

10. Macaroni and bell pepper salad
11. Spaghetti in cream and pepper sauce
12. Lasagne bolognaise
13. Ravioli arrabiata
14. Penne in pesto sauce
15. Strawberry cheese cake
16. Tiramisu

Middle Eastern Cuisine

1. Hummus
2. Falafel
3. Pita bread
4. Babaghanosh
5. Tzaziki
6. Moussaka a la Greque
7. Dolmas
8. Tabouleh
9. Melanzanae Parmigiana

Thai Cuisine

1. Chicken satay with peanut sauce
2. Som tham
3. Tung tong
4. Tom yum gung
5. Khaeng keo-wan gal
6. Khao pad horapa
7. Krathak
8. Od gal sord
9. Phad thai
10. Krauy tod

Chinese Cuisine

1. Spring rolls, Wontons
2. Chicken lollypop
3. Momos with dip
4. Khimchi
5. Sweet corn soup
6. Hot and sour soup
7. Manchow soup
8. Lemon coriander soup
9. Chicken Manchurian
10. Chilly chicken
11. Fish in garlic sauce
12. Chinese fried rice
13. Hakka noodles
14. Sweet and sour vegetables

Mexican Cuisine

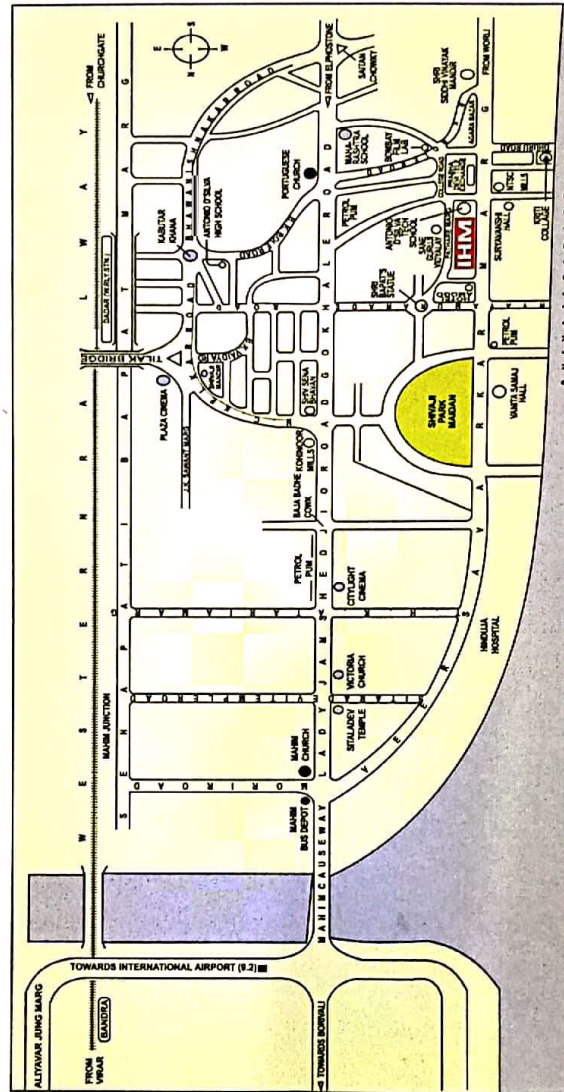
1. Fully loaded nachos
2. Jalapeno Cheese Poppers
3. Mexican three bean soup
4. Grilled chicken and pineapple tacos
5. Chicken Chimichangas with pepper salsa
6. Quesadilla
7. Roasted corn and beans salad
8. Sopaillas

Sandwiches

1. Checkerboard
2. Chicken burger
3. Club sandwich
4. Pinwheel sandwich

Demonstrations

1. Sizzlers
2. Stocks and sauces
3. Indian breads (Chapati, phulka, paratha)



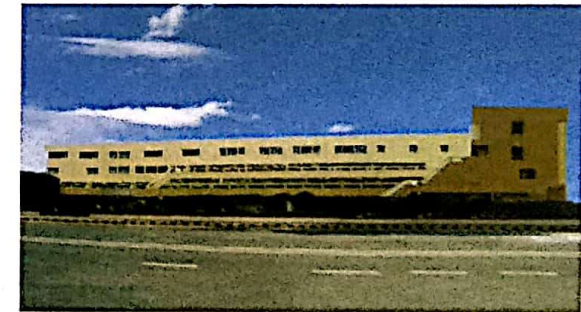
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होटल प्रबंध, खान-पान प्रौद्योगिकी एवं
अनुप्रयुक्त पोषक विज्ञान संस्थान
मुंबई

INSTITUTE OF HOTEL MANAGEMENT,
CATERING TECHNOLOGY &
APPLIED NUTRITION
MUMBAI



3 MONTHS CRAFT COURSE-COOKERY
(NON-VEGETARIAN)

3 MONTHS CRAFT COURSE-COOKERY (NON-VEGETARIAN)

Course Objectives

During the course, the candidates will be trained in the basic culinary skills which will enable them to work in small hotels, stand alone restaurants, guest houses, etc. The course will also enable them to be self employed.

