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Q.P. Code - 29990

Note: Attempt all questions
Figures next to questions indicate full marks
Draw neat diagram wherever necessary.

Q 1.1 Explain the Following Culinary Terms

(1 Mark each)

1. **Dum Pukht** – A dry rice meat dish prepared by cooking meat in pressurized steam
2. **Panch Phoran** - Combination of five spices (mustard, cumin, saunf, methi seeds, kalonji) used to temper dals and gravies in Bengal
3. **Ratan Jog** – is a bark of a tree used to give colour to the mutton Roganjosh.
4. **Zarda** – A sweet pulao served at the end of the meal
5. **Vindaloo** – Famous preparation from Goa. A short and hot curry or pork, prawns, chicken or mutton.

Q 1.2 Fill in the Blanks

(1 mark each)

1. **ilish or Rohu is a fresh water fish used in Bengali Cuisine.**
2. **The long rod made of wrought iron used for skewering kababs is called Sheekh**
3. **Gongura is a leafy vegetable from Andhra cuisine.**
4. **In India soup is called Shorba**
5. **The edible gold leaf used to decorate Indian Sweets is called Wark.**

Q 1.3 Match the Columns

(1 mark each)

- | | |
|--------------|---------------|
| 1. Hopper | a. Kerela |
| 2. Chettinad | b. Tamil Nadu |
| 3. Khakra | c. Gujarat |
| 4. Dal Bati | d. Rajasthan |
| 5. Sheermal | e. Kashmir |

Q 2 Answer Briefly (ANY 3)

(5 marks each)

1. What are the points to be considered while planning menus?

A menu or a bill of fare is a list of prepared dishes of food which are available to a customer. Menu planning means to compose a series of dishes for a meal. Composing a good menu is an art and it needs careful selection of dishes for the different courses, so that each dish harmonizes with the other.

Points to consider when Planning Menus

Type of meal : The different types are – breakfast, luncheon, dinner, supper, etc.

Type of establishment: Menus will vary according to the type of establishment:

Hotels

Restaurants

Hostels

Hospitals



Industrial Canteens.

Type of customer: Customers can affect the type of food served because of the following factors: age, sex, occupation.

Season of the Year and Seasonal availability of Ingredients: Season is important in the choice of food. Cool, crisp and fresh foods are ideal in summer. For cold weather, richer and heavier foods are welcomed. Although in these days of cold storage, foods are available all the year round, foods in season should be included in menus, as they are fresh, plentiful and the color and flavor are good. They are available at a reasonable price and are easy to obtain.

Occasion : Special dishes for certain days or time of the year should be considered. For e.g. roast turkey for X'mas.

Capabilities of Kitchen Staff : The staff capabilities have to be seen whether they will be Able to cope with high class cookery, whether they are experienced and have the skill and knowledge.

Equally important is the serving staff that should be efficient.

Equipment of the kitchen : While planning the menu it is important to see that the kitchen is well equipped also be able to cope up with preparation of various dishes.

Price of Menu :Always give value for money. The food cost should not exceed 40% of the selling price at an average

2. Briefly state different types of Institutional and Industrial Catering in detail.

- 1 School canteens
2. University hostels
3. College dining halls
4. Professional institutions like IIMS, IITs, NISER, BITS etc.

The dining hall or cafeteria provides clean, hygienic food to students. The kitchen is well equipped with basic amenities. The size of the cafeteria and kitchen depends on the no of students to be catered. School canteens provide breakfast and lunch to the day scholars and all meals to the boarders. In University canteens also all meals are provided as the timings of the students are different.

In college dining halls usually all meals are provided. In professional institutions like IITS, IIMS, NISER, BITS mostly students are residential so all meals are made in the kitchen and are provided to them in the dining halls. There are committees who manage the food and beverages in professional institutions. In some places the catering can be given on contract. Mostly cyclic menu is provided to overcome the monotony of the same food.

3. Define cake and explain the role of each element in cake making.

Flour

1. Builds structure
2. Affects the shelf life of the cake
3. Adds nutritional value
4. Acts as a binding and absorbing agent
5. Holds other ingredients together and evenly distributes it into the cake mixture.

