



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

B.Sc. Culinary Arts

Type: Semester End Assessment (SEA)

Date: 10/04/2025

Batch and Semester: 2023-2026 and 4

Total Marks: 25

Time Duration: 2 Hours

Course Name: Food Production Operations Indian Cuisine Theory- 2

Course Code: CAC014

Instructor: Ms. Sangita Fernandes

This paper contains 03 pages in addition to the cover page.

Full Name of the Student: _____

Permanent Registration Number: _____ Class: _____

Marks Obtained: _____ Faculty Signature: _____ Invigilator Signature: _____

Main Answer sheet	Number of Supplements	Total number of Answer sheets
01		

- Carefully read each question at the outset of the paper. All queries must be addressed to the faculty within the first 10 minutes of the examination.
- Students are expected to maintain complete silence in the examination hall and should not interact or communicate with their peers.
- Students will carry only their essential stationery like pens, pencils, ruler and simple calculators into the examination hall.
- Bags, eatables, drinks, etc. will not be allowed inside the hall with the exception of a bottle of water.
- Cell phones, electronic data banks, scientific calculators and smart/beeping watches are prohibited in the examination hall.
- Students will answer the examination with only blue/ black ball point pens unless informed differently by faculty. Avoid usage of green or red ink pens on the answer sheet.
- Dictionaries will not be allowed into examination hall unless informed differently by faculty.



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ATTEMPT ALL THE QUESTIONS

Q.1. Answer the following questions in one/two words.

(05 x 1 Mark = 05 Marks)

- Which state in India is known for its famous "Pakhala Bhata"?
- Name the traditional vessel used in Punjab for cooking the famous "Sarson da Saag".
- Which tribe is known for its rich cultural heritage and dance form called "Dhamal"?
- What is the staple grain used by the Khasi tribe of Meghalaya?
- What is the popular sweet from Bengal made of chhena and syrup, often round in shape?

Q.2. Match the following

(05x 1 Mark = 05 Marks)

	A		B
1	Bhil	A	Mustard greens
2	Khasi	B	Bajre ka Khichda
3	Chettinad	C	Spicy and aromatic
4	Goa	D	Fermented drinks
5	Punjab	E	Coconut based

Q.3. Elaborate the following questions. (Any 2)

(02 x 2.5 Marks = 05 Marks)

- Describe the staple foods of the **Santhal tribe** and how they differ from other tribal foods.
- Write a short note on the significance of **Ayurvedic food** in maintaining balance of the body.
- Explain the traditional **bread of India** and their regional variations.
- Discuss the cooking techniques used in **Chettinad cuisine**.
- What makes **Goan cuisine** distinct from other coastal regions in India?



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Q5. Answer any ONE of the following questions.

(1 x 10 = 10 marks)

A). Ayurvedic food plays an important role in balancing the mind, body, and spirit.

Discuss in detail the principles of **Ayurvedic food** and its importance in maintaining overall health.

Include the following in your answer:

- The concept of the **three doshas** (Vata, Pitta, and Kapha) and their influence on food choices.
- The classification of food into **sattvic**, **rajasic**, and **tamasic** categories.
- Examples of Ayurvedic food practices and how they are tailored to individual body types (Prakriti) and seasonal changes.

B). As a Modernist Chef, specialized in Indian Haute cuisine, Elaborate your ideas on the below listed traditional Indian menu. Each dish to have 2 elements for plating as per the basic principles of Indian Haute cuisine.

Menu

Amuse-Bouche:

- **Tandoori-Spiced Scallops** with Tamarind Reduction
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Starters:

- **Amritsari Machhi** (Fish) – Fried, crispy fish fillets with a tangy **mint chutney foam**.
 - **Mushroom & Paneer Tikka** – Soft paneer and mushrooms marinated in spiced yogurt, served with **smoked tomato relish**.
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Main Courses:

- **Butter Chicken** (Murgh Makhani) – Creamy, rich chicken cooked in a tomato-based sauce, served with **saffron-infused quinoa naan**.
 - **Sarson da Saag** – Mustard greens purée paired with **golden makki di roti** (cornbread).
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Sides:

- **Dal Makhani** – Slow-cooked black lentils in cream, with a **truffle naan**.
 - **Jeera Rice** – Fragrant cumin-infused rice with **crispy shallots**.
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Dessert:

- **Saffron & Pistachio Kulfi** – Traditional ice cream served as a mousse with **rose petal syrup**.

Draw the plate presentation of each dish and also mark the elements used.