Time: Monday to Friday 2.00 p.m. - 5.00 p.m.

Batch : 2 batches per year

[1st Batch: July to October

2nd Batch: January to April]

Fees: Will be intimated at the time of admission.

Course Contents :-

Indian Cuisine:-

Starters

1. Tomato Shorba
2. Rasam
3. Solkadhi
4. Osaman
5. Jehangiri Shorba

Indian Breads

1. Luchi
2. Poori
3. Dal ka paratha
4. Sattu ka paratha
5. Aloo stuffed paratha
6. Malabari paratha
7. Bhatara
8. Missi roti
9. Makkai ki roti
10. Methi paratha

Indian Rice Preparation

1. Jeera rice
2. Fried rice
3. Vegetable pulao
4. Tomato pulao
5. Masale bhat
6. Lime rice
7. Curd rice
8. Prawn pulao
9. Sofyani biryani
10. Yakni pulao
11. Muslim biryani

Indian Main Courses

1. Murg musallam
2. Murg makhani
3. Malvani kombadi wade
4. Dhaniwal khorma
5. Murg dungari
6. Chicken chettinad
7. Murg rogini
8. Methi murg
9. Mutton dhansak
10. Mulligutwany mutton
11. Mutton Kolhapuri
12. Mutton saagwala
13. Achari gosht

14. Goan fish curry
15. Macchli Amritsari
16. Malyalee fish curry
17. Patrani macchli
18. Prawn vindaloo

Indian Vegetarian Accompaniments

1. Mirch ka saalan
2. Baghara baingan
3. Baingan bhurta
4. Gobhi masala
5. Bhindi sauté
6. Aloo jeera foy
7. Gajjar mutter
8. Vazhakkai thoran
9. Beans vazhathiyathu
10. Shukto
11. Cashew potato curry
12. Bharwan mirch

Indian Dals and Pulses

1. Tadka dal
2. Dal Amritsari
3. Dal makhani
4. Turdal sorak
5. Sambhar
6. Gujrathi dal
7. Amti
8. South Indian kadhi
9. Kadhi pakoda

Indian Chutneys and Salads

1. Lasoon chutney
2. Tomato chutney
3. Mango apple chutney
4. Cucumber raita
5. Bhindi / ginger pachadi
6. Khamang kakdi
7. Carrot koshimbir

Indian Sweet Dishes

1. Semiya kheer
2. Kesari kheer
3. Alle belle
4. Gajjar halwa
5. Gulab jamun
6. Ela Ada
7. Besan laddoo
8. Malpua
9. Shahi tukda

Indian Snacks

1. Sabudana khichdi
2. Sabudana wada with peanut chutney
3. Dahi wada
4. Kothimbir wadi
5. Samosa
6. Dal kachori
7. Batata wada
8. Mysore bonda with maida
9. Tamarind chutney, Green chutney

International Starters

1. Prawn cocktail
2. Onion rings
3. Oeufs farcis
4. Cheese chilly toast
5. Mini pizza
6. Mini caizone

International Soups

1. Mushroom soup
2. Potage saint Germain
3. Cream of tomato
4. Potage bressani
5. Lentil mulligatawny soup
6. Cabbage chowder
7. Canadian cheese soup
8. German Wedding soup
9. Velouté dame blanche

International Main Courses

1. Poulet a la rex
2. Poulet chasseur
3. Poulet Maryland
4. Pomfret Orly
5. Pomfret Colbert
6. Fish cakes
7. Burmese Khow Suey
8. Roast chicken
9. Grilled fish with Tartar sauce
10. Eggs Florentine

International Accompaniments and Potato Preparations

1. Glazed carrots
2. Buttered spinach
3. Exotic vegetables au gratin
4. Roesti
5. Roast potatoes
6. Duchesse potatoes
7. Lyonnaise potatoes
8. Anna potatoes
9. Robert potatoes
10. Croquette potatoes
11. Parsley potatoes

International Salads

1. Watermelon and cottage cheese salad
2. Apple and Rice salad
3. Hawaiian chicken salad
4. Cole slaw
5. Marinated mushrooms
6. Waldorf salad
7. Beetroot salad
8. Russian salad

International Desserts

1. Caramel custard
2. Christmas pudding
3. Fruit trifle
4. Honeycomb mould
5. Coffee mousse
6. Mango bavaroise
7. Diplomat pudding
8. Chocolate mousse
9. Lemon soufflé

Italian Cuisine

1. Arancini
2. Charred pepper bruschetta
3. Minestrone
4. Gazpacho
5. Roasted tomato and basil soup
6. Pollo alla cacciatore
7. Ratatouille
8. Italian herbed potatoes
9. Caesar salad