



THE COLLEGE
OF CULINARY
ARTS

Home Cooking Programme



OUR BROCHURE

Home Cooking course
Last Updated 2024

www.thecollegeofculinaryarts.com



THE COLLEGE
OF CULINARY
ARTS

CURRICULUM

Home Cooking Programme (Certificate)

PROGRAMME FEE: N150,000.00 (One hundred and fifty thousand naira only)

INTRODUCTION

Get introduced to the basics of home cooking and learn how to cook several meals. This short course has been designed to train you to work as home cook. It is fully loaded with home based meals. We have designed this course because we noticed that a lot of people are vastly becoming busy therefore increasing the need for home cooks. It features rice and pasta dishes, Nigerian soups and a few borrowed continental dishes which has become popular in Nigeria homes.

WHO IS THIS PROGRAMME FOR?

This program is for nannies or intended private cooks who wishes to work as home cooks, make dishes in Nigerian homes.

WHAT TO EXPECT

The programme brings together theoretical, practical and workplace elements of food preparation and service. It provides students with an accessible entry point to kickstart a career in the culinary world. The class also features basic health precautions, food hygiene practices and basic home kitchen safety precautions.

PROGRAMME DURATION: 2 Months (N150,000)

NEED TO KNOW

This programme was specifically designed to provide an entry-level qualification for kitchen hands in the hospitality and catering industry. It offers a direct pathway to qualifying as a cook, allowing for further studies as a chef. Graduates with sufficient working experience might get promoted as part of further career advancement, and the programme also provides self-employment prospects for potential food vendors.

STARTER'S KIT

Apron, Measuring Scale, Measuring Spoon and Cups, Jotter, T-shirt & Baseball Cap



WEEK 1

**HOME COOKING (THE SCIENCE AND ART)
KITCHEN FUNDAMENTALS / SAFETY
PRECAUTIONS**

- Understanding Nigeria's cooking and eating culture and traditions
- Science behind food spoilage
- Food Preservation
- Magic, Science and Art of following Recipe.
- Preventing and Controlling fire at home
- How to use a knife

WEEK 2

COOKING RICE/ TUBER DISHES

- Jollof Rice
- Fried Rice
- Coconut Rice
- Yam Porridge
- Boiled Yam

WEEK 3

COOKING BEANS DISHES

- Ewa Agoyin
- Moimoi
- Akara
- Porridge Beans

WEEK 4-6

NIGERIAN SOUPS / SAUCES / STEW

- Banga Soup
- Nigerian Beef Stew
- Edikan Ikong Soup
- Okro Soup
- Ogbono Soup
- Fish Peppersoup
- Goatmeat Peppersoup
- Assorted Beef Peppersoup
- Afang Soup
- Efo Riro
- Egg Sauce
- Egusi Soup
- Oha Soup
- Fisherman Soup
- Ofada Sauce
- Bitterleaf Soup
- Oha Soup
- Beef Stew

WEEK 7

PLANTAIN BASED MEAL

- Plantain Porridge (Ukodo)
- Plantain Chips
- Dodo (Fried Ripe Plantain)
- Mosa

WEEK 8

PROTEINS

- Sauteed Diced Chicken
- Sauteed Diced Beef
- Grilled Chicken Breast
- Deep Fried Whole and Boneless Fish
- Whole Grilled Croacker

WEEK 9

SNACKS

- Doughnut (Jam & Ring)
- Beef Pie
- Chicken Pie
- Puff Puff
- Plantain Mosa

EXAMINATION

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THE COLLEGE
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**Professional
Chef Cuisine
Programme**



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Our Brochure

**Professional Chef Cuisine Programme
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THE COLLEGE
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CURRICULUM

Professional Cuisine Chef Programme

PROGRAMME FEE: N1,000,000.00 (One Million Naira only)

INTRODUCTION

Get introduced to the basics of cooking and learn how to cook several meals. With this course, you'll be able to know how cooking works and be able to cook some dishes. This course will teach you cooking techniques rather than recipe and prepare you to be able to re-create cooking in your own way.

WHO IS THIS PROGRAMME PERFECT FOR?

This programme is perfect for students who want to keep their career options wide open with a substantial skill set combined with an accredited qualification. With this qualification, you'll be able to work in step into any kitchen – at home or abroad – working in general food preparation and culinary arts, or as professional chef specializing in cuisines.

PROGRAMME DURATION : 9 Months **PROGRAMME FEE:** N1,000,000.00 (One Million Naira only)

WHAT TO EXPECT

This programme combines our top-selling Culinary Arts Programme with the sought-after Patisserie Programme into one super-charged qualification, with national and international accreditation.

