Subject Name: Principles of Food Production
Subject Code: HTM2112
No. of Credits: 2 credits
Total Contact Hours: 56 hours
Prerequisite: None

Subject Description
This subject provides students with basic food preparation skills including the terminology and definitions used and the scientific principles of preparation and selection criteria for all categories of foods served in foodservice operations which will increase professionalism within the field of foodservice.

Programme Learning Outcomes
See separate file for HD programme outcomes.

Subject Outcomes
Students will be able to describe the key operations of food production and explain essential cooking principles and techniques.

Students will be able to describe the kitchen rules, regulations, safety and sanitation procedures and apply quality indicators, common uses, and cooking applications for a wide variety of foods.

Students will be able to demonstrate the proper use of equipment and food preparation techniques and apply proper safety procedures, personal hygiene and sanitation methods in food preparation.

Students will be able to formulate, read, and utilize standardized recipes and calculate edible portion costs and compute prices on introductory recipes.

Assessment Weighting
Continuous Assessment: 60%
Examination: 40%
Key topics to be addressed in this subject (Subject to regular update)

1  OVERVIEW OF PROFESSION
   - key historical events and figures that shaped the modern food service industry
   - influence of society and its structure, science and technology, and nutrition on the development of the food service industry.
   - some of the most significant current trends in today’s food service industry
   - define the important personal attributes of a professional chef
   - name the positions in the classic brigade system for the kitchen and the dining room.
   - understand the chef’s role as an executive, administrator and manager.

2  KITCHEN SAFETY
   Understand the safe and efficient use of standard kitchen equipment
   - Introduction to Quantity Food Equipment
   - Cooking Equipment
   - Processing Equipment
   - Holding and Storage Equipment
   - Pots, Pans, and Containers
   - Measuring Devices
   - Knives, Hand Tools, and Small Equipment

Knife skills/hand tools/equipment
   - execute the rules of knife care, use, and storage
   - name a variety of hand tools and their uses
   - explain and demonstrate the basic rules for working safely with large and small equipment
   - identify pots and pans, their composition, purpose and their appropriate care

Work safety
   - A Safe Work Place
   - Preventing Cuts
   - Preventing Burns
   - Preventing Fires
- Preventing Injuries from Machines and Equipment
- Preventing Falls
- Preventing Strains and Injuries from Lifting

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3 **PRINCIPLES OF COOKING**
- Effects of heat on foods
- Heat transfer
- Cooking times
- Cooking terms

**COOKING METHODS**
- Dry Heat Cooking: Grilling, Broiling, Pan frying, Roasting, Sautéing and Deep-frying
- Moist Heat Cooking: Boiling, Poaching, Steaming, Simmering,
- Combination Cooking: Stewing, Braising Microwave cooking
- Radiation

**MISE EN PLACE**
- Organize and plan your work
- Understand basic flavoring techniques
- Prepare items needed prior to actual cooking
- Set up and use standard breading procedure

4 **THE RECIPE: ITS STRUCTURE AND ITS USE**
- The written recipe
- Standard recipe
- Measurement
- Converting recipes

5 **STOCKS**
- Prepare basic mirepoix.
- Use a sachet or spice bag.
- Cool & store stocks correctly.
- Evaluate and use convenience bases.

SAUCES
- Explain function of sauces.
- Prepare roux.
- Understand the five leading sauces.

SOUPS
- Describe the major categories of soups.
- Prepare clarified consomme’.
- Prepare vegetable soup and other clear soups.
- Prepare other soups.

6 MEATS
- Composition
- Structure
- Inspection and grading
- Aging
- Doneness
- Storage

7 POULTRY
- Composition and structure
- Inspection and grading
- Classification and market forms
- Handling and Storage
- Doneness
- Trussing Methods
- Cutting up chicken

8 FISH AND SHELLFISH
- Composition and Structure of fish
- Special problems in cooking fish
- Varieties of fish
- Handling and storage
- Mollusks
- Crustaceans
- Miscellaneous seafood

9 **VEGETABLES**
- Identify a variety of vegetables
- Store fresh and processed vegetables correctly
- Pre-prepare and cook fresh vegetables.
- Control texture, flavor, color, nutritional changes and doneness when cooking vegetables.
- Calculate yields based on trimming losses.
- Check quality of frozen, canned, and dried vegetables

10 **FRUITS**
- Identify a variety of fruits
- Store fruits properly
- Prepare fruits for cooking or service

11 **SALADS AND SALAD DRESSINGS**
- Identify a variety of salad greens
- Prepare a variety of salad dressings
- Prepare a variety of salads

12 **STARCHES**
Potatoes:
- Distinguish the major types of potatoes.
- Cook potatoes by different means.

Pasta:
- Distinguish major types of pasta.
- Cook pasta

Rice:
- Cook rice – boil, steam and pilaf

13 **DAIRY PRODUCTS**
- Describe the composition of eggs and proper storage of eggs.
- Prepare different types of eggs
- Identify a variety of milk-based products
- Identify a variety of cheeses
14 YEAST BREADS
- Explain the fermentation process
- Prepare bread dough
- Prepare bread rolls
- Bake breads