



THE COLLEGE  
OF CULINARY  
ARTS

# 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

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PROGRAMME DURATION : 18 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.

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### 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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