

International Winter School Manipal University Jaipur (IWSMUJ2022)

Course Overview

Name of course.. Exploring the true nature of Indian Cuisine

Name of instructor: **Dr. Gaurav Bhattacharya**

Session: January 2022

Language of instruction: English

Number of contact hours: 36

Credit awarded: 03

Objective of course

On completion of the course the participants shall not only be able to apply the precepts taught in the class in their personal choice, consumption and appreciation of Indian foods but also apply this knowledge professionally when producing, suggesting and serving food in various setting. After completing the course, the learner should be able to :-

- Decipher and analyse Indian Food recipes for further practice and developing their own style of preparing Indian food.
- Demonstrate a clear understanding of Indian food including the factors affecting the recipes of some of the regional cuisines of India, as well as of the factors contributing to the growth of the said cuisines.
- Successfully broaden their understanding of Indian culture and food, through further self-study and observation after the awareness generated through knowledge sharing in the class.

Syllabus

History of Indian cuisines

Factors affecting Indian cuisines

Food commodities used in Indian cuisines

Indian Regional Cooking: Food prepared for festivals and special occasions of the following cuisines -
Hyderabadi, Bengali, Goan, Gujarati, Rajasthani, Kashmiri , Maharashtrian, Punjabi , Chettinad, Kerala, Dum, Awadhi

Organization of course

Total contact hrs 36		
1st week:	10 hrs (classes)	2 hrs (self-study/project)
2nd week:	10 hrs (classes)	2 hrs (Mid term exam/assessment/discussion)
3rd week:	10 hrs (classes)	2 hrs (End term exam)

Mode of lectures: online lecture/online videos/case study/ discussion/ workshop/ hands-on

Course Plan

Lecture no.	Topic	Lecture mode	Instructor
L: 1- 3	Introduction to Indian Cuisines	Online with Hands-on	Dr Gaurav Bhattacharya
L: 4–6	Rajasthani cuisine	Online with Hands-on	Dr Gaurav Bhattacharya
L: 7- 9	Kashmiri cuisine	Online with Hands-on	Dr Gaurav Bhattacharya
L: 10 - 12	Punjabi cuisine	Online with Hands-on	Dr Gaurav Bhattacharya
L: 13 - 15	Awadhi cuisine	Online with Hands-on	Dr Gaurav Bhattacharya
L: 16 - 18	Maharashtrian cuisine	Online with Hands-on	Dr Gaurav Bhattacharya
L: 18 - 20	Bengali cuisine	Online with Hands-on	Dr Gaurav Bhattacharya
L: 21 - 23	Hyderabadi cuisine	Online with Hands-on	Dr Gaurav Bhattacharya
L: 28 – 31	Goan cuisine	Online with Hands-on	Dr Gaurav Bhattacharya
L: 31 – 34	South Indian cuisines	Online with Hands-on	Dr Gaurav Bhattacharya

Brief profile of the instructor

Dr. Gaurav Bhattacharya started his career as a Chef with a five star hotel in Jaipur, Rajasthan, India. 26 years ago, answering a call to share his knowledge and skill, he switched careers to become a Hospitality Educator. Since then, apart from minor stints in the hospitality industry as Manager Operations, he has remained in the education field. During his career, his thirst for knowledge has led him to acquire two undergraduate degrees in Hotel Management and Business administration, two post graduate degrees in Public Administration and Human Resource Management, as well as a PhD.

He is the author of a number of research papers as well as a book, but he prides in being a core team member of four Culinary based World Records since 2016. His passion is exploring the world of Foods. He is also an avid biker. He has travelled all over the country and is proud to have been involved in building the professional foundations of more than 3000 students.

