

PROFESSIONAL CHEFS TRAINING - COURSE CONTENT

WEEK 1	Kitchen Orientation	<i>Kitchen Basics, Introduction to Kitchen Equipment/Utensil, Health & Safety, Food Safety.</i>
	Kitchen Basics	<i>Basic Methods of Cookery Kitchen Preparation and Organization</i>
	Introduction to Culinary Fundamentals	<i>Highlights include knife skills, food safety and sanitation, culinary terms</i>
	Introduction to Culinary Fundamentals 2.0	<i>Introduction to kitchen brigade system, cooking methods and plating techniques. Students will also learn the rudiments of teamwork, delegation and communication in the kitchen.</i>
	Herbs & Spices	<i>Origins, Alternative Names and Uses of Herbs & Spices</i>
	Written Test	
WEEK 2	Introduction to Culinary Cookery 1.0 Stock	<i>Types of stock and how to make some of them.(Brown Stock, White Stock, Fish Stock)</i>
	Introduction to Culinary Cookery 2.0 Mother Sauces and Derivatives	<i>The different mother sauces, how to make them and some of the derivatives.(BEVTH)</i>
	Introduction to Culinary Cookery 3.0 Soups and Broth	<i>Some of the most common soups and broths and how to make them</i>
	Introduction to Culinary Cookery 4.0 Salads	<i>Understanding Salad Composition, Vinaigrette and Mayonnaise Based Salads, Salad Dressings. (Simple and Compound Salads</i>
	Introduction to Culinary Cookery 5.0 Breakfast	<i>Eggs made 6 ways, Sandwiches, Wraps, Panini, Pancakes, Waffles</i>





CORE COURSES : CONTINENTAL CULINARY ARTS		
FRENCH PATISSERIE AND BAKING CULINARY ARTS		
RESTAURANT SCHOOL		
WEEK 3	Continental Culinary Arts 1.0 - Stir Fry Basics (Asian Cuisine 1)	<i>Farinaceous Dishes 1 (Rice, Noodles) - Using Asian stir fry cooking methods , Asian Sauces.</i>
	Continental Culinary Arts 2.0 - Italian Cuisine	<i>Introduction to Italian Cuisine, Farinaceous Dishes 2 (Pasta) , Baked Pastas, Different Pasta Sauces.</i>
	Continental Culinary Arts 3.0 - Italian Cuisine 2	<i>Pizza Making, Garlic/Cheese Bread, Chicken Bread.</i>
	Continental Culinary Arts 4.0 - World Tour Class	<i>Visiting Cuisines from across the globe. The 3 Course Meal Concept.</i>
	Continental Culinary Arts 5.0 - Slow Cookers (Caribbean Cuisine)	<i>Some of the best Slow Cookers from the Caribbean and other parts of the world</i>
WEEK 4	Continental Culinary Arts 6.0 - Cooking with Spices (Indian Cuisine)	<i>Several Asian dishes making use of fresh spices.</i>
	Continental Culinary Arts 7.0 - Poultry	<i>Poultry types, parts and several methods of cooking.</i>
	Continental Culinary Arts 8.0 - Meat	<i>Different kinds of meat, cuts and several cooking methods</i>
	Continental Culinary Arts 9.0 - Seafood	<i>Different Kinds of Seafood, Filleting, Several cooking methods</i>
	Continental Culinary Arts 10.0 - Canapés / Hors D'oeuvres	<i>Sweet and Savory Canapés</i>
WEEK 5	Assessment - Theory	
	Assessment - Practical	
	African Culinary Arts 1.0 - African Appetizers/Side Dishes	<i>Students will learn to cook some simple and complex side dishes and appetizers</i>





Red Dish

CHRONICLES

	African Culinary Arts 2.0 - Rice, Beans & Yam Dishes	<i>Students will learn to cook some of the most popular rice, beans and yam based meals across Nigeria</i>
	African Culinary Arts 3.0 - African Soups & Stews	<i>Introduction to some of the richest Nigerian Soups from deferent geographical regions</i>
	African Culinary Arts 4.0 - Nigerian Spicy Meat Fusion	<i>Protein based meals cooked using indigenous herbs, spices and local methods</i>
WEEK 6	African Culinary Arts 5.0 - African Soups & Stews 2	<i>The second part of the class explores more of the Nigerian Soups we love so much.</i>
	African Culinary Arts 6.0 - Tour D'Afrique	<i>Popular dishes across the Continent</i>
	African Culinary Arts 7.0 - African Fusion	<i>Students will learn to fuse African and Continental Dishes</i>
	Assessment - Theory	
	Assessment - Practical	
WEEK 7	Baking Culinary Arts 1.0 - Baking Basics	<i>Understanding Baking Equipment, Work Space Optimization and Ingredients</i> <i>Cake mixing methods and Introduction to Cake Baking</i>
	Baking Culinary Arts 2.0 - Cake Decorating 1	<i>Fillings and Finishing of Cakes</i>
	Baking Culinary Arts 3.0 - Cake Decorating 2	<i>Fondant & Gum Paste</i>
	Baking Culinary Arts 4.0 - Cake Decorating 1	<i>Classic Entrement & Dessert Cakes</i>
	Baking Culinary Arts 5.0 - Gateau Du Voyage	<i>Tea/Coffee Cakes and Stuffed Bundt</i>





