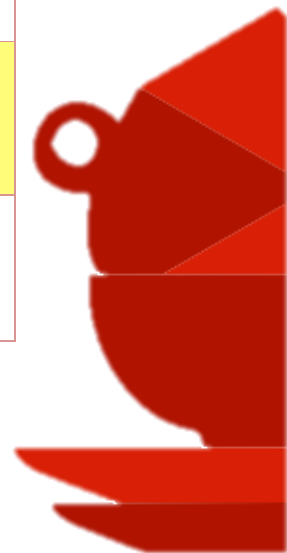




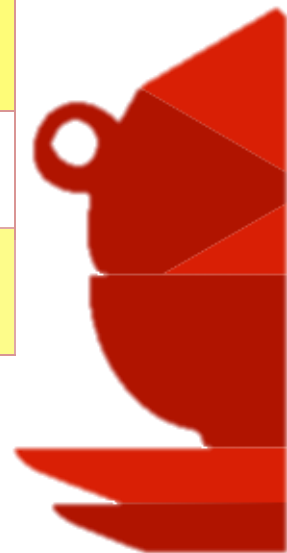
PROFESSIONAL CHEFS DIPLOMA COMBINATION PROGRAMME

WEEK 1	Kitchen Orientation	Kitchen Basics, Introduction to Kitchen Equipment/Utensil, Health & Safety, Food Safety.
	Kitchen Basics	Basic Methods of Cookery Kitchen Preparation and Organization
	Introduction to Culinary Fundamentals	Highlights include knife skills, food safety and sanitation, culinary terms
	Introduction to Culinary Fundamentals 2.0	Introduction to kitchen brigade system, cooking methods and plating techniques. Students will also learn the rudiments of teamwork, delegation and communication in the kitchen.
	Herbs & Spices	Origins, Alternative Names and Uses of Herbs & Spices
	Written Test	
WEEK 2	Introduction to Culinary Cookery - Stock	Types of stock and how to make how to make them (Brown Stock, White Stock, Fish Stock)
	Class Practice	Students will practice what they have learnt from stock making.
	Introduction to Culinary Cookery 2.0 Mother Sauces and Derivatives	The different mother sauces, how to make them and their various derivatives. (BEVTH)
	Class Practice II	Students will practice what they have learnt from the previous class.



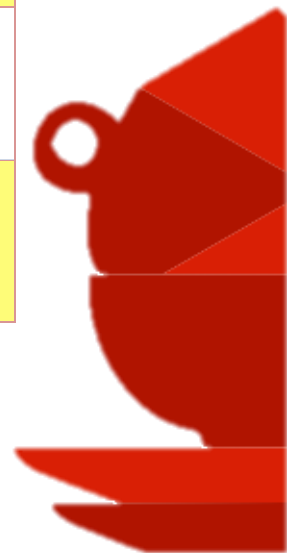


	Introduction to Culinary Cookery 3.0 Soups and Broth	Some of the most common soups and broths and how to make them.
WEEK 3	Introduction to Culinary Cookery 4.0 Salads	Understanding salad composition, vinaigrette and mayonnaise based salads, salad dressings (simple and compound salads)
	Class Practice III	Students will practice what they have learnt from salad class.
	Introduction to Culinary Cookery 5.0 Breakfast	Eggs: Handling & Storage, Eggs made 6 ways, Sandwiches, wraps, Panini, pancakes, waffles.
	Class Practice IV	Students will practice what they learnt from the breakfast class.
	Written Test	
WEEK 4	Continental Culinary Arts-Stir Fry Basics(Asian Cuisine)	Farinaceous Dishes (Rice, Noodles), Asian Cooking Methods, Aromatics, Asian Sauces.
	CLASS PRACTICE V	Students will practice what they learnt from the Asian class.
	Continental Culinary Arts 2.0 Italian Cuisine	Pasta making, Dumplings and different pasta sauces.
	CLASS PRACTICE VI	Students will practice what they have learnt from the previous class.
	Continental Culinary Arts 3.0 Italian Cuisine	Pizza making.
WEEK 5	CLASS PRACTICE VII	Students will practice what they have learnt and add their own twist.



