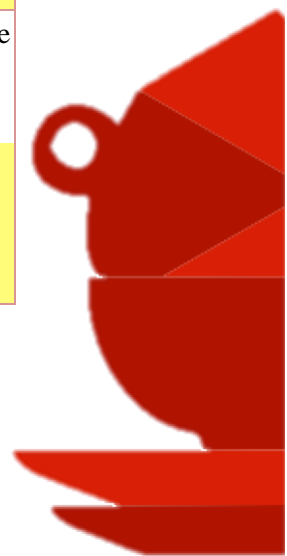




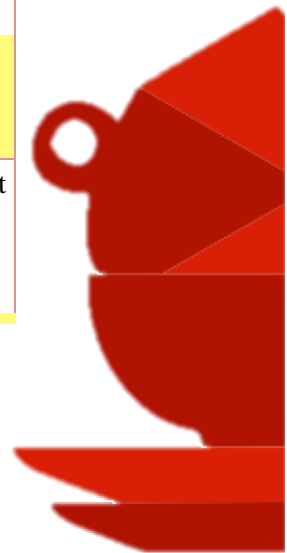
## PROFESSIONAL CHEFS DIPLOMA CUISINE & ADVANCED PROGRAMME

<b>WEEK 1</b>	<b>Kitchen Orientation</b>	Kitchen Basics, Introduction to Kitchen Equipment/Utensil, 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 and sanitation, culinary terms
	<b>Introduction to Culinary Fundamentals 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 and Uses of Herbs & Spices
	<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)



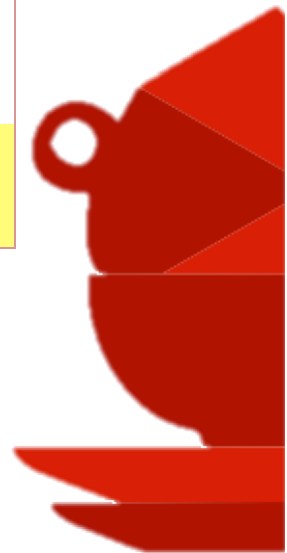


	<b>Class Practice II</b>	Students will practice what they have learnt from the previous class.
<b>WEEK 3</b>	<b>Introduction to Culinary Cookery 3.0 Soups and Broth</b>	Some of the most common soups and broths and how to make them.
	<b>Introduction to Culinary Cookery 4.0 Salads</b>	Understanding salad 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.



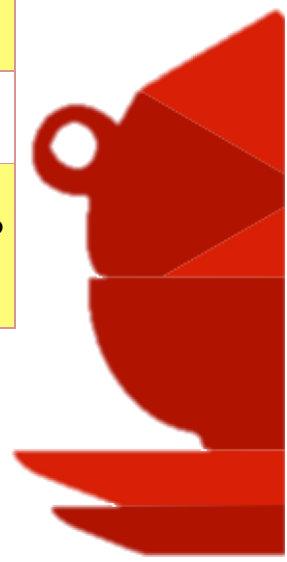


	<b>CLASS PRACTICE VI</b>	Students will practice what they have learnt from the previous class.
	<b>Continental Culinary Arts 3.0 Italian Cuisine</b>	Pizza making.
<b>WEEK 5</b>	<b>CLASS PRACTICE VII</b>	Students will practice what they have learnt and add their own twist.
	<b>Continental Culinary Arts 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, filetry 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.





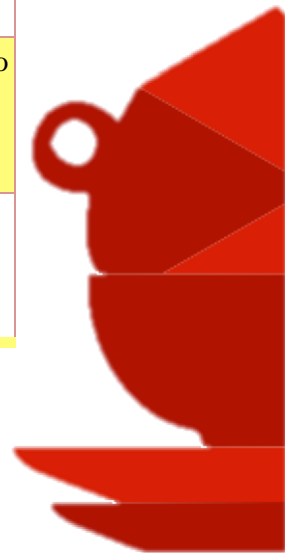
<b>Assessment – Theory Assessment - Practical</b>		
<b>WEEK 7</b>	<b>African Culinary Arts – Appetizers and Side Dishes</b>	Students will learn simple side dishes and appetizers.
	<b>African Culinary Arts 2.0 Rice, Beans, Yam Dishes</b>	Students will learn to cook some of the most popular rice, beans 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 & Stews 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





