



Victoria University of Bangladesh

Final Assessment

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Submitted to:

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## Ans to the question no-1

One of the most royal delicacies that I enjoy on any occasion or festival. Chicken Biryani is the epitome of a one-pot meal. This is my chicken biryani recipe –

### **Ingredients:**

- 2 cups Basmati Rice
- 1 large onion, finely chopped
- 1 tablespoon ginger-garlic paste
- 1 teaspoon turmeric powder
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon garam masala
- 1 cup tomato puree
- 1 cup beaten yogurt
- 2 tablespoons ghee or oil
- 1-pound boneless chicken
- Salt to taste
- 1/2 cup fried onions
- 1/4 cup chopped cilantro
- 1/4 cup lemon juice
- 2 green chilies, chopped
- 2 teaspoons saffron strands, soaked in 1/4 cup warm milk

### **Instructions:**

1. Rinse 2 cups of Basmati rice in several changes of water and soak in water for 20 minutes.
2. While the rice is soaking, heat 2 tablespoons of ghee or oil in a large pot over medium heat
3. Add 1 finely chopped large onion to the pot and cook until golden brown, about 5-7 minutes. Stir occasionally.
4. Add 1 tablespoon of ginger-garlic paste to the pot and cook for 1 minute, stirring continuously.
5. Add the following spices to the pot: 1 teaspoon of turmeric powder, 1 teaspoon of chili powder, 1 teaspoon of coriander powder, 1 teaspoon of cumin powder, and 1 teaspoon of garam masala. Cook for another minute, stirring continuously.
6. Add 1 cup of tomato puree and 1 cup of beaten yogurt to the pot. Stir to combine with the onion and spices. Cook until the mixture thickens, about 5-7 minutes.
7. Add your choice of 1 pound of boneless chicken, beef, or vegetables to the pot. Cook until tender, about 10-15 minutes.
8. Drain the rice and add it to the pot with the meat and sauce. Stir gently to combine.
9. Add the following to the pot: 1/2 cup of fried onions, 1/4 cup of chopped cilantro, 1/4 cup of lemon juice, 2 chopped green chilies, and 2 teaspoons of saffron strands soaked in 1/4 cup of warm milk. Stir to combine.
10. Pour enough water over the ingredients to cover them, about 2 cups.
11. Cover the pot with a lid and cook over low heat until the rice is cooked and all the liquid is absorbed, about 20 minutes.
12. Once done, turn off the heat and let the biryani sit covered for 5 minutes to allow the flavors to meld.
13. Fluff the rice with a fork and serve hot with raita or chutney on the side.

### **Ans to the question no-3**

## **Broiling:**

The entire goal of broiling is to control browning. Too much and you can overpower the flavor of your food. Too little, and it may be bland or not have enough flavor to contribute to the sauce. Broiling is a dry-heat cooking method that uses high heat from above, usually from a broiler. Since the food is placed close to the heating element, this is a quick method that is reserved for delicate cuts of meat and fish, or for getting a caramelized exterior that traps the juices inside.

Broiling is a dry cooking method that works by exposing the food to intense radiant heat. It is a quick and convenient way to cook food, as it can be done in a matter of minutes. This method is ideal for cooking thinner cuts of meat, poultry, fish, and vegetables as it caramelizes the exterior of the food, creating a crispy texture and locking in moisture inside. When broiling, it's important to consider the distance of the food from the heat source, as this affects the cooking time and overall result. A general rule of thumb is to place the food 4 to 6 inches away from the broiler element.

To broil, the oven temperature is set to high and the broiler is turned on. The food is placed on a broiler pan, which is a shallow pan that allows the fat to drip away from the food. The broiler pan is then placed on the top rack of the oven, closest to the heat source. The food is broiled until it reaches the desired doneness, typically 3 to 5 minutes on each side.

It's important to keep a close eye on the food while it is broiling as the intense heat can quickly burn the food. To avoid overcooking, it's recommended to use a meat thermometer to ensure that the food is cooked to the desired temperature. Additionally, it's important to use proper kitchen safety techniques when broiling, such as using oven mitts and avoiding splatters from hot oil. Overall, broiling is a versatile and efficient cooking method that can add flavor and texture to a wide variety of dishes.

Here are some additional details to consider when broiling:

**Heat source:** Most modern ovens have a built-in broiler, which can be turned on by setting the oven to "broil." The heat source is usually located at the top of the oven, but it can vary depending on the oven model.

**Oven rack placement:** The placement of the oven rack is important when broiling, as it determines the distance of the food from the heat source. Most ovens have adjustable racks, and it's recommended to place the food on the top rack for the best results.

**Marinating for added flavor:** Marinating the food before broiling to add flavor and tenderize it. You can use a store-bought marinade or make your own with a combination of oil, acid (such as lemon juice or vinegar), and spices.

**Watch the cooking time:** The cooking time depends on the type of food, the thickness of the cuts, and the desired doneness. As a general rule, it takes 3 to 5 minutes on each side to broil food to medium-rare. However, be careful not to baste too often, as this can slow down the cooking time. Baste for extra moisture: Baste the food with butter, oil, or a marinade while it is broiling to keep it

**Rest the food:** After removing the food from the oven, let it rest for a few minutes before cutting or serving. This allows the juices to redistribute, resulting in a juicier and more flavorful dish.