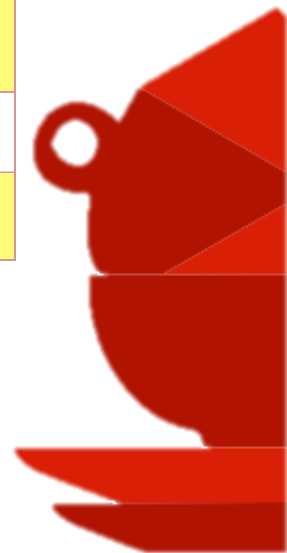


	Continental Culinary Arts 4.0 World Tour Class	The Concept of a 3 Course Meal.
	Continental Culinary Arts 5.0 Slow Cookers (Caribbean Cuisine)	Some of the best slow cookers from around the world.
	Continental Culinary Arts 6.0 Indian Cuisine	Cooking with Spices- several Asian dishes using fresh spices.
	Continental Culinary Arts 7.0 Poultry	Poultry types, parts and several methods of cooking.
	Continental Culinary Arts 8.0 Meat	Different Kinds of Meat, cuts and several cooking methods.
WEEK 6	Continental Culinary Arts 9.0 Seafood	Different types of seafood, filetry and several cooking methods.
	Continental Culinary Arts 10.0 Canapés/Hors D’oeuvres	Sweet & Savory canapés
	CLASS PRACTICE VIII	Students will practice what they have learnt for the week.
	Assessment – Theory Assessment - Practical	
WEEK 7	African Culinary Arts – Appetizers and Side Dishes	Students will learn simple side dishes and appetizers.
	African Culinary Arts 2.0 Rice, Beans, Yam Dishes	Students will learn to cook some of the most popular rice, beans and yam based meals across Nigeria.
	CLASS PRACTICE	Students will practice what they have learnt in the previous classes



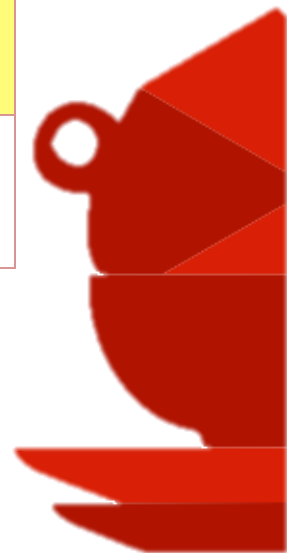


	African Culinary Arts 3.0 African Soups & Stews	Introduction to some of the Soups & Soups from different geographical regions
	CLASS PRACTICE II	Students will practice what they have learnt in the previous class
WEEK 8	African Culinary Arts 4.0 Meat Fusion	Protein based meals cooked using indigenous herbs, spices and local methods
	CLASS PRACTICE III	Students will practice what they have learnt in the previous class
	WRITTEN ASSESSMENT	
	African Culinary Arts 5.0 African Soups & Stews 2	The second part of the class explores more of the Nigerian Soups we love so much
	CLASS PRACTICE IV	Students will practice what they have learnt in the previous class
WEEK 9	African Culinary Arts 6.0 Tour D'Afrique	Popular dishes from across the continent.
	African Culinary Arts 7.0 Drinks	Students will learn the art of making simple and complex African drinks.
	Trash Day	Food made in class by the students will be trashed or saved depending how good it turns out.
	ASSESSMENT - THEORY	
	ASSESSMENT - PRACTICAL	



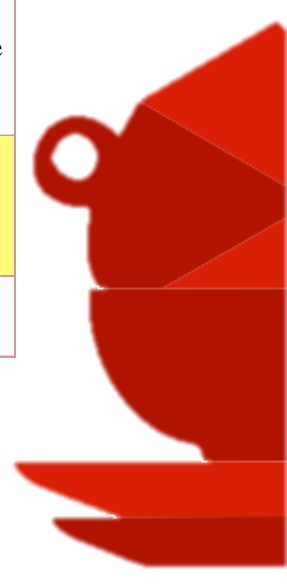


WEEK 10	Restaurant School 1.0 – Menu Planning & Design and Budgeting	Students will be taken through the rudiments of menu planning and design as well as budgeting
	Restaurant School 2.0 – Table Setting	Students will be taught the fundamentals of informal and formal table setting
	Restaurant School 3.0 – Budgeting Exercise	Students would be taught the fundamentals of budgeting using a simple exercise
	Restaurant School 4.0 – Recipe Development	Students are to come up with recipes to prepare Nigerian desserts using indigenous ingredients.
	Restaurant school 5.0 - Advanced Plating Techniques	Students will learn more advanced techniques in plating
WEEK 11	Restaurant School 6.0 – Dessert Plating & Catering Exercise	Students will learn and display unique plating methods for desserts by making and plating desserts for a party of ten. Emphasis would be placed on timing, accuracy in measurement & taste.
	Restaurant School 7.0 – Excursion (Restaurant Day)	Students will be taken out of the class environment to a busy restaurant to have an insight on the pace and workings of the organization
	Restaurant School 8.0 – Complex oils	Students will learn to infuse flavours into oils and some of its applications in cooking
	Restaurant School 9.0 – Recipe Development	Students will learn to use their prior knowledge of pastries and dessert to create a recipe/signature dessert.



