

Syllabus for the post of Workmen Trainee - Cook

(Total Marks - 100)

PART-A (80 marks)

- i. Aims & Objectives of Cooking, Kitchen Layout and Organisation, Equipment, Fuel and Tools used in Cookery, Ingredients: Shortenings, Raising Agents, Sugar, Milk products, Rice and Cereal, Vegetables and Fruits.
- ii. **Preparation and Methods of Cooking** - Preparation of Ingredients, Methods & Principles of Cooking Food – Roasting, Grilling, Frying, Baking, Boiling, Steaming.
- iii. **Basics of Cooking** - Stock, Soups, Sauces.
- iv. **Indian Cuisine** – Introduction to Indian Foods, Spices used in Indian Foods, Masalas, Indian Curries and Gravies, Indian Rice Preparations, Indian Salads and Soups, Indian Snacks and Chats, Indian Sweet Preparations, Indian Festival Dishes, Indian Breads, Preparing Tandoor, Types, Marinade preparation, Tandoori breads.
- v. **Basics of kitchen and food safety Etiquettes**
 - a. Hygiene & Sanitation
 - b. Cleaning equipment
 - c. Cleaning methods – Care, cleaning and polishing of various surfaces
 - d. Cleaning of guest rooms and bath – daily, weekly and spring cleaning, etc.

PART-B (20 marks)

Logical Reasoning (5 questions),

Quantitative Aptitude (5 questions),

English (5 questions)

General Knowledge/ Awareness (5 questions)