                                                            |    |
| Small:-                                                                                                      |                                                            | 10 |
| Stainless Steel Deep Square Balti Dish                                                                       |                                                            |    |
| Size: 200x200x95mm                                                                                           |                                                            |    |
| Capacity: 2.5L                                                                                               |                                                            |    |
| Medium:-                                                                                                     |                                                            | 10 |
| Stainless Steel Square Balti Dish                                                                            |                                                            |    |
| Size: 255x255x65mm                                                                                           |                                                            |    |
| Capacity: 3.2L                                                                                               |                                                            |    |
| Large:-                                                                                                      |                                                            | 10 |
| Stainless Steel Deep Tray                                                                                    |                                                            |    |
| Size: 410x310x55mm                                                                                           |                                                            |    |
| Capacity: 4.8L                                                                                               |                                                            |    |
| <b>47. Jug (Hotel and Restaurant Stainless Steel water Jug / cold water jug / stainless steel water pot)</b> |                                                            |    |
| high polishing finishing                                                                                     |                                                            | 04 |
| Capacity: 1.7 Liters                                                                                         |                                                            |    |
| Size: Dia8.8*22.2cm                                                                                          |                                                            |    |
| SS handle                                                                                                    |                                                            |    |
| <b>48. Dust Bin/Waste Bin (foot Operated)</b>                                                                |                                                            |    |
| Material: Plastic, HDPE (High Density Polyethylene)                                                          |                                                            | 04 |
| Structure: Standing                                                                                          |                                                            |    |
| <b>49. Steel Brush (Wire Brush) Wooden Handle</b>                                                            |                                                            | 04 |
| <b>50. Egg Beater</b>                                                                                        |                                                            |    |
| Commercial Type                                                                                              |                                                            | 02 |
| <b>51. Steak Hammer</b>                                                                                      |                                                            |    |
| Material: Aluminium Alloy                                                                                    |                                                            | 02 |
| <b>52. Mandolin</b>                                                                                          |                                                            |    |
| Material: Stainless Steel                                                                                    |                                                            | 04 |
| Type: Adjustable Operations                                                                                  |                                                            |    |
| <b>53. Electric Fly Killer</b>                                                                               |                                                            |    |
| Material: Metal                                                                                              |                                                            | 02 |
| Blue light for insect attraction                                                                             |                                                            |    |
| <b>54. Hot Air Hand Dryer</b>                                                                                |                                                            | 01 |
| <b>55. Water Filter System</b>                                                                               |                                                            |    |
| Size: Medium                                                                                                 |                                                            | 01 |

### **LIST OF CONSUMABLES**

| <b>S. No.</b> | <b>Item</b>                                     | <b>Quantity</b> |
|---------------|-------------------------------------------------|-----------------|
| 1             | Cooking Oil                                     | 80 Liters       |
| 2             | Rice (Sella super Basmati)                      | 60 Kg           |
| 3             | Red chili powder                                | 3 Kg            |
| 4             | Coriander powder                                | 2 Kg            |
| 5             | Turmeric powder                                 | 1 Kg            |
| 6             | Cumin                                           | 1 Kg            |
| 7             | Caraway                                         | 1 Kg            |
| 8             | Red chili crushed                               | 2 Kg            |
| 9             | Cardamom black                                  | 250 Grams       |
| 10            | Cardamom green                                  | 250 Grams       |
| 11            | Cloves                                          | 500 Grams       |
| 12            | Black pepper whole                              | 1 Kg            |
| 13            | Cinnamon                                        | 500 Grams       |
| 14            | Corn flour                                      | 8 Kg            |
| 15            | Salt                                            | 5 Kg            |
| 16            | Chicken powder                                  | 1 Kg            |
| 17            | Tomato ketch up                                 | 8 Kg            |
| 18            | Red chili sauce                                 | 10 Liter        |
| 19            | Vinegar white                                   | 10 Liter        |
| 20            | Green chili sauce                               | 10 Liter        |
| 21            | Soya sauce                                      | 10 Liter        |
| 22            | Daal chana                                      | 3 Kg            |
| 23            | Dal mash                                        | 3 Kg            |
| 24            | Dal mong                                        | 3 Kg            |
| 25            | Masar salam                                     | 1 Kg            |
| 26            | Pineapple tin                                   | 5 Nos           |
| 27            | Almond American                                 | 1 Kg            |
| 28            | Eggs                                            | 20 Dozen        |
| 29            | Beef                                            | 30 Kg           |
| 30            | Mutton                                          | 20 Kg           |
| 31            | Chicken (Boneless, whole, with or without skin) | 90 Kg           |
| 32            | Fish                                            | 25 Kg           |
| 33            | Prawns                                          | 2 Kg            |
| 34            | Vegetables (Seasonal)                           | 50 Kg           |
| 35            | Onion                                           | 70 Kg           |
| 36            | Garlic                                          | 5 Kg            |
| 37            | Baking powder                                   | 1 Kg            |
| 38            | Chicken cubes                                   | 2 Dozen         |
| 39            | Colors (Red, yellow, green, orange Food grade)  | 100 Gram        |
| 40            | Flavors (Mango, orange, pineapple)              | 500 mL each     |
| 41            | Coconut powder                                  | 3 Kg            |
| 42            | Mono Sodium Glutamate                           | 500 Grams       |
| 43            | Butter                                          | 10 Kg           |