#### **Ans to the question no-4**

#### **Food for Roasting:**

Roasting is a cooking method that involves cooking food, typically meat or vegetables, in an oven using dry heat. The food is placed on a roasting pan or baking sheet, and it is cooked for a set period of time at a specified temperature. The high heat creates a crispy exterior and seals in the moisture, while the lower heat allows the food to cook through and develop its natural flavors. Roasting is a versatile cooking method that can be used to cook a wide variety of foods, including meat, poultry, fish, vegetables, nuts, and even coffee beans. The end result is often a flavorful, juicy, and tender dish that is easy to prepare and perfect for entertaining or weeknight meals.

Here's some more information on roasting food:

**Roasting Temperature:** The temperature used for roasting can vary depending on the type of food being roasted. Meat is typically roasted at higher temperatures (400°F - 450°F) to create a crispy outer layer, while vegetables are roasted at a lower temperature (350°F - 400°F) to prevent them from burning. Seafood and nuts are typically roasted at medium to high temperatures (350°F - 425°F).

**Seasoning and Marinating:** Before roasting, food can be seasoned with salt, pepper, herbs, and spices to add flavor. Marinating meat for several hours or overnight for extra flavor and to help keep it moist.

**Roasting Pan and Rack:** A roasting pan with a rack is ideal for roasting, as it allows air to circulate around the food, promoting even cooking. If you don't have a roasting pan, a baking sheet can be used instead.

**Basting:** Basting involves spooning liquids over the food during roasting to keep it moist and add flavor. For meat, use pan drippings or a mixture of oil, vinegar, and spices. For vegetables, baste with oil or butter.

**Resting:** After roasting, it's important to let the food rest for a few minutes before slicing or serving. This allows the juices to redistribute, resulting in a juicier and more flavorful end product.

Here are a few examples of foods that are commonly roasted:

**Meat:** Roasting is a popular cooking method for meats such as beef, pork, lamb, chicken, and turkey. Roasting a whole chicken, for example, can result in a juicy bird with crispy skin, while a roast beef can be sliced for sandwiches or served as a main dish with gravy and vegetables.

**Vegetables:** Roasting is a great way to bring out the natural sweetness and flavor of vegetables, such as potatoes, carrots, bell peppers, onions, garlic, and root vegetables like beets and parsnips. These can be roasted on a sheet pan in the oven and served as a side dish or as a main course topped with proteins like grilled chicken or tofu.

**Seafood:** Fish and shellfish, such as salmon, shrimp, and scallops, can be roasted in the oven for a healthy and flavorful meal. Simply season with salt, pepper, and herbs, and place in the oven for 10-15 minutes or until cooked through.

**Nuts:** Nuts like almonds, pecans, and walnuts can be roasted in the oven for a crunchy snack or to add texture to dishes. Simply spread the nuts in a single layer on a baking sheet and roast for 5-10 minutes, stirring occasionally.

**Coffee:** Coffee beans can be roasted in the oven or on the stovetop to bring out their rich, aromatic flavor. This is an essential step in the coffee-making process, as it transforms the green coffee beans into the flavorful beans that are used to make coffee.

### Ans to the question no-5

I have a soft spot for desserts. I have a crazy sweet tooth and have since I was little. Dessert recipes have a prominent spot here on Dinners, Dishes, and Desserts.

Here is a recipe for classic chocolate chip cookies:

#### **Ingredients:**

- 2 and 1/4 cups (281g) all-purpose flour
- 1 tsp (5g) baking soda
- 1 tsp (6g) salt
- 1 cup (227g) unsalted butter, at room temperature
- 3/4 cup (150g) granulated sugar
- 3/4 cup (165g) light brown sugar
- 2 large eggs
- 2 cups (340g) semisweet chocolate chips

#### **Instructions:**

1. Preheat the oven to 375°F (190°C) and line a large baking sheet with parchment paper. This helps prevent the cookies from sticking and makes cleanup a breeze.
2. In a medium-sized bowl, whisk together the flour, baking soda, and salt. Set this bowl aside.
3. In a large bowl, use an electric mixer to cream together the butter, granulated sugar, and brown sugar until light and fluffy. This should take about 2-3 minutes on medium speed.
4. Beat in the eggs, one at a time, followed by the vanilla extract. Make sure each egg is fully incorporated before adding the next.
5. Gradually add the dry ingredients to the wet ingredients, mixing until just combined. Do not overmix, as this can lead to tough cookies.
6. Stir in the chocolate chips using a wooden spoon or spatula.
7. Using a cookie scoop or spoon, drop balls of dough onto the prepared baking sheet, about 2 inches apart. You should get about 16-18 cookies from this recipe.
8. Bake for 8-10 minutes, or until the edges are lightly golden. Do not overbake, as the cookies will continue to set on the baking sheet as they cool.
9. Remove the baking sheet from the oven and let the cookies cool on the sheet for 5 minutes before transferring them to a wire rack to cool completely.
10. Serve the cookies warm or at room temperature, with a cold glass of milk for dipping, if desired.