Sugar

1. Is used as sweetener
2. Helps get soft texture and crust colour
3. Helps retain the moisture
4. Improves the shelf life
5. Makes the product tender
6. Has a mellowing or tenderising capacity
7. Gives flavour

Fat

1. Makes the product tender

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2. Retains moisture for a longer time
3. Improves the shelf life
4. Improves the flavour
5. Gives softness
6. Gives nutritional value
7. Increases the eating quality
8. Helps retain air during creaming operation.

Eggs

1. Provides structure
2. Gives moisture and colour
3. Improves the flavour, taste and volume
4. Gives nutritional value
5. Improves the grain and texture quality
6. Gives softness
7. Lecithin present in the yolk acts as an emulsifier
8. During beating egg entraps air and becomes an aerating agent.

Functions of optional ingredients in cakes

Salt

1. Gives the flavour and taste.
2. The crust colour of the cake is improved by lowering the caramelization temperature of the sugar
3. Keeps the cake moist
4. Certain cakes have more sugar in the formula. Salt helps to cut down the excessive sweetness
5. Enhances the neutral flavour of other ingredients.
6. Improves the texture quality.

Milk

1. Helps build the structure
2. Helps bind the flour proteins
3. Keeps the cake tender
4. Helps retain the moisture
5. Improves the taste and flavour
6. Improves the nutritional value
7. Contains lactose which gives crust colour
8. Improves the keeping quality grain and texture.

Water

1. Combines all the dry ingredients together
2. Builds structure of the cake
3. Helps maintain the batter consistency
4. Retains moisture in the cake
5. Gives moistness to the product
6. Improves the keeping quality
7. Helps control the batter temperature
8. Helps distribute the raw material equally in the batter
9. Helps release CO₂ gas from baking powder and formation of vapour pressure.

Leavening Agents

1. Increase the volume of the product
2. Make the product tender and lighter
3. Enhance the crumb colour, softness of the texture, taste and smell(aroma)
4. Improves the digestion quality.

Flavour



1. Removes the unwanted flavour from the raw materials.
2. Increases the cake taste and flavour.

4. Explain the scope of hospital catering as a career.

Scope of hospital catering:

Staff – The staff in a hospital cafeteria is very different from that in hotels. The concept of the hierarchy is limited to the line of cooks.

DIETICIAN



CATERING MANAGER



SUPERVISOR



COOKS

Dietician: In most big hospitals, qualified dietitians are appointed to determine the nutritional requirements of patients. This is quite a tedious task and involves knowledge of various food commodities, however now a day's computer software makes the job easy as one can adjust recipes to arrive at a particular nutritional requirement. Dietician's liaison with catering managers on the possibilities of the production of such meals as there could be a limitation with regards to availability of food commodities, skill of the staff, etc. The dietitian will be able to see the food in a different perspective from the chef's point of view, who finally has to cook the meal as per the standard to arrive at the determined nutritional levels.

Catering Managers: Catering managers are responsible for planning menus, procuring the produce and supplies, and maintaining hygiene and upkeep of the food premises this is one of the most crucial aspects of the kitchen. They could be assisted by the supervisors who would be in charge of the food production along with the line cooks.

They are also responsible for the training and development of the kitchen staff. They also visit patients and advise the nurses on how to serve the food. Catering managers also ensure cyclic menus for doctors and nurses who would be eating while on duty. The food served to the hospital staff is generally on the lines of industrial catering and many hospitals have cyclic menus changing every month.

Supervisors: Supervisors are experienced staff members who have moved up in the hierarchy as a result of their performance and hard work. Apart from working hands on as staff, they also assist catering managers in planning menus and in other managerial aspects of business.

Cooks: Cooks are graded according to their yrs of service and their technical competencies. A head cook is in charge of the kitchen production operations for both staff and patients and is assisted by prep cooks.

5. What is off premise catering? What data has to be collected for an outdoor function?

Off-premise catering is serving food at a location away from the caterer's food production facility. One example of a food production facility is a freestanding commissary, which is a kitchen facility used exclusively for the preparation of foods to be served at other locations.