NEED TO KNOW

During the three semesters of this programme, you will gain an in-depth understanding of the hospitality and catering industries, and spend many hours honing practical skills from poaching and grilling; to preparing stocks, meat dishes, soups and sauces; to acquiring the know-how for preparing desserts, pastries and baked goods.

NEED TO KNOW

During the three semesters of this programme, you will gain an in-depth understanding of the hospitality and catering industries, and spend many hours honing practical skills from poaching and grilling; to preparing stocks, meat dishes, soups and sauces; to acquiring the know-how for preparing desserts, pastries and baked goods.

STARTER'S KIT

Chefs Jacket, Chefs Cap, Apron, Measuring Scale, Measuring Spoon and Cups, Jotter, Brochure, Tshirt, Baseball Cap, Measuring Tape, Tweezer, Kitchen Towel, Complete Knife Set, Peeler, Grater, Garlic Press, Cooking Thermometer, Whisk, Mixing Bowl, Oven Mitt, Colander, Non stick pan, Saute Pan, Wooden Spoon, Spatula, Tong, 5 Chopping Boards, Chefs Safety Clog





WEEK 1-4

KITCHEN MANAGEMENT AND ORGANIZATION

- Introduction to kitchen
- Kitchen Organization Chart
- Duties and responsibilities of each position
- Kitchen and its types

WEEK 5-8

HEALTH, SAFETY AND PERSONAL HYGIENE

- Importance of good health
- Maintaining good health in the kitchen
- Kitchen Safety / Hygiene
- Possible kitchen accident and how to avoid them
- What is personal hygiene
- Importance of personal hygiene
- Personal hygiene in the kitchen

WEEK 9-12

KITCHEN TOOLS AND EQUIPMENT IDENTIFICATION

- Kitchen tools in stone age
- Introduction and identification to modern Kitchen tools and uses
- Kitchen Tools and Equipment in stone age
- Introduction and identification of modern kitchen equipment
- Kitchen cleaning procedure
- Kitchen utensils, equipment, cleaning procedures

WEEK 13-16

CULINARY MATHEMATICS

- Weights and Measurements
- Metric measurement system
- Fractions
- Conversions
- Percentage
- Ratio
- Yield

WK-17

KNIFE SKILLS

- Types of knives
- Professional Cutting Techniques

FUNDAMENTALS, PRINCIPLES AND METHOD OF COOKERY

- Introduction
- Cooking
- Objectives of cooking
- Mis En Place
- Method of Cooking

WEEK 18-21

- Common Kitchen utensils and equipment
- Herbs, Spices and Seasoning
- Importance of herbs and spices
- List of the different herbs, spices and its usages
- Portioning and Garnishing
- Importance of portioning
- Standard Portion size
- Garnishing

1st EXAMINATION

WEEK 22-25

FOOD POISONING, HYGIENE AND STORAGE

- Causes of food poisoning
- Food poisoning symptoms
- Food hygiene
- Importance of food Hygiene
- Principles of Food Hygiene

WK-26

KITCHEN HAZARD ANALYSIS AND CONTROL POINTS

- Kitchen hazards, safety measures and handling
- Identify potential hazards in kitchen

WEEK 27-30

STOCK AND SAUCE

- Introduction
- Stocks
- Types of stock
- Preparing different types of stock
- White Stock
- Brown Stock
- Sauce

WEEK 31-36

VEGETABLE & FRUIT

- Introduction
- Color, Texture & Taste
- Mise En Place
- Storage & Handling
- Grains & Legumes
- Roots & Tubers
- Classification of Fruits
- Fruits Cooking Method
- Fruit Preservation Method
- Fruits and their Season
- Fruit Storage Principle

PREPARING DIFFERENT TYPES OF FRUIT DISHES

- Fruit Salad
- Fruit Kebab
- Smoothies



2nd EXAMINATION

WEEK 17

SALAD

- Introduction to Salad
- Importance of Salad
- Types of Salad
- Components of salad
- Dressing and its type
- Preparing Different Types of Salad Dressing

WEEK 18

DAIRY

- Introduction
- Dairy Product
- Milk
- Cream
- Cheese
- Yoghurt

WEEK 19

MEAT POULTRY & SEAFOOD

- Introduction
- Lamb
- Pork
- Poultry
- Fish
- Seafood

WEEK 20

HERBS AND SPICES

- Introduction to Herbs and Spices
- Name, Type and Uses of Herbs
- Name Types and Uses of Spices
- Bouquet Garni
- Marinades

