



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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