

Department of Hotel Management and Catering Science

VALUE ADDED COURSE – I

Title of the Course: **Vegetables & Fruits Carving Techniques Practical**

Course Duration: **30 Hours**

Objective of the Course:

This course aims to enable the students to acquire knowledge and skill

1. To understand the basic techniques of fruit and vegetables carving
2. To handle the methods of preparing large sculptures used in edible displays

Unit – I Basics of Vegetable and Fruit Carving 6 Hrs

- 1.1 Carving equipments and tools
- 1.2 Tomato Roses and Flowers – 6 designs, 3 constructed of the skins and 3 using the whole tomato
- 1.3 Leaf garnishes (cucumber or carrot) – 8 different types of leaves
- 1.4 Flowers using chillies & bell peppers – 4 different types of flowers
- 1.5 Carrot Flowers – 4 different types of flowers
- 1.6 Onion Flowers – 2 different types of flowers

Unit – II Methods of Handling Carving Knives and Tools 6 Hrs

- 2.1 Rim & mock tail garnishes with radishes and carrots – 6 different types of designs
- 2.2 Cutting technique – 2 flower designs teach proper cuts and angles for more complex floral carvings
- 2.3 Emphasis on mastery of the proper angles and knife techniques and handling for control while carving, using pumpkin/squash pieces

Unit – III Vegetable and Fruit Carving Designs 6 Hrs

- 3.1 Serving Vessels, bowls and plates using carrot, gourd, pumpkin and papaya — 4 designs of a sea shell, lotus petal, bowl, and serving plate
- 3.2 Watermelon Centrepiece
- 3.3 Animal Designs carved from carrot — a duck and songbird

Unit-IV Floral Carvings 6 Hrs

- 4.1 Proper preparation of squash for floral carving.
- 4.2 Flowers using squash
- 4.3 Melon centrepieces with a variety of flowers that incorporate a range of techniques for curves, zigzag patterns and complex angles.
- 4.4 Display centrepieces carved from honeydew melons with flower, bird, and fish forms

Unit-V Large Sculptures in Carving 6 Hrs

- 5.1 Watermelon Serving Bowl and Basket. Melons are used to create a serving bowl decorated with flowers, and a basket with handle and interior carvings of roses.
- 5.2 Geometric Floral Designs from large carrots.
- 5.3 Radish Flowers carved from large radish.
- 5.4 Elegant Flowers from beet root – orchid and chaba flower

Books for Reference:

1. John Jacob and Meera Jacob, Fruit & Vegetable Carving, Buccaneer Books, First Edition, 1983.
2. Stephen Yan, Creative Carving, Yan's Variety Company Ltd, Third Edition, 1989.
3. Hiroshi Nagashima, The Decorative Art of Japanese Food Carving: Elegant Garnishes for All Occasions, Kodansha International, 1st Edition, 2012.
4. Angkana Neumayer, Table Decoration with Fruits and Vegetables, Schiffer Publishing, 2nd Edition, 2010.

Web Reference:

1. www.foodgarnishing.com
2. <https://www.youtube.com>
3. https://www.templeofthai.com/fruit_carving/carving.php

Course Outcome:

After completion of this course, students will be able

1. To make different types of fruit and vegetable carving
2. To produce decorative display sculptures by using skill acquired through this course.
3. To become an entrepreneur in the field of fruits and vegetable carving.