

# CULINARY ARTS COURSE

---

2 - 6 MONTHS



# INTRODUCTION

- Introduction to culinary arts
- Introduction to hospitality industry
- Kitchen tools & equipment
- Kitchen hierarchy
- Culinary history

# FOOD SAFETY & HYGIENE

- Introduction to occupational health & safety
- Safety at workplace
- Fire Safety management
- Kitchen hazards & precautions
- Causes of slips, falls & injuries

# INTRODUCTION TO COOKING

- Pre-preparation Techniques, Textures,
- Characteristics of Raw materials, Flavourings and seasonings, Masalas
- Spices and Herbs
- Cooking Methods- Boiling, Roasting, Grilling, Frying, etc.
- Cooking terminology used in professional kitchen



# PRACTICALS

- Types of chopping techniques; knife skills
- Basic stocks, sauces & soups
- Cold Kitchen prep- salads, cold appetizers, cold sandwiches
- Prepare, cook & finish dishes- using mother sauces, basic stocks & sauces
- Prepare, cook & finish basic & advanced dishes- Indian cuisine (curry & tandoor), Pan-Asian, Continental, other global cuisines\*
- Basic bread making (tandoor)
- Mithais & Confectionary

\*Names of specific dishes not mentioned. Subject to availability of ingredients.



# KITCHEN MANAGEMENT

- Principles of menu planning, food cost control, purchasing, portion control
- Staffing and team-work
- Kitchen organization and layout
- Kitchen maintenance



# GROOMING

- Personality development, communication skills & grooming
- Guest service standards