The following data needs to be collected

1. Planning well in advance will ensure minimum amount of repetition of the dishes.
2. Planning a menu for a definite cycle of time have been found to be different.
3. Variation must be produced by serving different vegetables and meats having a colour contrast.
4. Seasonal availability is very important as parties are booked in advance.
5. Nutritional balance must be ensured.
6. It must fit within the budget of the customer and to his satisfaction.

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7. Equipment and personal must be adequate for the party.

8. The menu must adhere to the established standards of service and must ensure quality and variety of the food.

9. It helps to procure stores in advance.

10. The occasion for which the catering is done is an important factor and so the pattern of food will change accordingly.

6. What are cake making faults and explain their causes.

Cake faults are classified and judged by two ways 1. External, 2. Internal.

External cake faults and their causes

Crust too Dark

1. Too much sugar, milk
2. Too much of baking temperature
3. Very long baking time
4. Improper quantity of eggs, fat and baking powder.

Too small cakes

1. Too strong Flour and too much quantity
2. Poor quality of raw materials
3. Improper mixing

A spot on cake

1. Too much quantity of sugar
2. Batter too tight or not enough liquid.

Shrinkage of Cake

1. Little quantity of sugar
2. Very little quantity of baking powder

Cake burst on top

1. Too strong cake flour and too much quantity
2. Improper mixing

Cakes peak on top

1. Very strong flour
1. Wrong quantity of flour
2. Very little sugar

Crust too thick

1. Too much sugar
2. Very little liquids
3. Uneven baking temperature

Internal cake faults and their causes

Uneven Texture

1. Wrong quality of ingredients
2. Uneven quantity of ingredients
3. Insufficient quantity of Baking powder

Holes and Tunnels

1. Less sugar
2. Too much eggs
3. Improper mixing of fat

Coarse and irregular grain

1. Too much sugar
2. Insufficient quantity of liquids

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- 3. Too much baking powder
- 4. Improper mixing

Q 3 Answer Briefly (ANY 3) (5 marks each)

1. What do you understand by capital & operational equipment? Explain 3 heavy duty equipment used in the QTK

Capital equipment is fixed equipment which is costly. Operational equipment is used daily.
Buffalo chopper:

It is a machine which does help the garde manger to produce excellent galantines and terrines. It minces food very finely and within a fraction of second.

Bone saw machine:

used to cut the joints as per the desire of the garde manger.

Micro –Ovens or micro cooking:

It uses electromagnetic waves for cooking by disturbing the internal molecules, due to which constant rubbing takes place which generates heat and food is cooked. This method of cooking is excellent for reheating or rechauffing as now day's frozen foods have great demands.

2. Enlist the duties of a store keeper and the points to be considered while planning a store.

Points to be considered:

1. Store should be large with shelves placed along the walls and enough place left in between for movement.

2. Store should be well ventilated and have plenty of light.

3. Items should be placed in alphabetical order and FIFO system should be used.

A storekeeper is more than just the face of the store. The storekeeper must be knowledgeable about the products he keeps, and appear approachable with employees and customers alike.

Maintains Records

Creates and Receives Orders

Keeps Appearances Up

Communicates Well

3. What is purchase specification. What are the points to be considered while purchasing.

Standard purchasing specifications are documents which are drawn up for every commodity describing exactly what is required for the establishment. It is a statement of various criteria related to quality, grade, weight, size and method of preparation. These standard purchasing specifications will assist with the formulation of standardized recipes. A watertight specification is drawn up which, one approved, will be referred to every time the item is delivered.

Standard Purchase Specification

Name of Product _____

Intended Use _____

Grade/Quality _____

Unit _____ Price per Unit _____

Availability: Seasonal / All Year Round

Appearance _____

Texture _____

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Colour _____
Flavour _____
Packing _____
Size and Shape _____
No. Per Kg _____
Delivery _____
Storage _____
Any other requirement _____

The specifications are prepared after carrying out various yield tests to determine the output of the different ingredients from its raw state to the serving state. Copies of the purchase specifications need to be sent to the following:

- The Purchase Department
- The Supplier
- The Executive Chef
- The Receiving Department

4. Define pastry. Briefly explain the different types with 2 examples of each.

Pastry means the way fat is introduced into the flour. Pastry is made out of flour, fat, sugar, eggs and water

TYPES OF PASTRY

1. Short Crust Pastry / Short Pastry.
2. Sweet Pastry
3. Laminated Pastry.
4. Choux Pastry.

5. What are the principles of indenting? Plan a three course Indian Menu for 100 pax and draw an indent sheet for the same.