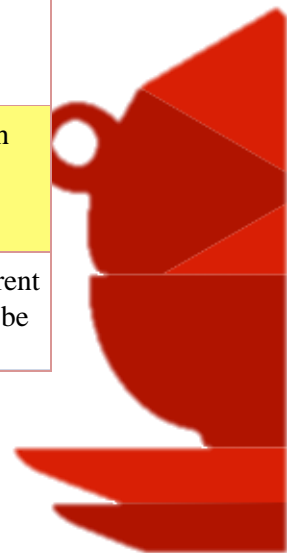


WEEK 12	Restaurant School 10.0 – Time management and ordering system	Students will learn to manage their time while effectively prepping and delivering quality while under pressure. In this class, students’ ability to quickly develop cooking strategies using minimal ingredients would be tested.
	Restaurant School 11.0 – Cooking from Recipes	Students are expected to recreate recipes given to them and make it their own by replacing, adjusting, adding or removing ingredients
	Restaurant School 12.0 – Taste Test	In this class, students will be presented with some dishes prepared by the Chef; students will be expected to replicate the same dishes. They will be entitled to ask one question per dish and will be allocated a time frame to complete the task
	Restaurant School 13.0 – Ingredient Challenge	Pick an ingredient of choice and do a full analysis of it. History, origin, methods of cooking, nutritional value and composition. A gourmet dish will be created from this.
	Restaurant School 14.0 – Menu Creation	Create a simple & comprehensive menu that includes Starter/Appetizer, Main Dish & Dessert alongside a suitable drink.
	Restaurant School 15.0 – Chopped Challenge	Students will be provided mystery ingredients and tasked to create gourmet meals from them while on the clock.
	EXAM (WRITTEN) EXAM (PRACTICAL)	
Red Dish Pop Up Restaurant		



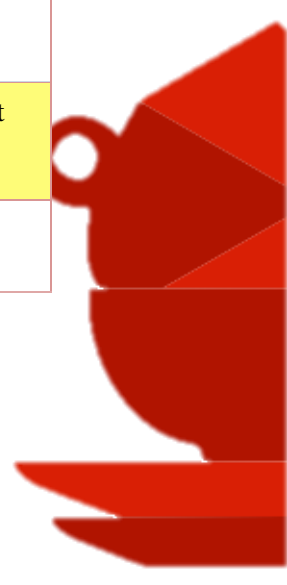


WEEK 13	Kitchen Orientation	Kitchen Basics, Introduction to Kitchen Equipment/Utensil, Health & Safety, Food Safety.
	Introduction to Culinary Fundamentals	Introduction to the kitchen brigade system. Students will also learn the rudiments of teamwork, delegation and communication in the kitchen.
	Introduction to Fundamentals of Baking	Understanding baking equipment, Work Space Optimization and ingredients, cake mixing methods, flour making and flavor pairing
	Baking Basics	Flour, grains, butter, eggs, chesses, chocolates, herbs, flavours, spices, seeds & fruits, sugars, thickeners, milk and other sweeteners.
	Introduction to Cake Baking	Students will be introduced to different cakes and how they are baked e.g Red Velvet, Vanilla , Chocolate
WEEK 14	Introduction to Cake Baking 2.0	Students will learn to bake more cakes.
	CLASS PRACTICE	Students will practice what they have learnt from cake baking.
	Fillings and finishing of cakes	Students will learn how to make different fillings for cakes and also about finishing of cakes
	Cake Decorating	Students will learn to cover cakes with different types of buttercream.
	Piping Techniques	Students will learn to work with different types of piping tips and how they can be



