

Culinary Courses

Getting Started

Ready to get cooking? This course shows you how to prep your kitchen - how to stock it, equip it, and set it up. You'll also learn basic knife skills and get introduced to fruits, veggies and herbs.



Stocks, Soups, Sauces & Salads

This is where you'll learn about the building blocks of cooking: stocks, soups and sauces. We'll also delve into salads, covering the specific principles and techniques when working with different recipes.



Cooking Techniques I: Saute, Boil, Grill

This course covers the basic cooking techniques of sauteing, boiling and grilling - from the fundamentals, to advanced principles, you'll work with different ingredients to cover it all.



Cooking Techniques II: Roast, Braise, Fry, Confit

This course covers more cooking techniques: roasting, braising, frying and confit - a method of food preservation that is a staple of French cooking. Working with different meats and vegetables you'll learn all the subtleties it takes to use these techniques like a pro.



Vegetables, Eggs & Dairy

Do amazing things with the most basic ingredients. This is where we explore different possibilities and techniques with veggies, eggs, dairy and cheese.



Pork & Poultry

This course brings you the best of poultry and pig. Explore a wealth of recipes for different cuts of pork, and chicken along with dishes created for turkey, quail and duck.



Beef, Lamb and Beyond

We'll break down some of the basic cuts of beef and show you how to prepare them to perfection. Then we'll work with lamb giving you some great recipes before finally moving on to the awesome world of offal.



From The Ocean

This course dives into the basics of fish and how to work with it to achieve amazing results. Immerse yourself in recipes for scallops, oysters, mussels, clams, shrimp, crab and lobster.



Good Harvest

No need to go against the grain. Here you'll explore the art of making pasta and creating delicious dishes from grains like rice, bulgar, barley and grits. You'll also rise to the occasion with lessons on bread-baking.



Just Desserts

Now it's time for the best part - dessert. Learn how to make fruits, cookies, cakes, pies, tarts, custards, puddings and more. There's something for every sweet tooth.



Global Cuisine

Here's your passport to a world of flavors and exciting ingredients. We'll explore a variety of cuisines, including Chinese, Indian, Spanish, Thai, Mexican and German.



Entertaining & Advanced

Now you're ready for something a little more...complicated. In this course, we'll cover some advanced techniques for truly entertaining recipes - along with the science of some modern cooking methods.



CURRICULUM FOR

Professional Cooking

6-MONTHS
(Certificate course)

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TRAINING AIMS & OBJECTIVES

This course aims at imparting practical skills and theoretical knowledge for developing adequately trained cooks with a view to satisfy the manpower requirement of this category in non-commercial and commercial food production units.

The major objectives are to:

- Deliver knowledge required for preparation of good quality cookery and adoption of food safety principles.
- Learn about kitchen operations and its organization required for cooking, preservation of fruits & vegetable.
- Introduce different cooking methods, preparation of salads, sauces and “chutneys” etc.
- Ensure personal conditions and working environment to be hygienic & clean.
- Focus on the food selection criteria / standards.
- Observe the precautions for accident prevention and measures for pest control in food production area.

CURRICULUM SALIENTS

Entry Level	:	Middle (Male / Female)
Duration of course	:	6 - Months
Total training hours	:	800 Hours
	:	40 Hours per week
	:	6 days per week
Training Methodology	:	Practical 85%
		Theory 15%
Medium of instructions	:	English

- 1 hour per week for Work Ethics

SKILL PROFICIENCY DETAILS

On successful completion of this course, trainee should be able to:

1. Adopt the practices maintaining good personal hygiene and grooming.
2. Use health and safety practices, principles and apply the highest standard of kitchen cleaning and sanitation.
3. Implement the standards for cold & hot food preparations.
4. Make use of cutting skills and fundamental cooking techniques.
5. Employ spices herbs and different food materials.
6. Identify different kitchen tools & equipment & use them.
7. Prepare soups, salads, continental, Pakistani and Chinese dishes, cakes pastries and desserts etc.
8. Apply different food service types.
9. Use safety practices and kitchen cleanliness.
10. Demonstrate Principles of preventive maintenance of equipment.
11. Identify Calories in different foods.
12. Develop a menu.

KNOWLEDGE PROFICIENCY DETAILS

On successful completion of this course, trainee should be able to:

1. Explain personal hygiene appearance and grooming.
2. Describe basic first aid and respond to emergencies.
3. Illustrate safe food handling, avoid food contamination, utilize food safety principles managing the HACCP system.
4. Elaborate upon work ethics.
5. Describe kitchen departments.
6. Explain basic cooking & food ingredients and kitchen sanitation.
7. Do storage & food preservation.
8. Define safety practices.
9. Identify different parts of meat and caloric values of different food components.