WEEK 21

A TASTE AND EXPERIENCE OF GLOBAL CUISINE

Introduction to Italian Cuisine

- Italian Appetizer
- Italian Entree
- Italian Desserts

WEEK 22

Introduction to Indian Cuisine

- Indian Appetizer
- Indian Entrée
- Indian Desserts

WEEK 23

Introduction to Asian Cuisine

- Asian Appetizer
- Asian Entrée
- Asian Desserts

WEEK 24

Introduction to American and British Cuisine

- American and British Appetizer
- American and British Entrée
- American and British Desserts

Introduction to West African Cuisine

- West African Appetizer
- West African Entree
- West African Desserts

WEEK 25

Introduction to Nigerian Cuisine-

- Nigerian Breakfast
- Nigerian Lunch
- Nigerian Dinner

WEEK 26

GARDE MANGER

- Breakfast
- Hors d'œuvres
- Appetizers
- Canapés

3rd EXAMINATION

Internship

Graduation

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THE COLLEGE
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The logo for The College of Culinary Arts, featuring the letters 'TCC' followed by a right-pointing chevron symbol '>'.

THE COLLEGE
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Continental Culinary Arts Programme

Our Brochure

Continental Culinary Arts Programme
Last Updated 2024

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THE COLLEGE
OF CULINARY
ARTS

CURRICULUM

Continental Culinary Arts Programme (Certificate)

PROGRAMME FEE: N200,000.00 (Two hundred thousand naira only)

INTRODUCTION

Today, more more people are becoming interested in becoming a world class Chef and are looking for an avenue to develop their culinary skills. This course teaches students and set them up to become professionals in continental cuisine. It doesn't matter if you're if you're just a beginner. This course is all you need. You'll learn continental cooking techniques, history and recipes.

This course teaches students and set them up to become professionals in continental cuisine. It doesn't matter if you're if you're just a beginner. This course is all you need. You'll learn continental cooking techniques, history and recipes.

WHO IS THIS PROGRAMME FOR?

Culinary enthusiast who are willing to become continental culinary arts Cooks

WHAT TO EXPECT.

The programme brings together theoretical, practical and workplace elements of food preparation and service. It provides students with an accessible entry point to unlock a career and further training in the culinary world.

NEED TO KNOW

This programme was specifically designed to provide an entry-level qualification for kitchen hands in the hospitality and catering industry. It offers a direct pathway to qualifying as a cook, allowing for further studies as a chef. Graduates with sufficient working experience might get promoted as part of further career advancement, and the programme also provides self-employment prospects for potential food vendors.

PROGRAMME DURATION

4 Months

FREE STARTER'S KIT

Apron, Measuring Scale, Measuring Spoon and Cups, Jotter, Brochure, T-Shirt, Baseball Cap, Measuring Tape, Tweezer, Kitchen Towel





THE COLLEGE
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CURRICULUM

Continental Culinary Arts Programme

Programme Duration: 4 Months
Programme Fee: N200,000

WEEK 1

INTRODUCTION TO CONTINENTAL CULINARY ARTS

- Introduction to continental culinary arts.
- History of continental culinary arts

WEEK 2-3

VEGETABLES, FRUIT AND SALAD

- Introduction
- Color, Texture & Taste
- Mise En Place
- Storage & Handling
- Grains & Legumes
- Roots & Tubers

WEEK 4-5

FRUITS AND SALAD

- Classification of Fruits
- Fruits Cooking Method
- Fruit Preservation Method
- Fruit Storage Principle

PREPARING DIFFERENT TYPES OF FRUIT DISHES

Fruit Salad

WEEK 6-7

DAIRY PRODUCT

- Introduction
- Dairy Product
- Milk
- Cream
- Cheese
- Yoghurt

WEEK 8-9

HERBS AND SPICES

- Introduction to Herbs and Spices
- Name, Type and Uses of Herbs
- Name Types and Uses of Spices
- Bouquet Garni
- Marinades

WEEK 10-11

STOCK AND SAUCE

- Introduction
- Stocks
- Types of stock
- Preparing different types of stock
- White Stock
- Brown Stock
- Sauce

WEEK 12-13

VEGETABLE & FRUIT

- Introduction
- Color, Texture & Taste
- Mise En Place
- Storage & Handling
- Grains & Legumes
- Roots & Tubers
- Classification of Fruits
- Fruits Cooking Method
- Fruit Preservation Method
- Fruits and their Season
- Fruit Storage Principle