The basic principles of indenting are as follows:

1. Yield of a product
2. Type of an event
3. Regional influence
4. Service style

6. Briefly explain the three methods of making puff pastry.

Method of preparation

1. French Method

- a. Make a dough with flour, salt, food acid, chilled water and some % of fat .
- b. Give rest for half an hour. During this period the remaining margarine is made into a square block and it should be kept in the refrigerator for setting.
- c. Sheet the dough into a square block. It should be slightly larger than fat blocks.
- d. Keep the fat blocks in the centre of the dough sheet. The sides of the margarine should face the corners of the sheeted dough.
- e. Fold the side of the sheeted dough end on the margarine block and fold the opposite sides over this. Follow the same method for the remaining ends.
- f. Now the margarine blocks with the four folds of the dough on the topside. Cover the dough with the damp cloth to prevent crust formation.
- g. Chill it for half an hour.
- h. Turn upside down and sheet it into a square shape. Bring the two ends to the centre and again fold over.
- i. Cover and chill for half an hour.



j. Sheet the dough and cut it into desired shapes and give rest for half an hour before baking.

2. Scotch Method

- a. Chop the fat into small walnut size.
- b. Mix this into flour and then add water.
- c. Knead it and then form a dough
- d. Cover it with a damp cloth and cool it for half an hour.
- e. Sheet the dough into a square shape and bring the two edges to the centre and again fold over.
- f. Cool it and repeat the same process twice.
- g. Cut and give rest before baking.

3. English method

- a. Prepare the dough with flour, chilled water, salt, food acid and some % of fat.
- b. Cover the dough with damp cloth and cool it for 30 mins.
- c. Sheet the dough rectangularly and mark it into A, B, C.
- d. Spread the remaining of 1/3rd of fat on the A and B.
- e. Fold the C on B and A on C
- f. Cover it and cool it for half an hour.
- g. Repeat the same process twice.

Q 4 Answer Briefly

(ANY 3)

(5 Marks each)

1. Snacks are popular in our country. List snacks each from North/South/East & West with one line description

Street food is ready-to-eat food or drink sold by a hawker, or vendor, in a street or other public place, such as at a market or fair. It is often sold from a portable food booth, [1] food cart, or food truck and meant for immediate consumption. Today, people may purchase street food for a number of reasons, such as to get flavourful food for a reasonable price in a sociable setting, to experience ethnic cuisines,

Indian street food is as diverse as Indian cuisine. Every region has its own specialties to offer. Some of the more popular street food dishes are Vada Pav, Cholle Bhature, Parathas, Rolls, Bhel Puri, Sev Puri, Gol Gappa, Aloo tikki, Kebabs, Tandoori chicken, Samosa, Bread omelette, Pav bhaji and Pakora. In India, street food is popularly known as nukkadwala food. There are several restaurants and QSRs in India that have also taken their inspiration from the vibrant street food of India

2. Describe the uniqueness of Kashmir cuisine and the reason for the same.

Kashmiri food is a blend or a cultural mix of Indian, Iranian and Afghani cuisine which in turn gave rise to the traditional 'wazwan' style of cooking which is mostly non-vegetarian and is cooked in a lot of spices. The population mainly consists of Muslims and Kashmiri Pandits (Brahmins who eat meat but surprisingly do not include onion and garlic in their food). Curd is a very important ingredient that is used extensively and of course saffron for colouring. The upland forests of Kashmir are carpeted with fat, juicy, spongy morels. Other mushroom grows everywhere. Kashmiris rarely slaughter household animals. They depend for their meat upon Gujars (Nomadic Muslim herdsmen). Many precious terraces are reserved for their staple, Rice. Kashmiris love their rice which the cold dew penetrating through the husk to the grain makes hard and sweet. Wheat too is grown, to make superb breads such as, flaky, bun shaped 'Kulcha' and the sesame crusted 'tsachvaru' both very popular accompaniments for tea. The abundance of dry fruits -walnuts, dried dates, apricots also inspire the Kashmiri connoisseur to use them lavishly in puddings, curries and snacks.

