

DIPLOMA IN CUISINE

<p>WEEK 1 WELCOME TO THE KITCHEN</p>	<p>CLASS ONE</p> <p>CLASS TWO</p> <p>CLASS THREE</p>	<ul style="list-style-type: none"> <li>• Kitchen Fundamentals</li> <li>• Health and Safety in the Kitchen</li> <li>• Product and Tools Identification</li> <li>• Knife Skills</li> </ul>
<p>WEEK 2 COOKING FUNDAMENTALS</p>	<p>CLASS ONE</p> <p>CLASS TWO</p> <p>CLASS THREE</p>	<ul style="list-style-type: none"> <li>• Pan Searing</li> <li>• Glazing</li> <li>• Sauteing</li> <li>• Boiling</li> <li>• Stir Fry Basics and Asian class</li> <li>• Boiling</li> <li>• Poaching</li> <li>• Simmering</li> </ul>
<p>WEEK 3 STOCKS AND SAUCES</p>	<p>CLASS ONE</p> <p>CLASS TWO</p> <p>CLASS THREE</p>	<ul style="list-style-type: none"> <li>• Introduction to stocks</li> <li>• White stock</li> <li>• Brown stock</li> <li>• Fish stock</li> <li>• Mother Sauces</li> <li>• Consomme and Soups</li> </ul>
<p>WEEK 4 PLATING AND PRESENTATION</p>	<p>CLASS ONE</p> <p>CLASS TWO</p> <p>CLASS THREE</p>	<ul style="list-style-type: none"> <li>• Plating Basics</li> <li>• Plating techniques</li> <li>• Choosing the right plate</li> <li>• Purees and Complex oils</li> <li>• Plating practical using 3 techniques</li> <li>• 2 purees and 1 protein</li> </ul>
<p>WEEK 5 COOKING FUNDAMENTALS</p>	<p>CLASS ONE</p>	<ul style="list-style-type: none"> <li>• Stewing: Brown Chicken stew</li> <li>• Braising: Lamb Chops</li> <li>• Frying: Shallow and Deep frying; Battered Chicken/Fish</li> </ul>

	CLASS TWO CLASS THREE	<ul style="list-style-type: none"> <li>• Grilling and Roasting: Bbq Class</li> <li>• Baking and Boiling</li> </ul>
WEEK 6 COOKING FUNDAMENTALS	CLASS ONE  CLASS TWO CLASS THREE	<ul style="list-style-type: none"> <li>• Introduction to Poultry: Methods of Cooking Chicken, health benefits of Chicken, Fabricating a Chicken and working with a Duck</li> <li>• Working with Beef, Pork and Lamb</li> <li>• Introduction to Seafood, types of Fish and Shell Fish Lobster Fish, Prawns and Calamari recipes</li> </ul>
WEEK 7 GARDE MANAGER	CLASS ONE  CLASS TWO  CLASS THREE	<ul style="list-style-type: none"> <li>• Breakfast around the world Cooking eggs in different ways</li> <li>• Canapes and Hors D' oeuvres: Chicken Lollipop,bbq, Meatballs, Shrimpcheese balls, create a splash board with Canapes</li> <li>• Salads and Dressings:Basic Vinaigrette Ceaser dressing, Creamy dressing, Simple and Complex Salads</li> </ul>
WEEK 8 SLOW COOKING/COOKING WITH SPICES	CLASS ONE  CLASS TWO CLASS THREE	<ul style="list-style-type: none"> <li>• Indian Cuisine: Naan bread, Tikka Masala, Lemon Rice, Tandoori Chicken</li> <li>• Caribbean Cuisine: Rice and Peas, Jerk Wings Goat Curry and Coco bread</li> <li>• Classwork</li> </ul>
WEEK 9 AFRICAN CUISINE		Rice Dishes Yam Dishes Beans Dishes Soups Stews
WEEK 10 TASTE OF ITALY	CLASS ONE  CLASS TWO	<ul style="list-style-type: none"> <li>• Pasta Making</li> <li>• Sauces</li> <li>• Pizza</li> <li>• Bread</li> </ul>

	CLASS THREE	<ul style="list-style-type: none"> <li>• Risotto</li> <li>• Osso Bucco</li> </ul>
WEEK 11 RESTAURANT WEEK		Hell's Kitchen Costing 1000Naira Dish
WEEK 12 EXAMINATION		Spice Identification Practical Test Written Test

#### DIPLOMA IN PATISSERIE

WEEK 1	Understanding Baking Equipment Formulas and measurements Understanding Ingredients: Sugars Leavening agents ,Liquids
WEEK 2	Introduction to Cake Baking; Baking of Vanilla, Red-Velvet, Chocolate and Sponge Cake
WEEK 3	Filling, Frosting and Piping techniques Introduction to various types of frosting as well as filling, frosting, finishing a cake as well as piping techniques
WEEK 4	Fondant Fondant making Covering a cakes with Fondant Fondant Art
WEEK 5	Fondant Cont'd Stacking of cakes with fondant and butter cream
WEEK 6	Tea Cakes Madeleine Rum cake Pound cake Blueberry crumb cake
WEEK 7	Short Crust Pastry Choux Pastry
WEEK 8	Working with Doughs Bread; Dinner rolls, Vienna bread, homemade loaf, Burger bun Puff Pastry; Croissant, Pain au Chocolat, Danish Pastry
WEEK 9	Bread Brioche Baguette Focaccia

	Banana Other Yeast Products: Doughnuts, Cinnamon Roll
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WEEK 10	Desserts Chocolate Mousse Panacotta; Vanilla and Strawberry Brownies Cream Caramel Ice-cream and Cookies
WEEK 11	Cheesecakes No bake Baked
WEEK 12	Assessment Examination; Practical and Written