Red Dish

CHRONICLES

Week 8	Assessment - Theory	
	Assessment - Practical	
	French Patisserie Culinary Arts 1.0 - Petit Fours	<i>Students will have an in depth introduction to French patisserie and their methods of preparation as well as learning baking terms. Also learn about and prepare petit fours/tea cakes</i>
	French Patisserie Culinary Arts 2.0 - Basic Dough	<i>Students will learn to make classic French base for tarts, pies and fillings.</i>
	French Patisserie Culinary Arts 3.0 - Cookies and Ice Cream Sandwiches	<i>Students will learn to make and decorate cookies of different flavors and how to be creative with fillings.</i>
	French Patisserie Culinary Arts 4.0 - Choux Pastry & Fillings	<i>Twice cooked pastry with delicately flavored cream or custards and topped with chocolate or biscuit crust.</i>
Week 9	French Patisserie Culinary Arts 5.0 - Puff Pastry	<i>Students will learn to make and apply puff pastry.</i>
	French Patisserie Culinary Arts 6.0 - Bread and other yeast based baked products	<i>Students will learn to make yeast based products like doughnuts and bread.</i>
	French Patisserie Culinary Arts 7.0 - Bread and other yeast based baked products	<i>Students will learn to make other yeast baked products and desserts.</i>
	French Patisserie Culinary Arts 8.0 - Working with Doughs	<i>Student will learn to make simple and complex bread types including Italian Breads, quick breads and yeast based breads.</i>
	French Patisserie Culinary Arts 9.0 - Contemporary desserts	<i>Students will learn about contemporary desserts, fruit based desserts and custards (Creme Brûlée, Creme Caramel, Meringue Cookies, Genoise Sponge Cakes etc)</i>





Red Dish

CHRONICLES

	Assessment - Theory	Assessment - Practical
WEEK 10	Restaurant School 1.0 - Menu Planning & Design and Budgeting	<i>Students will be taken through the rudiment of menu planning and design as well as budgeting</i>
	Restaurant School 2.0 - Table setting	<i>Students will be taught the fundamentals of informal and formal table setting.</i>
	Restaurant School 3.0 - Budgeting Exercise	<i>Students would be taught the fundamentals of budgeting using a simple exercise.</i>
	Restaurant School 4.0 -Recipe development	<i>Students are to come up with recipes to prepare Nigerian desserts using indigenous ingredients</i>
	Restaurant School 5.0 - Advanced Plating Techniques	<i>Students will learn more advanced techniques in plating.</i>
Week 11	Restaurant School 6.0 - Dessert Plating/Catering Exercise	<i>Students will learn and display unique plating methods for desserts by making and plating dessert for a party of ten(Emphasis would be placed on timing, accuracy in measurement & taste)</i>
	Restaurant School 7.0 - Excursion (Restaurant Day)	<i>Student will be taken out of the class environment to a busy restaurant to have an insight on the pace and workings of the organization</i>





Red Dish

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	Restaurant School 8.0- Complex Oils	<i>Student will learn to infuse flavours into oils and some of its applications in cooking</i>
	Restaurant School 9.0 - Recipe development	<i>Students will use their prior knowledge of pastries and dessert to create a recipe/ signature pastry or dessert.</i> <i>N.B students are to come with their ingredients</i>
	Restaurant School 10.0 - Time Management And Ordering System	<i>Students will learn to manage their time by effective prepping and delivering quality while under pressure. (In this class, students ability to quickly develop cooking strategies using minimal ingredients would be tested)</i>
	Restaurant School 11.0 - Cooking from Recipes	<i>Students are expected to recreate recipes given to them and make it their own by replacing, adjusting, adding or removing ingredients.</i>
WEEK 12	Restaurant School 12.0 - Taste Test	<i>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 only one question per dish and will be allocated a time frame to complete the task</i>
	Restaurant School 13.0 - Ingredient Challenge	<i>Pick an ingredient of choice and do a full analysis of it. (History/ Origin, Methods of Cooking, Nutritional Values, Composition). A gourmet dish would also be created from the ingredient.</i>





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	Restaurant School 14.0 - Menu Creation Class	<i>Create a simple & comprehensive menu that includes Starter/ Appetizer, Main Dish & Dessert alongside a suitable drink</i>
	Restaurant School 15.0 - Chopped Challenge	<i>Students will be provided mystery ingredients and tasked to create gourmet meals from them while on the clock.</i>
EXAM (WRITTEN)		
EXAM (PRACTICAL)		
Red Dish Pop Up Restaurant		
WEEK 13	SIGNATURE DISH	<i>All students are expected to create and exhibit their signature 3 course meal to the chefs before they can be signed off for internship</i>
INTERNSHIP PLACEMENT		

