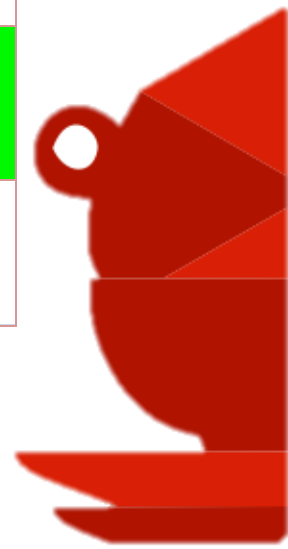




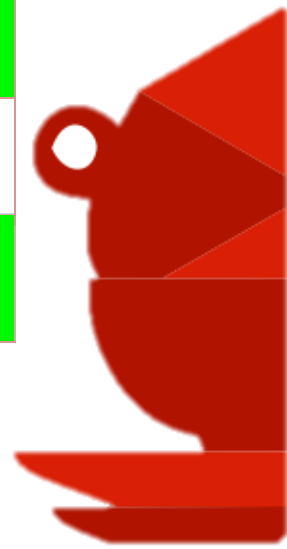
## PROFESSIONAL CHEFS DIPLOMA IN CUISINE

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





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



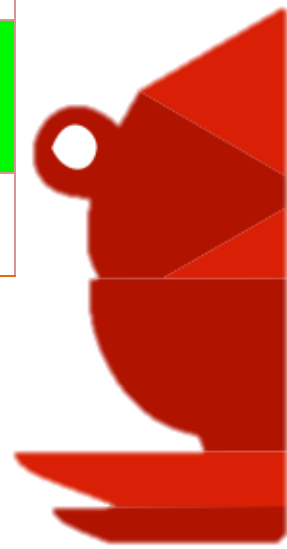


	<b>Continental Culinary Arts 4.0 World Tour Class</b>	The Concept of a 3 Course Meal.
	<b>Continental Culinary Arts 5.0 Slow Cookers (Caribbean Cuisine)</b>	Some of the best slow cookers from around the world.
	<b>Continental Culinary Arts 6.0 Indian Cuisine</b>	Cooking with Spices- several Asian dishes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





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



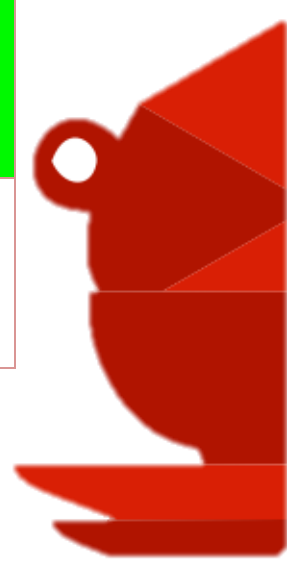


<b>ASSESSMENT - PRACTICAL</b>		
<b>WEEK 10</b>	<b>Restaurant School 1.0 – Menu Planning &amp; Design and Budgeting</b>	Students will be taken through the rudiments of menu planning and design as well as budgeting
	<b>Restaurant School 2.0 – Table Setting</b>	Students will be taught the fundamentals of informal and formal table setting
	<b>Restaurant School 3.0 – Budgeting Exercise</b>	Students would be taught the fundamentals of budgeting using a simple exercise
	<b>Restaurant School 4.0 – Recipe Development</b>	Students are to come up with recipes to prepare Nigerian desserts using indigenous ingredients.
	<b>Restaurant school 5.0 - Advanced Plating Techniques</b>	Students will learn more advanced techniques in plating
<b>Week 11</b>	<b>Restaurant School 6.0 – Dessert Plating &amp; Catering Exercise</b>	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.
	<b>Restaurant School 7.0 – Excursion (Restaurant Day)</b>	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
	<b>Restaurant School 8.0 – Complex oils</b>	Students will learn to infuse flavours into oils and some of its applications in cooking





<b>WEEK 12</b>	<b>Restaurant School 9.0 – Recipe Development</b>	<p>Students will learn to use their prior knowledge of pastries and dessert to create a recipe/signature dessert.</p> <p><b>N.B STUDENTS ARE TO COME WITH THEIR INGREDIENTS</b></p>
	<b>Restaurant School 10.0 – Time management and ordering system</b>	<p>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.</p>
	<b>Restaurant School 11.0 – Cooking from Recipes</b>	<p>Students are expected to recreate recipes given to them and make it their own by replacing, adjusting, adding or removing ingredients</p>
	<b>Restaurant School 12.0 – Taste Test</b>	<p>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</p>
	<b>Restaurant School 13.0 – Ingredient Challenge</b>	<p>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.</p>
	<b>Restaurant School 14.0 – Menu Creation</b>	<p>Create a simple &amp; comprehensive menu that includes Starter/Appetizer, Main Dish &amp; Dessert alongside a suitable drink.</p>
	<b>Restaurant School 15.0 – Chopped Challenge</b>	<p>Students will be provided mystery ingredients and tasked to create gourmet meals from them while on the clock.</p>





**EXAM (WRITTEN)**

**EXAM (PRACTICAL)**

**Red Dish Pop Up Restaurant**

**SIGNATURE DISH**

All students are expected to create and exhibit their signature 3 course meal to the chefs before they can be signed off for internship.

**EXTERNSHIP PLACEMENT**

