

Summer Internship Programme on
Indian Gastronomy



Organized by the Department of History, Sundarban
Mahavidyalaya under the aegis of IQAC, Sundarban
Mahavidyalaya

NAAC Accredited with Grade 'A'

➤ Introduction:

The word Gastronomy means the skill of selecting, preparing, serving, and enjoying fine food. It includes relationship between food and culture, the art of preparing and serving rich or delicate and appetizing food, the cooking styles of particular regions, and the science of good eating. Throughout this 15-day programme we will explore our diverse Indian culture through its various regional culinary practices and will also focus on the global impact on our food habit and vice versa.

➤ Our Objective:

The primary aim of this programme is to train interns with a multidisciplinary vision and elementary knowledge of selected areas related to gastronomy in general and culinary activity in particular. It will provide basic skill and understanding of gastronomic science with a comprehensive perspective, such as, socio-cultural, scientific, technological and business management skill etc.

➤ Outcomes:

Interns will be able to get

1. Primary knowledge of food history and Columbian exchange
2. Basic culinary sense
3. Table decorating skill
4. Menu design
5. Cost management

➤ Course Outline:

Day-1 – Nation on a Platter – Food in Indian Life (Theory) – The session will focus on the history of food in India from socio-politico-cultural perspective.

Day-2 – Food as a Cultural Representation – A case study of ‘Traditional Bengali Cuisine’ (Theory) – The session will focus on how food plays an important role to represent certain cultures and how foreign elements penetrate into a traditional cuisine.

Day-3 – Gastronomy Operations – North Indian Cuisine (Theory + AVL) – The session will focus on the practical aspects of food and beverage

preparation, production, and service, including the transformation of raw ingredients into dishes specific to North Indian cuisine.

Day-4 – Gastronomy Operations – South Indian Cuisine (Theory + AVL) – The session will focus on the practical aspects of food and beverage preparation, production, and service, including the transformation of raw ingredients into dishes specific to South Indian cuisine.

Day-5 – Sub regional cuisines – History and Features (Theory) – The session will focus on various sub regional cuisines like *Marwari*, *Marathi*, and ‘*Bangal-Ghoti*’ cuisines.

Day-6 – Gastronomy Operations – Indian Rice Dishes (Theory + AVL) – The session will focus on the art of making Indian rice dishes like *Pulao*, *Biryani* etc. with regional variations.

Day-7 – Table decoration for fine dining (Practical) – The session will focus on the hands on training of various styles of table decorations for fine dining.

Day-8 – Cutting Skill (Practical) – The session will focus on the hands on training of fruits and vegetables cutting styles and use of various knives.

Day-9 – Gastronomy Operations – Dessert (Theory + AVL) – The session will focus on the art of making various desserts and its presentations.

Day-10 – Healthy Food Habit and Hygiene Maintenance (Theory) – The session will focus on nutritional values of various food and hygienic food habit.

Day-11 – Menu Design and Cost Management (Theory) – The session will focus on the art of planning a full course menu at a reasonable cost.

Day-12 – Canteen Management (Practical) – The session will focus on various issues related to manage a subsidised canteen.

Day-13 – Field visit to a Confectionery Shop (Practical) – The session will focus on various issues related to manage a confectionery shop.

Day-14 – Field visit to a Multi Cuisine Restaurant (Practical) - The session will focus on various issues related to manage a multi cuisine restaurant.

Day-15 – Food Exhibition (Practical) – The session will focus on no fire cooking and presentation skill. It will be followed by a valedictory session.

➤ Certification:

Students must attend all the classes. After completion of lessons students have to submit one Project workbook and appear for a viva-voce. Successful candidates will get a Summer Internship Programme Completion Certificate.