

African Culinary Arts Course Outline



CLASS 1: KITCHEN BASICS /RICE DISHES

In this class, students will be introduced to the cooking basics, kitchen equipment and Spices. Students will also learn to cook some simple rice dishes

- Jollof Rice
- Fried Rice
- Moroccan Rice
- South African Yellow rice/ Coconut Rice
- Chicken Kebab
- Grilled Fish

CLASS 2: BEANS BASED DISHES

Students will be taught some of the most popular beans based meals from across Nigeria.

- Ewa Agoyin
- Baked/ Steamed Moi Moi
- Akara
- Gbegiri
- Maharagwe Beans



CLASS 3: AFRICAN SOUPS & STEWS - CLASS 1

In the first part of the African Soups and Stews' class, students will be introduced to some of the richest soups Nigeria has to offer. We have selected soups from different regions.

- Banga Soup
- Groundnut soup
- Edikang Ikong Soup
- Ila alasepo
- Ayamase

CLASS 4: PEPPERSOUP JAMBOREE

This class teaches a variety of Protein based meals cooked using indigenous methods.

- Catfish peppersoup
- Assorted Meat pepperoup
- Ukodo
- Isi Ewu/Nkwobi

CLASS 5: AFRICAN SOUPS & STEWS – CLASS 2

The second part of this class explores more of the Nigerian soups we love so much.

- Oha
- Black soup
- Afang
- Efo Riro



CLASS 6: Cockchops

In this class, students will learn to make some of the most popular appetizers and cocktails from across the country.

- Kunu
- Puff Puff
- Plantain masa
- Zobo
- Gizdo
- Buns