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3. What is Onam. Draw a menu of 5 dishes with explanation served during Onam

Onam heralds the harvest festival and is also according to folklore the time of the year when the king Mahabali, the legendary ruler of an ancient golden era in Kerala, returns from the depths of the nether world to visit his beloved subjects.

Onasadhya is the most delicious part of the grand festival called Onam. It is considered to be the most elaborate and grand meal prepared by any civilisation or cultures in the world. It's a feast which if enjoyed once is relished for years. Onasadhya is prepared on the last day of Onam, called Thiruvonam. People of Kerala wish to depict that they are happy and prosperous to their dear King Mahabali whose spirit is said to visit Kerala at the time of Onam.

Rice is the essential ingredient of this Nine Course Strictly Vegetarian Meals. All together there are 11 essential dishes which have to be prepared for Onasadhya. Number of dishes may at times also go up to 13. Onasadhya is so elaborate a meal that it is called meals, even though it is consumed in one sitting. There are almost 64 dishes served. Onasadhya is consumed with hands; there is no concept of spoon or forks.

Traditional Onasadhya meal comprises of different varieties of curries, upperies - things fried in oil, pappadams which are round crisp flour paste cakes of peculiar make, uppilittathu - pickles of various kinds, chammanthi - the chutney, payasams and prathamans or puddings of various descriptions. Fruits and digestives are also part of the meal.

The food has to be served on a tender Banana leaf, laid with the end to the left. The meal is traditionally served on a mat laid on the floor. A strict order of serving the dishes one after the another is obeyed. Besides, there are clear directions as to what will be served in which part of the banana leaf.

4. Define Volume feeding? Explain banquet & buffet under volume feeding

The terms Mass Cooking, Volume cooking, Quantity cooking and Bulk cooking are all synonymous and as all three names suggest, these take place extensively in specialized events where there are a large number of people to be fed. Volume feeding requires a great deal of organising and planning.

Banquet: The menu is composed for a number of people and it is necessary to know the reason for the banquet. It is usually a formal affair and dishes should be compiled to suit the occasion. The menu is elaborate and of a high class quality. It is a fixed menu, with no choice.

Buffets: There are 2 main types of buffets e.g. the light buffet and the fork buffet (lunch & supper). This buffet table is attractively displayed. The food served is colorful and attractive, tastefully decorated. A large variety of dishes is offered, for everyone to choose.

5. Explain Awadhi Cuisine. Name 5 dishes with one line description of each dish.

In olden days, three classes of people were employed in preparing food. The scullions who cleaned enormous pots and dishes worked under bavarchi (cook), who cooked food in large quantities. The 'rakabdar', the most expert chef usually cooked food in small gourmet quantities for the nobility.

2. People living in Awadh region are basically Muslims who have a great affinity towards rich and heavy dishes, which makes Awadhi food altogether a different affair. Awadhi food is rich in spices and oils. There is more emphasis on finners of gravies (some are strained to make finer).

3. **Breakfast:** Generally slightly heavy as compared to other meals. The items may include stuffed parathas, sauteed offals etc.

4. **Lunch:** Constitutes rice, non-veg gravy, bread, a vegetable and a dessert.

5. **Dinner:** Traditionally starts with a Kebab, (starter) followed by normal courses.

6. The Bawairchies and Rakabdars by their expertise of blending spices achieved a high degree of finners in cooking. This gave birth to Dum style of cooking or the art of cooking over a slow flame, within sealed containers and preferably heated from the top as well (by live coal).



7. The Lucknow 'Dastarkhwan' would not be complete unless it had
8. Awadh is also famous for its pickles, murabbas, and various kinds of sweet dishes.
 - i. Korma : Braised meat in thick gravy.
 - ii. Salan: A gravy dish of meat and vegetables
 - iii. Kheema: Minced meat
 - iv. Kebabs: Pounded meat cooked over coal fire.
 - v. Bhujia: well cooked vegetables
 - vi. Dal:

9. Nahari is a hot favourite of Awadhi; and is a meat preparation with thick spicy gravy. In 'paye ki Nahari' bones are cooked and bone juices are mixed with the gravy. It is eaten traditionally with Kulchas.