CURRICULUM DELIVERY STRUCTURE

Week	Course Delivery	Revision	Co Curricula Activities / Vacations	Final Test	Total
	1-20	21-24	25	26	26
	20	4	1	1	

SCHEME OF STUDIES

Professional Cooking (6-Months Course)

Sr. No	Main Topics	Theory Hrs.	Practical Hrs.	Total Hrs.
1.	Personal hygiene, appearance & grooming for food handlers	8	5	13
2.	Food safety	8	6	14
3.	Introduction to kitchen tools & equipment	6	-	6
4.	Kitchen organization and time management	6	-	6
5.	The food knowledge	12	21	33
6.	Kitchen cleaning & sanitizing	16	12	28
7.	Basic skills in food preparation	14	33	47
8.	Cold preparations / grade manger	6	18	24
9.	Hot preparations	9	21	30
10.	Cooking techniques	16	34	50
11.	Baking & pastries	6	18	24
12.	Food decoration & garnishing	4	12	16
13.	Balance Caloric Chart	6	-	6
14.	Food preservation & storage	7	10	17
15.	Accident prevention & action for emergencies	9	4	13
16.	Pest control	5	3	8
17.	Buffet arrangements	4	6	10
18.	Preparation of hot & cold beverages	2	10	12
19.	Food service	4	9	13
20.	Menu Development	8	10	18
21.	Standard, Deluxe, Executive ,Kids, Vegetarian Menu	2	2	4
22.	Practical cookery	2	406	408
Total Hours		160	640	800

DETAIL OF COURSE CONTENTS
Professional Cooking
(6-Months Course)

Sr. No.	Subject main Topic	Theory Hours	Practical Hours
1.	Personal hygiene, appearance and grooming for food handlers 1.1 Importance of personal hygiene & grooming 1.2 Effective hand washing 1.3 Parts of human body that harbor germs 1.4 Cuts , boils & septic spots 1.5 Recognition of problems caused by personal habits in the kitchen e.g. smoking, jewelry, perfumes etc 1.6 Kitchen uniform, importance of protective clothing, maintaining good standards of personal hygiene 1.7 Reporting illness	8	5
2.	Food safety 2.1 Basic food hygiene 2.2 Bacteria 2.3 Factors affecting bacterial growth 2.4 Potentially hazardous food 2.5 Out breaks of food borne illness (food infection food poisoning) 2.6 Controlling food poisoning 2.7 Food contamination & cross contamination 2.8 Food cooking & holding temperatures 2.9 Temperature danger zone 2.10 Critical control points	10	6
3.	Introduction to kitchen tools & equipments 3.1 Tools /utensils 3.2 Types of knives 3.3 Heavy equipments 3.4 Cleaning & maintenance of tools & equipments	6	-

	3.5 Safety rules handling tools & equipments 3.6 Preventive maintenance		
4.	Kitchen organization 4.1 the professional cookery 4.2 Kitchen management staff 4.3 Role of chef in food production 4.4 Planning for food production 4.5 Kitchen sections 4.6 Food stations and cooks duties	6	-
5.	The food knowledge 5.1 Processed foods 5.2 Herbs, Spices & lentils 5.3 Fruits & vegetables 5.4 Meat (identification, selection & composition) 5.5 Poultry (identification, selection & composition) 5.6 Fish & shell fish (identification, selection & composition) 5.7 Dairy products & egg identification 5.8 Fundamental procedures (cooking terminology) 5.9 World cuisines 5.9.1 Oriental 5.9.2 Continental 5.9.3 Mediterranean 5.10 Standard recipe 5.11 Recipe yield 5.12 Recipe balance 5.13 Recipe cost calculation	13	21
6.	Kitchen Cleaning & sanitizing 6.1 Clean & sanitary 6.2 Calibrating a pocket thermometer 6.3 Cleaning schedule 6.4 Factors in cleaning process	16	12