WEEK 14-15

PREPARING DIFFERENT TYPES OF FRUIT DISHES

Fruit Salad

Fruit Kebab

Smoothies

WEEK 16-17

A TASTE AND EXPERIENCE OF GLOBAL CUISINE

Introduction to Italian Cuisine

- Italian Appetizer
- Italian Entree
- Italian Desserts

WEEK 18-19

Introduction to Indian Cuisine

- Indian Appetizer
- Indian Entrée
- Indian Desserts

WEEK 20-21

Introduction to Asian Cuisine

- Asian Appetizer
- Asian Entrée
- Asian Desserts

WEEK 22-23

Introduction to American and British Cuisine

- American and British Appetizer
- American and British Entrée
- American and British Desserts



WEEK 24-25
WEEK 26

Introduction to West African Cuisine

- West African Appetizer
- West African Entree
- West African Desserts

GARDE MANGER

- Breakfast
- Hors d'œuvres
- Appetizers
- Canapés

EXAMINATION

TCCV

The logo for The College of Culinary Arts, featuring the letters 'TCC' followed by a right-pointing chevron symbol '>'.

THE COLLEGE
OF CULINARY
ARTS

A dark blue diamond-shaped graphic containing the text 'Food Safety HACCP Programme' in white, bold, sans-serif font.

**Food Safety
HACCP
Programme**

The title 'Our Brochure' in a large, bold, sans-serif font. 'Our' is green and 'Brochure' is white.

**Food Safety HACCP Programme
Last Updated 2024**

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**THE COLLEGE
OF CULINARY
ARTS**

CURRICULUM

Food Safety HACCP Programme

PROGRAMME FEE: N35,000.00 (Thirty five thousand Naira Only)

INTRODUCTION

By law, food business operators must ensure that food handlers receive the appropriate supervision and training in food hygiene.

This qualification is suitable for those working in a catering environment who are responsible for handling food. It is also the most popular food safety qualification accepted by enforcement officers and auditors.

HACCP is an acronym for Hazard Analysis and Critical Control Point

WHO IS IS FOR?

Everyone who wants to practice or is currently practicing in the culinary and hospitality industry.

WHAT TO EXPECT

The program opens you up to basic and advanced food hygiene and handling processing, it also teaches you different types of kitchen accidents and how to control it.

FREE STARTER'S KIT

Jotter, Pen, Tshirt, Baseball Cap

PROGRAMME DURATION

2 Weeks

WEEK 1

- INTRODUCTION TO HACCP
- FOOD HYGEINE PRACTICES
 - PERSONAL HYGIENE
 - HYGIENE HANDLING FOOD
 - FOOD PREPARATION PREMISES
- CONTAMINATION PREVENTION
- PROPER HAND WASHING TECHNIQUES
- HOW ARE GLOVES PROPERLY USED IN FOOD SERVICE
- HACCP TERMILOGY AND DEFINITION
- HAZARD VS RISK

WEEK 2

- BACTERIA VS VIRUS
- MAJOUR TYPES OF BACTERIA
- CRITICAL FOOD
- FOOD SAFETY VIOLATION
- PRINCIPLES FOR PURCHASING AND RECEIVING ITEMS
- ALLERGIES
- REVISION
- EXAMINATION





THE COLLEGE
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**Restaurant
Consultancy**

Our Brochure

**Restaurant Consultancy
Last Updated 2024**

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THE COLLEGE
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CURRICULUM

RESTAURANT CONSULTANCY

Programme Duration: 8 Weeks

Programme Fee: N100,000

Introduction to Restaurant Consulting

Understanding the role of a restaurant consultant
Historical perspective and industry trends

Restaurant Type

Restaurant Type Advisory
Location Advisory
Interior and Exterior Conceptualization

Restaurant re-opening / Restructuring

Reason for Restructuring
Budgeting and Brokering.

Legal and Regulatory Registration and Compliance

Importance of Registration
Government Licencing Certification and Permits for Restaurant
Corporate Affairs/Patent and Trademark
Navigating health and safety regulations

Restaurant Business Fundamentals

Financial Analysis and Budgeting
Marketing Strategies for Restaurant
Business Plan Development
Branding
Logo Types and Choice
Social Media
Website and Web search Optimization
Flyer Designs Conceptualization
Social Media
Operational Excellence
Workflow optimization and efficiency

Human Resources

Employee hiring
Departments and Functions
Staff Salaries visualization and management
Employment & Sourcing the right team
Training & Training Manual Development

Kitchen Setup

Kitchen Types
Storage and Cooling
Hazard Analysis and Critical Control Point
Drainage Positioning

