COURSE CODE: FSMS 207

COURSE TITLE: FOOD AND BEVERAGE PRODUCTION - 3 UNITS

COURSE SYNOPSIS: Planning and equipment layout in a standard kitchen. Purchase, use and maintenance of kitchen equipment. Characteristics and properties of various food commodities, menu planning and types of covers, production of appetizers, salads, main course items and desserts. Basic home brewing techniques practical experience in home brewing beer.

LECTURE NOTES

LECT 1: KITCHEN AND EQUIPMENT PLANNING

- Definition and types of kitchens
- Arrangement of space in the kitchen
- Factors influencing kitchen planning and design

LECT II: KITCHEN EQUIPMENT

- Types of kitchen equipment and arrangement in the kitchen
- Factors to consider when procuring kitchen equipment
- Materials used in the manufacture of kitchen equipment and its influence on cooking out come

LECT III: FOOD COMMODITIES

- Animal products
- Plant products
- Beverages
- Raising Agents

LECT IV: FOOD COMMODITIES (CONT.)

- Sugar
- Herbs
- Spices and condiments
- Colourings, flavourings and essences

LECT V: PURSHASING

- Different forms of foods
- Quality and storage of different food commodities
- Types of beverages
- Production of different types of beverages

LECT VI: MENU PLANNING

- Factors that determine choice of food
- Foundations of a healthy diet
- The food guide pyramid
- Factors to be considered when planning menu in the catering industry

LECT VII: THE MENU

- Origin of the menu
- Menu sequence
- Classes of menu

LECT VIII: MENU KNOWLEDGE AND ACCOMPANIMENTS

- Appetisers
- Various dishes
- Vegetables and salads
- Sweets and savouries

LECT IX: METHODS OF COOKERY

- Principles of cooking food
- Effect of heat on food
- Ways of cooking

LECT X - XII: PRACTICAL COOKERY

- Production of Soups and sauces
- Production of Egg dishes
- Production of Pasta and rice

- Production of Fish
- Production of Meat
- Production of Vegetables, pulses and grains
- Production of African dishes
- Production of Pastry
- Production of Snacks and light meals