	6.5 Cleaning agents 6.6 Kinds of sanitizers 6.7 Manual cleaning & sanitizing 6.8 Cleaning surfaces & stationary equipment 6.9 Devising master cleaning program 6.10 Clearing floors walks & ceilings 6.11 Cleaning vents & garbage dumpsters 6.12 De-icing freezer floor 6.13 Pre-soaking & de-tarnishing silverware 6.14 SABR (sweep apply brush) method of cleaning 6.15 Storing chemicals 6.16 Procedure for cleaning counters, sinks and non cooking equipment 6.17 Setting up three post sink		
7.	Basic skills for food preparation 7.1 Use of cutting boards 7.2 Knife essentials 7.3 How to carve 7.4 De-boning a chicken 7.5 How to clean & fillet a fish 7.6 How to chop, slice, dice & shred 7.7 Trimming, peeling,, coring, pitting 7.8 Basic cuts of vegetables 7.9 Portioning cuts 7.10 Meat grinding procedure 7.11 Grating food 7.12 Washing, rinsing & blanching 7.13 Measuring & conversions 7.14 Mixing food 7.14.1 Stirring 7.14.2 Whisking 7.14.3 Whipping 7.14.4 Beating	14	33

	7.14.5 Folding 7.14.6 Blending		
8.	Cold preparations / grade manger 8.1 cold sauces 8.2 salad dressings 8.3 Salads 8.4 Marinades, spiced vinegars, brines & seasoning 8.5 Sweet cream mixtures 8.6 Sandwiches	6	18
9.	Hot preparations 9.1 Classification & use of sauces 9.2 Preparing sauces 9.3 Preparing stocks 9.4 Preparing clear soups 9.5 Preparing thickened soups 9.6 Quality factors in soups & sauces 9.7 Preparing pasta & rice 9.8 Preparing cocktail buffet & appetizer preparation 9.9 Preparing desserts	9	21
10.	Cooking techniques 10.1 Egg cookery 10.1.1 Handling & storage of eggs 10.1.2 Checking freshness of eggs 10.1.3 Preparation of 10.1.3.1 Boiled eggs 10.1.3.2 Poached eggs 10.1.3.3 Fried eggs 10.1.3.4 Omelets 10.1.3.5 Scrambled eggs 10.2 Grilling & broiling method	18	36

	10.3 Roasting method 10.4 Sautéing method 10.5 Stir frying method 10.6 Deep frying method 10.7 Braising & stewing method 10.8 Steaming method 10.9 Poaching, simmering & double boiling, par boiling 10.10 Cooking instruction for various grains 10.11 Degree of doneness in meat, poultry & fish		
11.	Baking & pastries 11.1 selection & weighing of ingredients 11.2 Function of various ingredients in baking process 11.2.1 principles of baking 11.3 Baking yeast bread 11.4 Baking various pastry types 11.5 Preparing cakes 11.6 Baking pizza	6	18
12.	Food decoration & garnishing 12.1 Importance of decorating food 12.2 Presentation styles of different food materials 12.3 Simple items used for decoration 12.4 Cold buffet garnishing & decoration	4	12
13.	Diet & nutrition 13.1 The food groups 13.2 Basic components of food 13.2.1 Water 13.2.2 Carbohydrates 13.2.3 Proteins 13.2.4 Fats 13.2.5 Vitamins 13.2.6 Minerals 13.3 Caloric value of nutrients 13.4 Balanced diet	6	-

14.	Food preservation & storage 14.1 Food spoilage 14.1.1 Food preservation 14.1.1.1 Using high temperature 14.1.1.2 Using low temperature 14.1.1.3 Use of chemical 14.1.1.3.1 Use of irradiation 14.1.1.3.2 Drying techniques 14.1.1.3.3 Corner stone of purchasing operation 14.1.1.3.4 Receiving food deliveries 14.1.1.4 Storage principles 14.1.1.5 Types of storage 14.1.2 Chilling, dry storage & freezing) 14.1.2.1 Design factors & environmental control 14.1.2.2 Sanitary features 14.1.2.3 Operating practices 14.1.2.4 Handling storage of specific items 14.1.2.4.1 Cooked & partially cooked food 14.1.2.4.2 Meat 14.1.2.4.3 Poultry & eggs 14.1.2.4.4 Seafood 14.1.2.4.5 Dairy products 14.1.2.4.6 Fruits & vegetables 14.1.2.4.7 Vacuum-packaged food 14.1.2.4.8 Canned foods 14.1.2.4.9 Baking supplies & grain products 14.1.2.4.10 Stock, label & rotate giddiness	9	12
15.	Accident prevention & action for emergencies 15.1 Accidents defined 15.2 The cause of accidents (human hazards & environmental hazards) 15.3 Preventing cuts & lacerations 15.4 Preventing burns	9	6