10. Lucknowis have an affinity to pulao than to Biryanis. There are some unique techniques in making Lucknowi pulaos. In 'Yakhni pulao', a thick meat broth (yakhni) is prepared in which whole spices are not added directly but wrapped and tied in a muslin cloth and dropped in to the broth. Afterwards, it is taken out. The rice is then cooked in this broth. And the vessel is sealed to retain the flavour.

11. The Lucknowi menu changes with season. The severity of winter is fought with rich food. Paya (trotters) are cooked overnight over slow fire and shorba (thick gravy) eaten with naans. Birds like partridge and quail are had since they are heat giving meats. They prefer fish usually 'rohu' (fresh water). For winter, fish Kebabs cooked in mustard oil are consumed.

12. Peas are the most sought after vegetables. Sawan (Spring) is celebrated with pakwan (wisp snacks) phulkis (besan pakoras in salan) curamba (A dessert with raw mangoes cooked in semolina and jaggery/sugar) is eaten in summer. These dishes come from rural Hindu community.

13. Awadh is also famous for its pickles, murabbas, and various kinds of sweet dishes.

6. Classify & explain the different kinds of Indian Gravies giving 3 menu examples of each.

Yellow gravy
White gravy
Makhni gravy
Kadhai gravy
Green gravy

Q 5. Short notes on.

(ANY 3)

(5 marks each)

1. Kebabs & Tandoori cooking.

Kakori kabab is considered blessed since it was originally made in the place by the same name in the dargah of Hazrat Shah Abi Ahder Sahib with divine blessings. The mince for the kabab comes from the raan ki machhli (tendon of the leg of mutton) other ingredients include khoya, white peppercorn and a mix of powdered spices that remains secret.

Shami Kebab is made from mince meat, with usually with chopped onion, coriander, and green chillies added. The kebabs are round patties filled with spicy mix and tangy raw green mango. The best time to have them is May, when mangoes are young. When mangoes are not in season, kamrakh or karonda may be substituted for kairi, as both having a tart flavour reminiscent of the raw mango.

An unusual offering is the Pasanda Kebab, piccata of lamb marinated and then sautéed on a griddle.

Boti kebab is lamb marinated in yoghurt and skewered, then well cooked. Traditionally, Boti Kebab (Lamb) is cooked in a clay oven called a tandoor. You can achieve an authentic tandoor flavor using your own barbecue grill.

2. 5 Indian breads with their Origin.

Indian breads are a wide variety of flatbreads and crêpes which are an integral part of Indian cuisine. Their variation reflects the diversity of Indian culture, food habits and geography. The staple and most simple Indian bread is the Roti. Most Indian breads are flatbreads that are made from wheat flours such as Atta flour and Maida flour except in the south where Rice Flour is used since rice is the staple food there.

Naan and chapati breads come from the north. . The roti- paratha or dosai are typical southern breads.

3. Desserts served in different parts of India.

Indian desserts are basically different forms of rice puddings, milk puddings, vegetables and fruits dipped in sweet syrup. Indian sweets or fudges are usually decorated or garnished with raisins, almonds, pistachios. Mostly made by boiling down milk to remove the moisture and then adding butter, flavour and sugar. The Indian sweets usually have high sugar content so use sugar in moderation when trying out The origin of sweets in Indian subcontinent has been traced to at least 500 BCE, where records suggest both raw sugar (gur, vellam, jaggery) as well as refined sugar (sarkara) were being produced By 300 BCE, kingdom officials in India were including five kinds of sugar in official documents. By the Gupta dynasty era (300–500 CE), sugar was being made not only from sugar cane, but other plant sources such as palm. Sugar-based foods were also included in temple offerings, as bhoga for the deities, which after the prayers became Prasād for devotees, the poor or visitors to the temple.Indian dessert recipes.

4. Cruise liners.

A cruise line is a company that operates cruise ships and markets cruises to the public.Cruise lines are distinct from passenger lines which are primarily concerned with transportation of their passengers. Cruise lines have a dual character: they are partly in the transportation business, and partly in the leisure entertainment business; a duality that carries down into the ships themselves, which have both a crew headed by the ship's captain, and a hospitality staff headed by the equivalent of a hotel manager