|    |                                  |                        |
|----|----------------------------------|------------------------|
| 44 | Detergents                       | 5Kg                    |
| 45 | Sanitizers                       | 5 Liter                |
| 46 | Sponge and Wire Sponge           | 6 Dozen                |
| 47 | Dusters (Cotton)                 | 12 Dozen               |
| 48 | Gloves (Disposable)              | 6 Packs (100 per Pack) |
| 49 | Sugar                            | 5 Kg                   |
| 50 | Flour                            | 20 Kg                  |
| 51 | Fennel (Sounf)                   | 1 Kg                   |
| 52 | Poppy seeds (Khaskhas)           | 1 Kg                   |
| 53 | Soda sweet                       | 1 Kg                   |
| 54 | Chili garlic sauce               | 8 Kg                   |
| 55 | Kachri powder                    | 250 Gram               |
| 56 | Spaghetti                        | 24 Packs               |
| 57 | Elbow macaroni                   | 12 Packs               |
| 58 | Sweet corn                       | 12 Tin                 |
| 59 | Mushrooms                        | 12 Tin                 |
| 60 | Fruit cocktail                   | 15 Tin                 |
| 61 | Vermicelli                       | 12 Packets             |
| 62 | Rice broken                      | 8 Kg                   |
| 63 | Imli (Tamarind)                  | 6 Kg                   |
| 64 | Feenugreek (Qasoori)             | 12 Packs               |
| 65 | Tomatoes                         | 100 Kg                 |
| 66 | Yoghurt                          | 40 Kg                  |
| 67 | Milk                             | 100 Liters             |
| 68 | Potatoes                         | 60 Kg                  |
| 69 | Jelly                            | 48 Packs               |
| 70 | Raisins                          | 2 Kg                   |
| 71 | Dates (Chohare)                  | 2 Kg                   |
| 72 | Preserve (Ashrafi red and green) | 6 Kg                   |
| 73 | Nutmeg (Jafal)                   | 500 Grams              |
| 74 | Mace (Javatari)                  | 500 Grams              |
| 75 | Basin                            | 10 Kg                  |
| 76 | Grams (Black)                    | 2 Kg                   |
| 77 | Soy                              | 500 Grams              |
| 78 | Sesame seeds                     | 2 Kg                   |
| 79 | Ajwain                           | 1 Kg                   |
| 80 | Red chili whole                  | 2 Kg                   |
| 81 | Oyster sauce                     | 6 Bottle               |
| 82 | Gram (White)                     | 3 Kg                   |
| 83 | Porridge                         | 4 Kg                   |
| 84 | Milk cream                       | 48 packets             |
| 85 | Custard powder                   | 12 Packs               |
| 86 | Mayonnaise                       | 12 Kg                  |
| 87 | Rye                              | 1 Kg                   |
| 88 | Green tea                        | 1 Kg                   |
| 89 | Baby corn                        | 5 Tins                 |
| 90 | Black mushrooms                  | 1Kg                    |
| 91 | Paprica powder                   | 6 Packs                |
| 92 | Meat tenderizer                  | 6 Packs                |

|    |                             |           |
|----|-----------------------------|-----------|
| 93 | Plum dried                  | 5 Kg      |
| 94 | Semolina (Suji)             | 5 Kg      |
| 95 | Star anise (Baadian Khatai) | 500 Grams |
| 96 | Philadelphia Cheese         | 20 Pkt    |
| 96 | Parmesan Cheese             | 1 kg      |
| 97 | Cooking Cream               | 50 Pkt    |
| 98 | Prawn                       | 5 kg      |
| 99 | Mozarella & Chadder         | 10 Kg     |

