



## CONTINENTAL CULINARY ARTS

### CLASS 1: Chicken

In this class, students will learn a variety of Chicken dishes, as well as the set of basic, yet vital skills needed in the life of a Chef. You'll thank me later!

- I. Kitchen Basics – Kitchen Equipment, Personal Health and Hygiene, Protective Clothing. Food Safety, Food Storage.
- II. Plating Creativity 1 – Simple Plating Techniques and what to avoid when plating.
- III. Herbs and Spices – Spice Origins and Uses.
- IV. Chicken Dishes – Methods of cooking Chicken.
- V. Mocktail: Chapman

### CLASS 2: Asian Cuisine

In this class, students will learn how to stir-fry and make delicious Chinese meals

- I. Stir frying cooking techniques.
- II. Asian Sauces – Overview of some of the most popular sauces from Asia.
- III. Chinese Fried Rice / Noodles
- IV. Asian Appetizers
- V. Plating Techniques – Garnishing and Sauces in Plating
- VI. Mocktail – Frappuccino.

### CLASS 3: Italian Cuisine

In this class, students will learn how to make some exotic Italian dishes. You will love this class. Say cheese!

- I. Italian Herbs – A closer look at Italian herbs and their application.
- II. Pasta – Pasta Shapes and types.
- III. Italian Sauces – Different Italian sauces.
- IV. Searing – The application of Searing techniques.
- V. Italian Appetizer
- VI. Cocktail/Mocktail - Peña Colada/ Virgin Peña Colada.





#### **CLASS 4: BBQ and Grilling**

In this class, students will be equipped with the perfect “101” Grilling and BBQ skills needed to be excellent chefs. BBQ Sauce anyone?!

- I. Indoor Grilling & Roasting – Basics of Grilling, Temperatures, Marinating Methods.
- II. Outdoor Grilling – Differences between indoor and outdoor grilling.
- III. Vegetable Grilling – Identifying Veggies that can be grilled indoor and outdoor.
- IV. Mocktail - Rosemary Citrus Spritzer.

#### **CLASS 5: World Tour Class**

In this class, students will be introduced to fine dining using courses from different parts of the world.

- I. Breakfast in Paris – Savory French Crepes
- II. Lunch in Rome – Combination of two or more methods for cooking Protein, / Blanching of Vegetables.
- III. Dinner in the Caribbean – Simple Salad & Vinaigrette /Dressing Making.
- IV. Cocktail/Mocktail – Virgin Sunrise / Tequila Sunrise.

#### **CLASS 6: Breakfast Club**

In this class, students will learn to make different kinds of breakfast dishes.

- I. Sandwiches – Panini, Cheese Melts, Club Sandwiches and many more
- II. Pancakes - Classic Pancake making and several variations.
- III. Waffles – Making Waffles from Scratch.
- IV. Egg Dish – 6 ways to cook an egg.
- V. Wraps - Flat breads and wraps.
- VI. Mocktail - Strawberry & Cream





### **CLASS 7: Caribbean Cuisine**

In this class, students will learn slow cooking process and how to make Jamaican Sauces from scratch.

- I. Jamaican Appetizers - Festival Dumplings and Jerk Wings.
- II. Jamaican Main Course - Jamaican Curry Goat and Rice 'n' Peas.
- III. Side Dish - Avocado Salad.
- IV. Simple Cake Making - Coconut Lemon Cake with Rum Drizzle.
- V. Cocktail/Mocktail - Sex on the Beach/Virgin Sex on the Beach.

### **CLASS 8: Italian Cuisine II**

There is a Pizza for everyone. Students will learn to make pizza dough and the different types of pizzas amongst other things.

- I. Garlic Bread
- II. Pizza Making – Pizza Dough Making, Thin and Thick Crust Pizzas.
- III. Dessert Pizzas – Cookie Dough Dessert Pizzas, Apple Crisp Pizza.
- IV. Cocktail/Mocktail - Mojito/ Virgin Mojito.

### **CLASS 9: Asian Cuisine II**

Students will learn to work with complex spices and apply them to Indian Cuisine.

- I. Sauces - Chicken Tikka Masala with Chapatti.
- II. Rice Dishes - Thai Pineapple Fried Rice or Pilau Rice.
- III. Protein – Tandoori Chicken.
- IV. Dessert: Halwa/Payasam or Kheer.
- V. Mocktail - Mango Lassi





### **CLASS 10: African Fusion**

In this class, students will learn to merge some popular Staple African dishes with Continental dishes

- I. Chefs of Africa - A variety of African Dishes Inspired by different African Chefs.
- II. Fusion Canapés – Some Creative Canapés inspired by Afro Culture
- III. Plating Techniques – Creative Plating.
- IV. Mocktail - Smoothie Making.

### **CLASS 11: Dessert Mayhem**

It's all about the Desserts in this Fantastic Class. Sweet tooth, say AYE!

- I. Deserts – Cookie Making, Cupcake Making, Cheesecake
- II. Plating Techniques - Dessert plating & Presentation.
- III. Cocktail/Mocktail - Margarita/ Virgin Margarita.

### **CLASS 12: Seafood**

You will learn to identify and cook several types of Seafood

- I. Shelled Seafood - Shelled Seafood Types and Cooking Methods.
- II. Fish –Types and cooking methods.
- III. Breading and Battering of Seafood – Calamari/Prawns.
- IV. Cocktail/Mocktail - Screaming Orgasm / Virgin Screaming Orgasm.



