



CONTINENTAL CULINARY ARTS

CLASS 1 - INTRODUCTION TO KITCHEN BASICS

In this class, students would be introduced to the kitchen, the equipment and utensils used in a commercial kitchen and kitchen terminologies

- I. Introduction to kitchen equipment, personal hygiene, protective clothing and food safety and storage
- II. Herbs & Spices; spices and Origin
- III. Equipment & Utensils Identification
- IV. Basic Knife Skills & Cutting Techniques
- V. Plating Creativity; simple plating techniques

CLASS 2 - CHICKEN CLASS

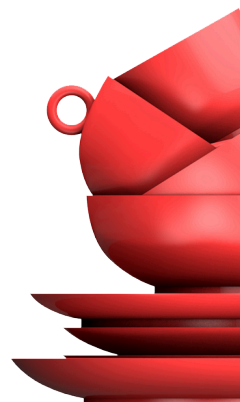
In this class, students will learn a variety of Chicken dishes, as well as the set of basic, yet vital skills needed in the life of a Cook. You'll thank me later!

- I. Chicken Shawarma
- II. Battering Cooking Method - KFC Style Chicken
- III. Breading Cooking Method - Chicken cordon bleu
- IV. Roasting Method - Whole roasted Chicken
- V. Double Frying Cooking Method - Buffalo Chicken wings
- VI. Cocktail: - Chapman

CLASS 3: ASIAN CLASS 1

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

- I. Stir frying cooking techniques
- II. Beef in Oyster sauce
- III. Chicken in Szechuan sauce



- IV. Singaporean Noodles
- V. Egg fried rice
- VI. Cocktail: - Mai Tai

CLASS 4: ASIAN CLASS 2

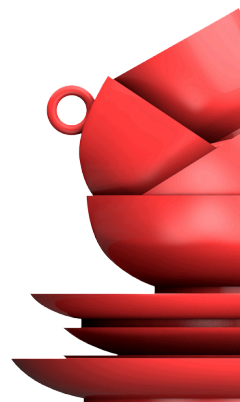
In this class, students will learn more stir frying techniques and Chinese appetizer

- I. Chicken Corn Soup
- II. Shrimp in garlic sauce
- III. Fish in Sweet & Sour sauce
- IV. Chow Mein Noodles
- V. Special Fried Rice
- VI. Cocktail: - Blue Lagoon

CLASS 5: BBQ AND GRILLING CLASS

In this class, students will be equipped with the perfect "101" Grilling and BBQ skills needed to host an excellent grilling party. BBQ Sauce anyone?

- I. Techniques of indoor and outdoor grilling; basics of grilling, temperatures, Marinating methods
- II. Homemade barbecue Sauce
- III. How to make the perfect steak
- IV. Making a Mean Beef Burger
- V. Hotdogs
- VI. BBQ Chicken
- VII. Grilled Fish
- VIII. Honey Roasted Potatoes
- IX. Cocktail: - Mojito



CLASS 6: ITALIAN CLASS 1

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

- I. Italian herbs: a close look at Italian herbs and their application
- II. Italian sauces; different Italian sauces
- III. Baked Pasta - Lasagne
- IV. Creamy Style Pasta - Alfredo pasta
- V. Italian Staples - Spaghetti Bolognese
- VI. Italian Appetizers - Bruschetta
- VII. Cocktail/ Mocktail: Pina Colada

CLASS 7: ITALIAN CLASS 2

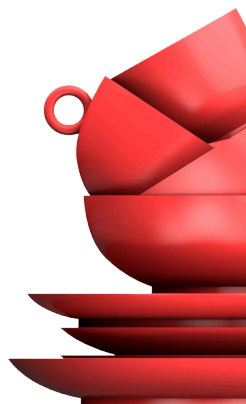
In this class, students will delve deeper into Italian cuisine and learn more of the wonderful simplicity of the country;

- I. Egg based pasta Sauce - Carbonara
- II. Green Favourites - Pesto
- III. A little Spice - Arrabbiata
- IV. Italian Dessert - Panna Cotta
- V. Cocktail: - Daiquiri

CLASS 8: BREAKFAST CLASS

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

- I. Different ways to make the most popular breakfast-EGGS!
- II. The tricky one - Poached Egg
- III. Bright & Early - Sunny side up Eggs
- IV. A favourite - Spanish Omelette
- V. A meal - Frittata



- VI. Waffles & Pancakes - No mix needed
- VII. Club sandwich
- VIII. Mocktail: - Frappuccino

CLASS 9: ITALIAN CUISINE III - PIZZA MAKING

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

- I. Garlic Bread
- II. Pizza Making - Pizza Dough making, Thick & Thin Crust Pizzas
- III. Dessert Pizzas - Cookie Dough Pizzas and Fruity Pizzas
- IV. Cocktail - Margarita

CLASS 10: CARIBBEAN / INDIAN

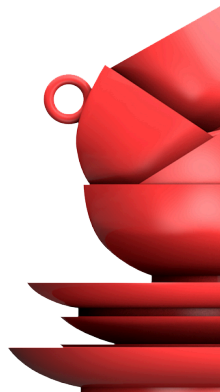
In this class, students will learn the slow cooking techniques and cut across flavourS from India and the Caribbean's

- I. Jamaican appetizer: Jerk Wings
- II. Jamaican main course: Curry Goat
- III. Side dish: Rice & Peas
- IV. South India dish: Lemon Rice
- V. Indian style curry: Chicken Tikka Masala
- VI. Cocktail: - Long Island

CLASS 11: Canapé/ Finger food

Canapés are perfect for any occasion and the class would teach how to create some mouthwatering delights that are sophisticated yet easy to make;

- I. Meaning of canapés/ hor d'oeuvres and the different types
- II. Making of pastry sheet for finger foods



- III. Spring rolls
- IV. Samosa
- V. Skewered finger food: Chicken Satay
- VI. Seafood canapé: Butterfly prawns
- VII. Chicken lollipop
- VIII. BBQ Meatballs
- IX. Cocktail: - Moscow mule

Class 12: SEAFOOD

You will learn to identify and cook several types of seafood;

- I. Shelled seafood types and cooking methods
- II. One pot seafood dish- Seafood paella
- III. Sautéing seafood: Sautéed Zesty Chilli tiger prawns
- IV. Searing seafood: Seared fish in Mushroom and garlic sauce
- V. Breading seafood: Thai fried calamari
- VI. Battering seafood- Beer battered fish and chips
- VII. Cocktail: -Tequila sunrise