### **REFERENCE BOOKS**

| <b>S. No</b> | <b>Name of Book</b>                                     | <b>Author's Name</b>                | <b>Publisher's Name</b>                                 |
|--------------|---------------------------------------------------------|-------------------------------------|---------------------------------------------------------|
| 1.           | Chinese Cook Book                                       | Kokab Khawaja                       | Jahangir Book Depo Urdu Bazar, Lahore.                  |
| 2.           | Sure And Simple Cooking                                 | Alison Burt                         | Mills and Boon Limited London.                          |
| 3.           | Fairy Classified Cook Book                              | Fahmida Munir                       | Zomair Publisher 110 Ismail Centre, Urdu Bazar, Lahore. |
| 4.           | The Professional Chef                                   |                                     | Culinary institute of America (CIA)                     |
| 5.           | Practical Cookery                                       | V Ceserani, R Kinton & D Foscelt    |                                                         |
| 6.           | The Theory Of Catering                                  | V Ceserani, R Kinton & D Froshett   |                                                         |
| 7.           | Cooking Essentials                                      | Food & Beverage Institute (CIA)     | Culinary Institute Of America (CIA)                     |
| 8.           | Garde Manger                                            |                                     | Culinary Institute Of America (CIA)                     |
| 9.           | On Food & Cooking                                       | Harold McGee                        |                                                         |
| 10.          | Khana Pakaney Ka Encyclopaedia                          | Sajid Qureshi                       |                                                         |
| 11.          | Elements Of Foods Science & Technology                  | J.A.AWAN                            |                                                         |
| 12.          | Food Hygiene, Health And Safety                         | J. Audrey Stretch HA Southgate      |                                                         |
| 13.          | Professional Cookery The Process                        | Dainiel R Stevenson                 |                                                         |
| 14.          | Exploring Professional Cooking                          | Marry Prey Ray & Evelyn Jones Lewis |                                                         |
| 15.          | The Art & Science Of Culinary Preparations              | Jerald W. Chesses CEC, CCE          |                                                         |
| 16.          | The Indian Kitchen                                      | Monisha Bharadwaj                   |                                                         |
| 17.          | Microorganisms In Foods                                 | ICMSE                               |                                                         |
| 18.          | Applied Food Service Sanitation 3 <sup>rd</sup> Edition | John Wiley Sons.                    |                                                         |
| 19.          | The Hard Truth about Soft Skills                        | Peggy Klaus                         | HarperCollins e-books                                   |
| 20.          | Bridging the Soft Skills Gap                            | Bruce Tulgan                        | Jossey-Bass                                             |

**MINIMUM QUALIFICATION OF INSTRUCTOR**

- Graduate in Food Sciences & Technology / Food Sciences/ Nutrition with min. 1- year experience in relevant trade, preferably having experience of Social Media Marketing.
- OR
- B.Sc. (Home Economics) with min. 1- year experience in relevant trade, preferably having experience of Social Media Marketing.
- OR
- DAE Food Technology / DAE Food Processing & preservation Technology with min. 2- years' experience in relevant trade, preferably having experience of Social Media Marketing.
- OR
- 2-Years' certification in "Diploma in Culinary Arts" preferably having experience of Social Media Marketing.
- A certified (6-Months Short course from Govt. recognized institute OR Internship / OJT certificate from renowned Hotel) cook with preferably graduation and minimum 3→4 years' experience of professional cooking / baking, preferably having experience of Social Media Marketing.

### **EMPLOYABILITY OF GRADUATES**

On successful completion of this course, trainees can find employment in following sectors:

1. Work as a Cook in hotel, restaurants, or any other food service organization.
2. Prepare food for non-commercial and commercial operations.
3. Can work in catering industry.
4. Open their own food outlets or manage canteens.
5. Food & beverage organization.
6. Any food production unit.
7. Motels.
8. Resorts.
9. Restaurants.
10. Fast food chains.
11. Airlines.

### **MAJOR OCCUPATIONS & JOB POSITIONS**

(According to commonly followed Entry & vertical mobility in various hospitality industry for such courses)

1. Trainee / Helper/ Kitchen helper
2. Commis-III, II, I
3. Demi Chef dePatie (DCDP)
4. Assistant Chef dePatie (ACDP)
5. Chef dePartie (CDP)



**LIST OF TRADE RELATED JARGON**

- Recipe
- Preservation
- Hygiene
- Sanitation
- Calorie
- Pest Control
- Personal Hygiene
- First Aid
- Diet
- Tools
- Utensils
- Precautions
- Safety Practices
- Ingredients
- Hospitality
- Contamination
- Composition
- Garbage
- Septic
- Boils

**CURRICULUM DEVELOPMENT COMMITTEE**

- |          |                                                                                                                                        |                 |
|----------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>1</b> | <b>Mr. Muhammad Umar Farooq</b><br>Lecturer,<br>GTTI, Gulberg,<br>Lahore.                                                              | <b>Convener</b> |
| <b>2</b> | <b>Chef Wasif Zubair,</b><br>Consultant & Trainer, Oyster Courts/ Application<br>Development Chef, Youngs' Food & Dairy Ltd.<br>Lahore | <b>Member</b>   |
| <b>3</b> | <b>Ms. Ayesha Sandhu,</b><br>Instructor,<br>Aaryan skills College<br>Lahore                                                            | <b>Member</b>   |