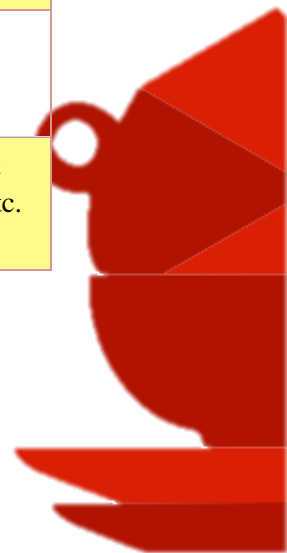


		used in different piping techniques.
WEEK 15	Piping Techniques 2.0	Students will continue to learn different piping techniques.
	CLASS PRACTICE II	Students will practice what they have learnt from the previous classes.
	Cake Decorating 2.0	Students will learn to decorate cakes with Fondant and Gum paste
	Cake Decorating 3.0	Students will learn to decorate cakes with different types of sugar craft.
	CLASS PRACTICE III	Students will practice what they learnt from the previous classes.
WEEK 16	Tea Cakes & Dessert Cakes	Students will learn to bake different types of tea cakes & dessert cakes.
	Tea Cakes & Dessert Cakes 2.0	Students will learn more cakes like cinnamon crumb cake, stuffed Bundt cake, almond & cherry cake etc.
	Tea Cakes & Dessert Cakes 3.0	Students will continue to learn desserts like charlotte aux poires, black forest cake etc.
	CLASS PRACTICE IV	Students will practice what they learnt from the previous classes.
	CLASS ASSESSMENT	



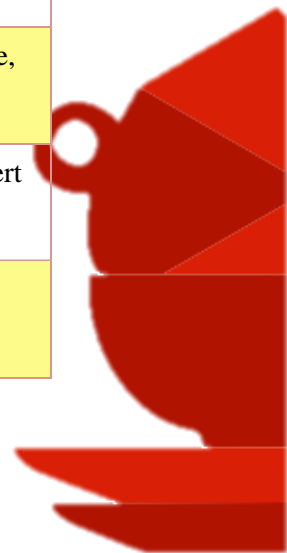


WEEK 17	Choux Pastry	Twice cooked pastry with delicately flavored cream or custards and topped with chocolate or a biscuit crust
	Short Crust Pastry	Students will learn the different types of Short Crust Pastry (Pâté Brisée and Pâté Sablée)
	Filo Pastry	Students will learn to make Filo pastry and apply it in the making of small chops e.g. samosa, spring rolls etc.
	CLASS PRACTICE V	Students will practice what they have learnt from the previous classes.
	Puff Pastry	Students will learn how to make different types of puff pastry e.g. Mille-feuille, strudel and turnovers.
	Puff Pastry 2.0	Students will learn how to make different types of puff pastry e.g. croissant, pain au chocolat, etc.
WEEK 18	CLASS PRACTICE VI	Students will practice what they have learnt from the previous class.
	Working With Dough	Students will learn to work with and make dough for different baked goods.
	Working With Dough 2.0	Students will learn to make classic French base for tarts, pies and fillings
	CLASS PRACTICE VII	Students will practice what they have learnt from the previous class.
WEEK 19	Bread Making	Students will learn how to make yeast based breads like brioche, baguette etc.



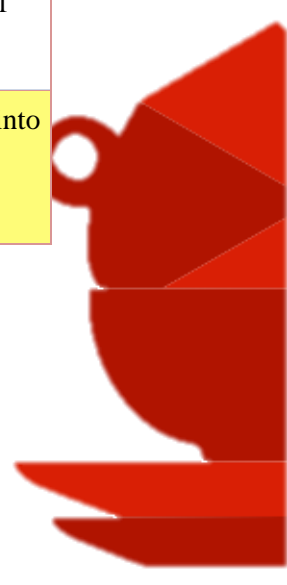


	Bread Making 2.0	Students will learn how to make quick breads like banana bread, pumpkin bread etc.
	Yeast based goods	Students will learn to make yeast based goods like doughnuts, cinnamon rolls etc. and how fill & glaze them.
	Italian Breads	Students will learn different types of Italian bread e.g focaccia
	CLASS PRACTICE VIII	Students will practice what they have learnt from the previous classes.
WEEK 20	Cookies	Students will learn about different types of cookies like roll & cut out cookies, etc.
	Cookies 2.0	Students will learn about the classic macaroon.
	Ice Cream	Students explore different flavours and variants of ice cream.
	Desserts	Students will learn about classic desserts like the pana cotta, mousse etc.
	Desserts 2.0	Students will learn desserts like baked & no-baked cheesecake, crème caramel, soufflé, crème brûlée etc.
WEEK 21	Desserts 3.0	Students will learn frozen desserts like, granita, sorbet and sherbet etc.
	Desserts 4.0	Students will learn how to make dessert pizza.
	Petit Four	Students will be introduced to this French pastry.