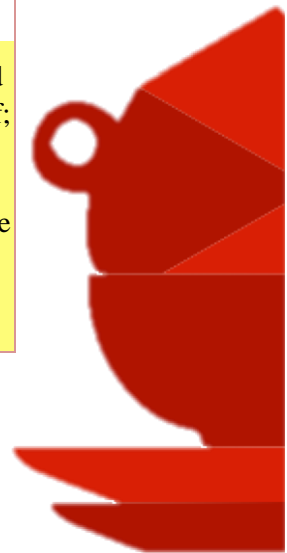
	<b>CLASS PRACTICE IV</b>	Students will practice what they have learnt in the previous class
<b>WEEK 9</b>	<b>African Culinary Arts 6.0 Tour D'Afrique</b>	Popular dishes from across the continent.
	<b>African Culinary Arts 7.0 Drinks</b>	Students will learn the art of making simple and complex African drinks.
	<b>Trash Day</b>	Food made in class by the students will be trashed or saved 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





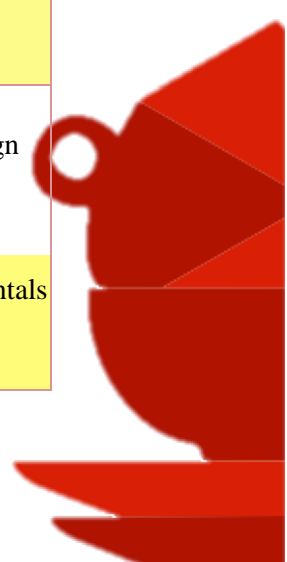
<b>WEEK 11</b>	<b>Restaurant School 6.0 – Dessert Plating &amp; Catering Exercise</b>	Students will learn and display unique plating methods for desserts by making and plating desserts for a party of ten. Emphasis would be placed on timing, accuracy in measurement & taste.
	<b>Restaurant School 7.0 – 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>Restaurant School 9.0 – Recipe Development</b>	Students will learn to use their prior knowledge of pastries and dessert to create a recipe/signature dessert.
	<b>Restaurant School 10.0 – Time management and ordering system</b>	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.
	<b>Restaurant School 11.0 – Cooking from Recipes</b>	Students are expected to recreate recipes given to them and make it their own by replacing, adjusting, adding or removing ingredients
<b>WEEK 12</b>	<b>Restaurant School 12.0 – Taste Test</b>	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





<b>Restaurant School 13.0 – Ingredient Challenge</b>	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.
<b>Restaurant School 14.0 – Menu Creation</b>	Create a simple & comprehensive menu that includes Starter/Appetizer, Main Dish & Dessert alongside a suitable drink.
<b>Restaurant School 15.0 – Chopped Challenge</b>	Students will be provided mystery ingredients and tasked to create gourmet meals from them while on the clock.
<b>EXAM (WRITTEN) EXAM (PRACTICAL)</b>	

<b>WEEK 13</b>	<b>CLASS PRACTICE IX</b>	Students will practice what they have learnt from the previous class.
	<b>CLASS ASSESSMENT</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 14</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.
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	<b>Restaurant School 9.0 – Recipe Development</b>	Students will learn to use their prior knowledge of pastries and dessert to create a recipe/signature dessert. N.B STUDENTS ARE TO COME WITH THEIR INGREDIENTS
	<b>Restaurant School 10.0 – Time management and ordering system</b>	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.







**WEEK 15** **Restaurant School 11.0 – Cooking from Recipes**

Students are expected to recreate recipes given to them and make it their own by replacing, adjusting, adding or removing ingredients

**Restaurant School 12.0 – Taste Test**

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

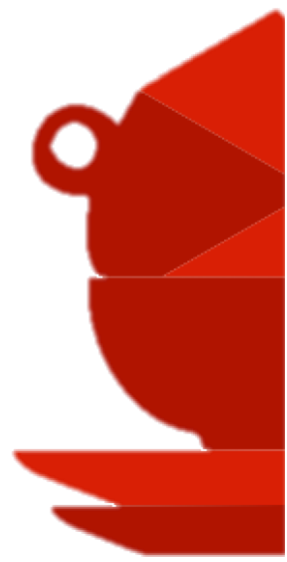
**Restaurant School 13.0 – Ingredient Challenge**

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.