	15.5 Preventing falls & other common injuries 15.6 Fire safety 15.7 First aid in emergencies (choking & heart attack) 15.8 Procedure for bomb scares 15.9 Safe lifting & carrying techniques		
16.	Pest control 16.1 Kinds of cockroaches 16.2 Detecting & preventing cockroaches & flies infestation 16.3 Methods of killing cockroaches & flies & other insect pests 16.4 Signs of rats & mites infestation 16.5 Preventing & controlling rodents 16.6 Birds 16.7 Pesticides 16.7.1 Use of pesticides 16.7.2 Precautions in use of pesticides 16.7.3 Precautions In storage & disposal of pesticides	7	3
17.	Buffet arrangements 17.1 Setting up buffet & maintenance 17.2 Buffet replenishment 17.3 Standard cleaning procedure 17.4 Expeditor duties	4	6
18.	Preparation of hot & cold beverages 18.1 Preparing hot beverages 18.1.1 Tea 18.1.2 Coffee types 18.2 Preparing cold beverages 18.2.1 Milkshakes 18.2.2 Ice / tea 18.2.3 Cold coffee 18.2.4 Cocktails	2	12

19.	Food service 19.1 Types of service (overview) 19.2 Tray service 19.3 Table service 19.3.1 French service (cart service) 19.3.2 Russian service (platter service) 19.3.3 English service (family service) 19.3.4 American service (plate service) 19.4 Table setting 19.5 Principles of hospitality	5	9
20.	Practical Cookery 20.1 Soups & Starters 20.1.1 Yukhni 20.1.2 Cream of tomato Soup 20.1.3 Chicken Corn Soup 20.1.4 Hot and Sour Soup 20.1.5 Thai Soup 20.1.6 Mulligatawny soup 20.1.7 Cheese Balls 20.1.8 Meat balls 20.1.9 Cheese toast	2	410

	20.1.10 Chicken Wings 20.1.11 Tempuras 20.1.12 Fish Crackers 20.1.13 Stuffed eggs 20.1.14 20.2 Salads 20.2.1 Fresh Vegetable Salad 20.2.2 Bean Salad 20.2.3 Kachumer Salad 20.2.4 Fruit Salad 20.2.5 Russian Salad 20.2.6 Mango Thai Salad 20.2.7 Tangy Potato Salad 20.2.8 Chicken apple salad 20.2.9 Cole slaw		
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20.2.10	Macaroni Salad		
20.3 Snacks		15 Min	2
20.3.1	Chicken Vegetable rolls	15 Min	3
20.3.2	Finger fish	15 Min	2
20.3.3	Nuggets	15 Min	2
20.3.4	Chicken roast	15 Min	2
20.3.5	fried chicken	15 Min	2
20.3.6	French fries	15 Min	2
20.3.7	Potato cutlets	15 Min	2
20.3.8	Chicken Pakoras	15 Min	2
20.3.9	Club Sandwich & open face sandwich	15 Min	2
20.3.9.1	Samosas	15 Min	2
20.3.9.2	Gol gappay	15 Min	3
20.4 Pakistani dishes			
20.4.1	Yakhni Pulao		
20.4.2	Biryani		
20.4.3	Chicken Red Korma		
20.4.4	Chicken White Korma		
20.4.5	Stuffed Karalay		
20.4.6	Dal Chana Gosht		
20.4.7	Dal Mash Dry		
20.4.8	Mutton Green Karaie		
20.4.9	Palak Gosht		
20.4.10	Moong Masoor Mix Dal		
20.4.11	Haleem		
20.4.12	Nihari		
20.4.13	Mutton Payay		
20.4.14	Pasanday		
20.4.15	Aloo Gosht		
20.4.16	Aloo Keema		
20.4.17	Aloo Muter		
20.4.18	Surson Ka Saag		

20.4.19	Mutton Karahi		
20.4.20	Chicken Karahi		
20.4.21	Chicken Ginger		
20.4.22	White Chicken Karahi		
20.4.23	Boneless Beef Plao		
20.4.24	Kari Pakora		
20.4.25	Guardey & champ masala		
20.4.26	Mutton seekh kababs		
20.4.27	Chicken seekh kebabs		
20.4.28	Handi gosht		
20.4.29	Mutton kunna		
20.4.30	Chicken tikka		
20.4.31	Roti, chapatti, naan		
20.5 Indian / Mughlai Dishes			
20.5.1	Mutton shab daigabri qeema		
20.5.2	Nargasi koftey		
20.5.3	Chicken motia pulao		
20.5.4	Folladi pullao		
20.5.5	White kofta		
20.5.6	Shahi koftay		
20.5.7	Daal makhani		
20.5.8	Kashmiri gosht		
20.5.9	Rashmi kebab		
20.5.10	Tawa qeema		
20.5.11	Kastoori murgh tikka		
20.5.12	Shikar puri karahi		
20.5.13	Hereesa		
20.6 Raita			
20.6.1	Onion Raita		
20.6.2	Potato raita		
20.6.3	Mix Vegetable Raita		
20.6.4	Marconi Raita		
20.6.5	Mushroom Raita		