Inventory Management & Supply Chain

Introduction to Restaurant Inventory
Stock Taking Documents
Food Costing
Importance of Food Costing
Food Costing Methodology
Expenses
- Fixed Expenses
- Mixed Expenses
- Variable Expenses
Market Metric Unit
Restaurant Supplies
What is Restaurant Supply
Importance of Restaurant Supplies
Introduction to Suppliers Contact across Nigeria

Menu Engineering and Design

History of Food Menu
Types of Menu
Menu Arrangement
Menu Design Conceptualizations
Food Waste Management

Technology Integration

Utilizing technology for restaurant management
Point-of-sale systems and data analytics

Orientation

Culinary Trends and Innovation*
Staying abreast of culinary trends
Incorporating innovation into menu planning

Q and A - 1 Week

Examination - 1 Week

Project - 1 Week



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**Foundational
Programme in
Professional
Cooking**



Our Brochure

**Foundational Programme in
Professional Cooking**

Last Updated 2024

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THE COLLEGE
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CURRICULUM

Foundational Programme in Professional Cooking

Programme Duration: 3 Months
Programme Fee: N150,000

WEEK 1-2

KITCHEN MANAGEMENT AND ORGANIZATION

- Introduction to kitchen
- Kitchen Organization Chart
- Duties and responsibilities of each position
- Kitchen and its types

HEALTH, SAFETY AND PERSONAL HYGIENE

- Importance of good health
- Maintaining good health in the kitchen
- Kitchen Safety / Hygiene
- Possible kitchen accident and how to avoid them
- What is personal hygiene
- Importance of personal hygiene
- Personal hygiene in the kitchen

KITCHEN TOOLS AND EQUIPMENT IDENTIFICATION

- Kitchen tools in stone age
- Introduction and identification to modern Kitchen tools and uses
- Kitchen Tools and Equipment in stone age
- Introduction and identification of modern kitchen equipment
- Kitchen cleaning procedure
- Kitchen utensils, equipment, cleaning procedures

CULINARY MATHEMATICS

- Weights and Measurements
- Metric measurement system
- Fractions
- Conversions
- Percentage
- Ratio
- Yield

KNIFE SKILLS

- Types of knives
- Professional Cutting Techniques

FUNDAMENTALS, PRINCIPLES AND METHOD OF COOKERY

- Introduction
- Cooking
- Objectives of cooking
- Method of Cooking

WEEK 3-4

WEEK 5-6

WEEK 7-8

WEEK 9-10

WEEK 11-12

- Common Kitchen utensils and equipment
- Herbs, Spices and Seasoning
- Importance of herbs and spices
- List of the different herbs, spices and its usages
- Portioning and Garnishing
- Importance of portioning
- Standard Portion size
- Garnishing

1st EXAMINATION

WEEK 6 FOOD POISONING, HYGIENE AND STORAGE

- Causes of food poisoning
- Food poisoning symptoms
- Food hygiene
- Importance of food Hygiene
- Principles of Food Hygiene

WEEK 8 KITCHEN HAZARD ANALYSIS AND CONTROL POINTS

- Kitchen hazards, safety measures and handling
- Identify potential hazards in kitchen

WEEK 7 STOCK AND SAUCE

- Introduction
- Stocks
- Types of stock
- Preparing different types of stock
- White Stock
- Brown Stock
- Sauce

WEEK 8 VEGETABLE & FRUIT

- Introduction
- Color, Texture & Taste
- Mise En Place
- Storage & Handling
- Grains & Legumes
- Roots & Tubers
- Classification of Fruits
- Fruits Cooking Method
- Fruit Preservation Method
- Fruits and their Season
- Fruit Storage Principle

WEEK 8 PREPARING DIFFERENT TYPES OF FRUIT DISHES

- Fruit Salad
- Fruit Kebab
- Smoothies

2nd EXAMINATION

SALAD

- Introduction to Salad
- Importance of Salad
- Types of Salad
- Components of salad
- Dressing and its type
- Preparing Different Types of Salad Dressing

WEEK 9

DAIRY

- Introduction
- Dairy Product
- Milk
- Cream
- Cheese
- Yoghurt

WEEK 10

MEAT POULTRY & SEAFOOD

- Introduction
- Lamb
- Pork
- Poultry
- Fish
- Seafood

WEEK 11 & 12

HERBS AND SPICES

- Introduction to Herbs and Spices
- Name, Type and Uses of Herbs
- Name Types and Uses of Spices
- Bouquet Garni
- Marinades

3rd EXAMINATION

Internship

Graduation

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