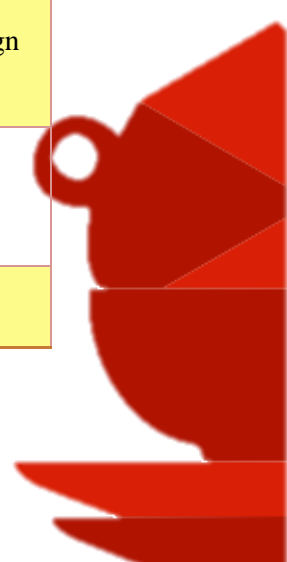


	CLASS PRACTICE IX	Students will practice what they have learnt from the previous class.
	CLASS ASSESSMENT	
WEEK 22	Restaurant School 1.0 – Menu Planning & Design and Budgeting	Students will be taken through the rudiments of menu planning and design as well as budgeting
	Restaurant School 2.0 – Table Setting	Students will be taught the fundamentals of informal and formal table setting
	Restaurant School 3.0 – Budgeting Exercise	Students would be taught the fundamentals of budgeting using a simple exercise
	Restaurant School 4.0 – Recipe Development	Students are to come up with recipes to prepare Nigerian desserts using indigenous ingredients.
	Restaurant school 5.0 - Advanced Plating Techniques	Students will learn more advanced techniques in plating
WEEK 23	Restaurant School 6.0 – Dessert Plating & Catering Exercise	Students will learn and display unique plating methods for desserts by making and plating desserts for a party of ten. Emphasis would be placed on timing, accuracy in measurement & taste.
	Restaurant School 7.0 – Excursion (Restaurant Day)	Students will be taken out of the class environment to a busy restaurant to have an insight on the pace and workings of the organization
	Restaurant School 8.0 – Complex oils	Students will learn to infuse flavours into oils and some of its applications in cooking



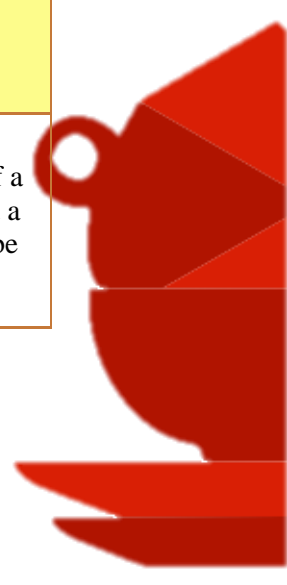


WEEK 24	Restaurant School 9.0 – Recipe Development	Students will learn to use their prior knowledge of pastries and dessert to create a recipe/signature dessert. N.B STUDENTS ARE TO COME WITH THEIR INGREDIENTS
	Restaurant School 10.0 – Time management and ordering system	Students will learn to manage their time while effectively prepping and delivering quality while under pressure. In this class, students’ ability to quickly develop cooking strategies using minimal ingredients would be tested.
	Restaurant School 11.0 – Cooking from Recipes	Students are expected to recreate recipes given to them and make it their own by replacing, adjusting, adding or removing ingredients
	Restaurant School 12.0 – Taste Test	In this class, students will be presented with some dishes prepared by the Chef; students will be expected to replicate the same dishes. They will be entitled to ask one question per dish and will be allocated a time frame to complete the task
	Restaurant School 13.0 – Ingredient Challenge	Pick an ingredient of choice and do a full analysis of it. History, origin, methods of cooking, nutritional value and composition. A gourmet dish will be created from this.
	Restaurant School 1.0 – Menu Planning & Design and Budgeting	Students will be taken through the rudiments of menu planning and design as well as budgeting
EXAM (WRITTEN)		
EXAM (PRACTICAL)		
Red Dish Pop Up Restaurant		





WEEK 25 -26	Health & Safety Week Food Photography Week	Health & Safety Refresher - Level 3 Food Safety Refresher Food Photography Master Classes Individual Project Group Project
WEEK 27 -28	Market Research & Market Analysis Recipe Development	Understanding Market Analysis and Research Developing Simple & Complex Recipes Individual Project Group Project
WEEK 29 -30	Kitchen Structure & Set Up Restaurant Structure & Set Up	Kitchen Structure & Set up Restaurant Structure & Set Up Individual Project Group Project
WEEK 31 -32	Foods of the World - Gastronomy Wine Tasting & Pairing	New Age Modern Gastronomy Wine Tasting & Pairing Individual Project Group Project
WEEK 33 -34	Nutrition Week	Culinary Nutrition Individual Project Group Project
WEEK 35 -36	Culinary Business School EXAMS	Writing a Restaurant Business Plan Managing a Successful Food Business
SIGNATURE DISH		All students are expected to create and exhibit 3 signature dishes comprising of a signature dessert, a signature pastry and a signature baked goods before they can be signed off for their internship.





EXTERNSHIP PLACEMENT