**Restaurant School 1.0 – Menu Planning & Design and Budgeting**

Students will be taken through the rudiments of menu planning and design as well as budgeting

**EXAM (WRITTEN)**  
**EXAM (PRACTICAL)**





## **ADVANCED FOOD ARTS & BUSINESS PROGRAM (3 MONTHS)**

### **I. FOOD PHOTOGRAPHY**

Master the art of capturing dishes in their most appetizing form. Students learn lighting techniques, composition, styling, and editing skills to create professional food imagery for menus, social media, and promotional materials. The module includes hands-on sessions with professional equipment and instruction on developing a distinctive visual style.

### **II. MARKET RESEARCH & ANALYSIS**

Develop skills to identify culinary trends, consumer preferences, and competitive landscapes. Students learn to conduct market research, analyze data, and apply findings to strategic business decisions. The module covers research methodologies, consumer behavior analysis, and techniques for identifying profitable niches in the food industry.

### **III. RECIPE DEVELOPMENT**

Transform culinary creativity into standardized, replicable recipes. Students learn systematic approaches to ideation, testing, refining, and documenting original recipes. The module covers flavor profiling, ingredient substitution, scaling techniques, and methods for creating recipes that balance innovation with consistency and feasibility.

### **IV. MENU ENGINEERING & FOOD COSTING**

Master the science of profitable menu design and precise food cost management. Students learn to strategically design menus that maximize profitability while meeting customer expectations. The module covers contribution margin





analysis, menu psychology, pricing strategies, and inventory management systems to optimize food costs.

## **V. MODERN GASTRONOMY**

Explore cutting-edge culinary techniques and scientific approaches to cooking. Students learn molecular gastronomy principles, avant-garde presentation methods, and innovative cooking technologies. The module balances theoretical understanding with practical application of modern techniques that challenge traditional culinary boundaries.

## **VI. CULINARY NUTRITION**

Develop expertise in creating dishes that balance flavor with nutritional value. Students learn the science of nutrition, dietary requirements, and techniques for developing health-conscious menus. The module covers nutritional analysis, allergen management, and strategies for addressing diverse dietary needs without compromising taste.

## **VII. PR AND MARKETING IN FOOD BUSINESS**

Master strategies to build and promote a distinctive culinary brand. Students learn to develop comprehensive marketing plans, craft compelling food narratives, and implement effective public relations campaigns. The module covers traditional and digital marketing channels with specific applications to culinary businesses.

## **VIII. INSTAGRAM MARKETING**

Develop specialized skills for building a powerful culinary presence on Instagram. Students learn content creation strategies, audience engagement techniques, and analytics interpretation specific to food businesses. The module covers





Instagram algorithm optimization, content planning, and methods for converting followers into customers.

## **IX. CUSTOMER SERVICE**

Master the art of exceptional hospitality and guest relations. Students learn advanced service techniques, conflict resolution, and strategies for creating memorable dining experiences. The module covers service psychology, luxury hospitality standards, and methods for building customer loyalty in competitive markets.

## **X. CULINARY BUSINESS MANAGEMENT**

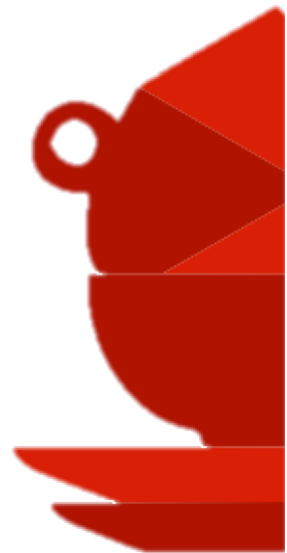
Develop comprehensive skills for successful culinary enterprise management. Students learn business planning, financial management, operational systems, and leadership strategies specific to food businesses. The module covers both entrepreneurial approaches for new ventures and management techniques for existing operations.

## **XI. WINE TASTING & PAIRING**

Cultivate sophisticated knowledge of wines and their relationship with food. Students learn wine evaluation techniques, regional characteristics, and principles of complementary and contrasting pairings. The module includes guided tastings, pairing exercises, and instruction on building and managing wine programs.

## **XII. RESTAURANT SCHOOL**

Synthesize all aspects of restaurant operations in a comprehensive, hands-on learning environment. Students apply their culinary and business knowledge in simulated and real restaurant settings. The module covers workflow





management, team coordination, and practical problem-solving in high-pressure culinary environments.

**3 MONTHS INTERNSHIP**

