

F& B Service	Food production			
----------------------------------	---------------------------------	--	--	--

Food & Beverage Practical

Practical Sessions Outline

1. Types of F&B Outlets, Equipment, and Restaurant Layout

- **Practical Session:** Restaurant Layout and Equipment Familiarization
 - **Activities:**
 - Tour of a restaurant to observe layout and equipment.
 - Identify different types of F&B outlets (e.g., fine dining, casual dining, fast food).
 - Discuss the role of equipment in different outlets.

2. Laying Covers for Different Meals and Types of Services

- **Practical Session:** Table Setting and Service Styles
 - **Activities:**
 - Setting tables for different meals (breakfast, lunch, dinner).
 - Practicing different service styles (buffet, plated, family-style).
 - Role-playing: Serving and clearing tables.

3. Bar familiarization - Tools and equipments

4. Spirits Classification and Tasting

- **Practical Session:** Spirits
 - **Activities:**
 - Introduction to different spirit categories (whiskey, vodka, gin).
 - Tasting sessions with emphasis on flavor profiles and characteristics.
 - Responsible serving practices and mixology basics.

5. Cocktail Preparations (Classical Cocktails)

- **Practical Session:** Classical Cocktails Preparation
 - **Activities:**

- Learning and preparing classic cocktail recipes (Mint Julep, Daiquiri)
- Hands-on practice in mixing and garnishing.
- Discussing the history and variations of each cocktail.

6. Different types of napkin folds

7. Types of Menu, Menu Dialogues, Order Taking, Upselling

- **Practical Session:** Menu Dialogue and Order Taking Simulation
 - **Activities:**
 - Role-playing: Taking orders from guests (students act as servers and guests).
 - Practicing upselling techniques.
 - Discussing different types of menus (à la carte, table d'hôte).
 - Additional: Crafting specific menu dialogues for different scenarios.

8. Types of Menu, Menu Dialogues, Order Taking, Upselling

- **Practical Session:** Menu Dialogue and Order Taking Simulation
 - **Activities:**
 - Role-playing: Taking orders from guests (students act as servers and guests).
 - Practicing upselling techniques.
 - Discussing different types of menus (à la carte, table d'hôte).
 - Additional: Crafting specific menu dialogues for different scenarios.

9. Coffee Preparations and Service

- **Practical Session:** Coffee Preparation and Service
 - **Activities:**
 - Hands-on training on espresso machines and coffee brewing methods.
 - Practicing different coffee orders (cappuccino, latte, espresso).
 - Serving coffee with proper etiquette.

10. Tea Preparation and Service

- **Practical Session:** Tea Preparation and Service
 - **Activities:**
 - Brewing different types of tea (black, green, herbal).
 - Discussing tea service traditions and rituals.
 - Serving tea and accompaniments.

11. Mise en place - wiping of glassware, cutlery and crockery and stacking

12. Additional Cocktail Preparations

- **Practical Session:** Classical Cocktails Preparation (Bloody Mary, Mojito, Pina Colada)

13. Additional Cocktail Preparations

- **Practical Session:** Contemporary Cocktails Preparation (Espresso Martini, Raspberry Mojito, Moscow Mule, Cosmopolitan)
 - **Activities:**
 - Exploring and preparing modern and innovative cocktail recipes.
 - Emphasizing creativity and presentation techniques.
 - Tasting and evaluating contemporary cocktails.

14. Mocktails Tasting and Making

- **Practical Session:** Mocktail Creation
 - **Activities:**
 - Developing alcohol-free beverage recipes.
 - Emphasizing creativity and presentation.
 - Tasting and evaluating mocktails.
 - Additional: Introducing mocktails with unique flavors and ingredients.

15. More Mocktails Tasting and Making

- **Practical Session:** Mocktail Innovation
 - **Activities:**
 - Creating new mocktail recipes based on seasonal ingredients or themes.
 - Experimenting with different textures and flavors.
 - Presenting and sampling newly created mocktails.

16. Wine Tasting and Service (Additional Session)

- **Practical Session:** Wine Tasting and Service II
 - **Activities:**
 - Exploring advanced wine regions and lesser-known varietals.
 - Conducting blind tastings to refine sensory evaluation skills.
 - Practicing advanced wine service techniques and food pairings.

