



CONTINENTAL CULINARY ARTS

CLASS 1: Cocktails and Mocktails

In this class, students will learn a variety of Drinks, as well as the set of basic, yet vital skills needed in the life of a Chef. You'll thank me later!

- I. Kitchen Basics – Kitchen Equipment, Personal Health and Hygiene, Protective Clothing. Food
- II. Herbs and Spices – The origin of herbs and spices
- III. Drinks -How to make Alcoholic and Nonalcoholic drinks (Cocktails and mocktails)
- IV: Knife skills and techniques

CLASS 2: Asian Cuisine

In this class, students will learn how to stir-fry and make delicious Asian meals

- I. Stir frying cooking techniques.
- II. Stir frying cooking techniques.
- III. Asian Sauces – Overview of some of the most popular sauces from Asia.
- III. Chinese Fried Rice / Noodles

CLASS 3: Italian Cuisine

In this class, students will learn how to make some exotic Italian dishes. You will love this class. Say cheese!

- I. Italian Herbs – A closer look at Italian herbs and their application.
- II. Pasta – Pasta Shapes and types.
- III. Italian Sauces – Different Italian sauces.
- IV. Searing – The application of Searing techniques.





CLASS 4: World Tour Class

In this class, students will be introduced to fine dining using courses from different parts of the world.

- I. Breakfast in Paris – Savory French Crepes
- II. Lunch in Rome – Combination of two or more methods for cooking Protein, / Blanching of Vegetables.
- III. Brunch in Middle East :Chicken / Beef Wraps etc
- IV. Dinner in the Caribbean – Simple Salad & Vinaigrette /Dressing Making.

MODULE 2

CLASS 5: Breakfast Club

In this class, students will learn to make different kinds of breakfast dishes.

- I. Sandwiches – Panini, Cheese Melts, Club Sandwiches and many more
- II. Pancakes - Classic Pancake making and several variations.
- III. Waffles – Making Waffles from Scratch.
- IV. Egg Dish – 6 ways to cook an egg.

CLASS 6: Seafood

You will learn to identify and cook several types of Seafood

- I. Shelled Seafood - Shelled Seafood Types and Cooking Methods.
- II. Seafood dishes eg paella , seafood pasta, sauces etc.
- III. Breading and battering of seafood





CLASS 7: BBQ and Grilling

In this class, students will be equipped with the perfect “101” Grilling and BBQ skills needed to be Excellent chefs. BBQ Sauce anyone?!

- I. Indoor Grilling & Roasting – Basics of Grilling, Temperatures, Marinating Methods.
- II. Outdoor Grilling – Differences between indoor and outdoor grilling.
- III. Vegetable Grilling – Identifying Veggies that can be grilled indoor and outdoor.

CLASS 8: Italian Cuisine II

There is a Pizza for everyone. Students will learn to make pizza dough and the different types of pizzas Amongst other things.

- I. Garlic Bread
- II. Pizza Making – Pizza Dough Making, Thick and Stuffed Crust Pizzas.
- III. Dessert Pizzas

MODULE 3

CLASS 9: Asian Cuisine II

Students will learn to work with complex spices and apply them to Indian Cuisine.

- I. Sauces
- II. Rice Dishes





III. Proteins

IV. Desserts

CLASS 10: Tour d'Afrique

In this class, students will learn t some popular Staple African dishes..

I. Chefs of Africa - A variety of African Dishes Inspired by different African Chefs.

II. Fusion Canapés –Some Creative dishes inspired by Afro Culture

CLASS 11: Dessert Mayhem

It's all about the Desserts in this Fantastic Class. Sweet tooth, say AYE!

I. Deserts – Cookie Making,

II. Cheesecake- No bake Oreo cheese cake

III. Cupcakes-Vanilla/ chocolate/carrot cake

IV. Ice cream /Sorbet/Sherbet

CLASS 12: ASSESSMENT CLASS

Practical and written assessments:

In this class, students will be tested on their knowledge of what has been taught and learnt. Theirs creativities and team work would be tested and scored according to performance.



