

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

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

WEEK 11 RESTAURANT WEEK		Hell's Kitchen Costing 1000Naira Dish
WEEK 12 EXAMINATION		Spice Identification Practical Test Written Test