17. Wine Tasting and Service (Additional Session)

- **Practical Session:** Wine Tasting and Service II
 - **Activities:**
 - Exploring advanced wine regions and lesser-known varietals.
 - Conducting blind tastings to refine sensory evaluation skills.

- Practicing advanced wine service techniques and food pairings.

Food Production Practicals

Practical Sessions Plan

- 1. Session 1: Introduction to Kitchen Hygiene and Equipment**
 - Overview of hygiene practices in a professional kitchen.
 - Cleaning and sanitizing kitchen equipment.
 - Practical: Demonstrating proper cleaning of utensils and equipment.
- 2. Session 2: Types of Vegetable Cuts**
 - Introduction to various cuts (e.g., julienne, brunoise, dice, chiffonade).
 - Knife skills practice.
 - Practical: Cutting vegetables into different types of cuts.
- 3. Session 3: Dressings and Different Salads**
 - Types of dressings (e.g., vinaigrette, creamy, citrus).
 - Preparation of salads (e.g., garden salad, Caesar salad).
 - Practical: Making different salads and dressings.
- 4. Session 4: Garnishes and Accompaniments**
 - Types of garnishes (e.g., herb sprigs, citrus twists).
 - Preparation of accompaniments (e.g., rice, potatoes).
 - Practical: Garnishing dishes and preparing accompaniments.
- 5. Session 5: Thickening Agents and Different Sauces**
 - Types of thickening agents (e.g., roux, cornstarch, reduction).
 - Preparation of sauces (e.g., béchamel, hollandaise, tomato).
 - Practical: Making and using various sauces.
- 6. Session 6: Indian Main Dishes in Breakfast**
 - Overview of traditional Indian breakfast dishes (e.g., dosa, upma, poha).
 - Cooking techniques specific to Indian breakfast dishes.
 - Practical: Preparation of selected Indian breakfast dishes.
- 7. Session 7: Indian Main Meals and Snack Dishes**
 - Introduction to popular Indian main meals (e.g., curry dishes, biryani).
 - Preparation of Indian snacks (e.g., samosas, pakoras).
 - Practical: Cooking Indian main meals and snacks.
- 8. Session 8: Famous Dishes from Around the World**
 - Exploration of iconic dishes from different countries.
 - Techniques and ingredients specific to international cuisines.
 - Practical: Cooking famous dishes from various cuisines.
- 9. Session 9: Cold Food Preparations (Sandwiches, Rolls, Canapés)**
 - Techniques for making cold sandwiches, rolls, and canapés.

- Presentation and garnishing for cold dishes.
- Practical: Preparation of a variety of cold food items.

10. Session 10: Soups and Stocks

- Types of stocks (e.g., chicken, vegetable, fish).
- Basic soup-making techniques (e.g., consommé, cream soups).
- Practical: Making different types of soups and stocks.

11. Session 11: Baking Basics (Breads and Pastries)

- Introduction to baking ingredients and techniques.
- Preparation of basic breads and pastries.
- Practical: Baking bread and pastry items.

12. Session 12: Meat Cookery (Grilling, Roasting, Braising)

- Methods for cooking different types of meat (e.g., beef, chicken, lamb).
- Cooking temperatures and resting periods.
- Practical: Cooking meat dishes using various techniques.

13. Session 13: Fish and Seafood Preparation

- Handling and cooking techniques for different seafood types.
- Preparation of seafood dishes (e.g., grilled fish, seafood pasta).
- Practical: Cooking fish and seafood dishes.

14. Session 14: Advanced Techniques (Sous Vide, Molecular Gastronomy)

- Overview of modern cooking techniques (e.g., sous vide, spherification).
- Practical applications and demonstrations.
- Practical: Trying out advanced cooking techniques.

15. Session 15: Desserts and Pastry

- Introduction to dessert preparation (e.g., cakes, mousses, tarts).
- Techniques for pastry making and decorating.
- Practical: Making a variety of desserts and pastries.

16. Session 16: Menu Planning and Costing

- Basics of menu planning and designing.
- Costing of dishes and ingredients.
- Practical: Creating a menu and costing out dishes.

17. Session 17: Food Presentation and Plating

- Principles of food presentation and plating techniques.
- Practical: Plating different dishes for optimal presentation.

18. Session 18: Mock Service and Kitchen Management

- Simulated service scenario.
- Kitchen management skills (e.g., timing, coordination).
- Practical: Running a mock service with assigned roles.