



Mr. Vinod Kumar Pandey
Course Organizer



VALUE ADDED COURSE: BASIC COOKING & CULINARY SKILLS

ACADEMIC YEAR 2023-24

About the course

Value added courses are the types of courses which help a particular individual to develop their own skill in their chosen field of the study.

They are mostly independent to each type of the fields Kautilya Mahila Shikshak Prashikshan Mahavidyalaya offering Value added courses year 2023-24 . The students have the option to choose the courses according to their desire & inclinations as they choose the desire items in cafeteria. From the expertise our students gain knowledge through the value-

added courses, which will enable them to face the formidable challenges of the future.

Program Outcome: Basic Cooking & Culinary Skills

Upon completing the **Basic Cooking & Culinary Skills Program**, participants will have gained both theoretical knowledge and hands-on experience in fundamental cooking techniques. They will be prepared to create a wide range of meals, use essential kitchen tools effectively, maintain food safety and hygiene, and develop their culinary creativity.

Program Learning Outcome:

Basic Cooking & Culinary Skills Program, participants will have:

- Acquired fundamental cooking techniques and gained the confidence to prepare a wide variety of dishes.
- Developed a solid understanding of food safety and hygiene practices to ensure the health and well-being of themselves and others while cooking.
- Gained hands-on experience with essential kitchen tools, learning how to use them properly and maintain them.
- Mastered the art of seasoning, balancing flavors, and creating simple sauces to enhance meals.
- Developed the ability to plate and present food in an attractive and professional manner.
- Gained the creativity and critical thinking necessary to explore new recipes and techniques.

- This program will equip participants with the skills necessary to become proficient home cooks and provide a strong foundation for further culinary education or a professional cooking career.

Course Objectives:

- Develop Fundamental Cooking Technique
- Familiarity with Kitchen Tools and Equipment
- Understand Food Safety and Hygiene
- Master Basic Knife Skills
- Basic Recipe Interpretation
- Flavors Balancing
- Meal Planning and Portion Control
- Preparation of Basic Dishes
- Introduction to Nutritional Concepts
- Time Management in the Kitchen
- Presentation and Plating
- Develop Confidence in the Kitchen

These objectives aim to provide students with a comprehensive foundation in cooking, equipping them with the skills necessary to cook a variety of meals with confidence and creativity.



**VALUE ADDED/ CERTIFICATE
PROGRAMME / BASIC COOKING &
CULINARY SKILLS OFFERED DURING THE
SESSION**

Academic Session-2023-24

Course Code: VACBCCS

(Value Added course on Basic Cooking & Culinary Skills.)

Course Duration: 30 Hours. (10 Days x 3 Hours)

Name of Value Added/ Certificate offered	Duration of Course (HRS)	No.of the students Enrolled in the Year

Basic Cooking & Culinary Skills	30	83
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COURSE CURRICULUM:

Week 1. Foundations of Cooking (15 Hours)

Day 1: Kitchen Essentials & Safety (3 Hours)

- Introduction to kitchen tools & equipment
- Knife skills (chopping, dicing, slicing)
- Food safety & hygiene

Day 2: Cooking Methods & Techniques (3 Hours)

- Boiling, steaming, frying, baking, grilling
- Understanding heat levels & cooking time
- Making basic sauces (white sauce, tomato sauce)

Day 3: Soups & Salads (3 Hours)

- Preparing vegetable & chicken broth
- Classic soups (tomato, lentil, chicken soup)

- Fresh salads & dressings

Day 4. Breakfast & Snacks (3 Hours)

- Egg preparations (boiled, scrambled, omelet)
- Pancakes, sandwiches, smoothies
- Indian snacks (poha, upma, chilla)

Day 5 Rice & Pasta Dishes (3 Hours)

- Perfectly cooking rice
- Biryani & pulao techniques
- Pasta types & making simple pasta dishes

Week 2: Main Course & Baking (15 Hours)

Day 6: Indian & Continental Main Course (3 Hours)

- Indian curries (dal, paneer, chicken curry)
- Continental dishes (grilled chicken, sautéed vegetables)

Day 7: Flatbreads & Side Dishes (3 Hours)

- Making chapati, naan, and stuffed parathas
- Side dishes like chutneys & raita

Day 8: Baking Basics (3 Hours)

- Understanding baking essentials
- Making cookies, muffins, and bread

Day 9: Desserts & Sweets (3 Hours)

- Indian sweets (kheer, halwa, gulab jamun)
- Western desserts (pudding, brownies)

Day 10: Final Assessment & Presentation (3 Hours)

- Cooking a full meal
- Plating & presentation skills
- Certification distribution

Teaching Methods:

- Demonstration-Based Learning
- Hands-on Practical Training
- Interactive Lectures & Discussions
- Guided Recipe Execution
- Sensory Learning & Taste Testing
- Problem-Solving & Critical Thinking
- Assessment & Feedback
- Field Experience & Guest Chef Sessions.