20.6.6 Sweet Pine apple Raita		
20.6.7 Chicken Raita		
20.7 Chinese Dishes		
20.7.1 Egg Fried Rice		
20.7.2 Chicken Fried Rice		
20.7.3 Vegetable fried Rice		
20.7.4 Garlic fried rice		
20.7.5 Beef Chillie Dry		
20.7.6 Chicken in hot garlic sauce		
20.7.7 Chicken with almonds		
20.7.8 Chicken with pine apple		
20.7.9 Chicken Manchurian		
20.7.10 Chicken with lime		
20.7.11 Sweet and sour chicken		
20.7.12 Chop Sui		
20.7.13 Fish with Chili sauce		
20.7.14 Prawn Masala		
20.7.15 Chicken Szechuan		
20.7.16 Chicken Ginger		
20.7.17 Chicken Shashlick		
20.7.18 Chicken Chowmein		
20.7.19 Stir fried Chicken		
20.7.20 Paper Chicken		
20.7.21 Chicken jalfrazi		
20.8 Continental Cooking & Other Cuisines		
20.8.1 Chicken Adabo		
20.8.2 Lasagne		
20.8.3 shawerma		
20.8.4 Beef Fillet Steak		
20.8.5 Fajitas		
20.8.6 Chicken Steam Roast		
20.8.7 Baked Chicken with Honey Mustard		
20.8.8 Grilled Sirloin Steaks		

	20.8.9 Breaded chicken Breast with asparagus 20.8.10 Beef and Chicken Burgers 20.8.11 Shish Touk 20.9 Baking & Pastries 20.9.1 Plain cake 20.9.2 Sponge Cake 20.9.3 Pine apple cake 20.9.4 Fruit cake 20.9.5 Black forest cake 20.9.6 Biscuits 20.9.7 Almond cookies 20.9.8 Khatai 20.9.9 Pizza 20.9.10 Pastries 20.10 Desserts 20.10.1 Egg custard & Caramel custard 20.10.2 Trifle, Rich trifle pudding 20.10.3 Chocolate Soufflé, Lemon Soufflé. 20.10.4 Tiramisi 20.10.5 mousse 20.10.6 Rus Malai 20.10.7 Carrot halwa 20.10.8 Sheer Khurma 20.10.9 Sweet Noodles 20.10.10 Loki Kheer 20.10.11 Suji Ka Halwa 20.10.12 Kheer 20.10.13 Zarda 20.11 Beverages 20.11.1 Fruit drink & fruit punch 20.11.2 Almond Shake 20.11.3 Shakes 20.11.4 Coffee Types		
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	20.11.5 Teas		
	20.12 Fruit and Vegetable Preservation		
	20.12.1 Mixed Vegetable Pickle		
	20.12.2 Mango Pickle		
	20.12.3 Squash (seasonal fruits)		
	20.12.4 Plum chutney		
	20.12.5 Tomato Ketchup		

LIST OF MACHINERY / EQUIPMENT / TOOLS

(For a class of 25 students)

Name of Trade	(Name of Course)
Professional Cooking	(6-Months Course)

Sr. No.	Names of Tools / Equipments	Tools Quantity
1.	Mops & Buckets (Imported)	6 No.
2.	Squeezer (Local)	02 No.
3.	Scrubbing pads (Metal, Plastics, etc)	20No.
4.	Pressure Cooker	03 No.
5.	Woks / Karahi (Chinese)	03 No.
6.	French Fried Cutter (Local),	03 No.
7.	Microwave Oven (Convectional)	01No.
8.	Various Pots, Pans, with Cooking Spoons (Non Stick)	20 Pieces
9.	Cutlery Utensils	01-Set
10.	Refrigerator	01No.
11.	Freezer (Waves Triplet Full Size)	01No.
12.	Salamander Grill	01No.
13.	Bain Maria set up	01No.
14.	Bakery oven	01 No.
15.	Cutting boards	12
16.	Dinner set	72 Pieces
17.	Various knives & choppers	04 sets
18.	Stainer different size	06
19.	Measuring tools & equipment	06 sets
20.	Various moulds for baking	06 sets
21.	Baking trays	02 dozen
22.	griller	01

