

TOPIC**Level 3 Diploma**

WEEK 1		WEEK 2	
CLASS 1	CLASS 2	CLASS 3 (POULTRY)	CLASS 4 (ASIAN 1)
<ul style="list-style-type: none"> • Intro to food Safety, Hygiene, HACCP • Personal Evaluation. Why you here? Herbs and Spices. • Equipment's and Utensils ID • Mock Test 	<ul style="list-style-type: none"> • Knife skills (Cuts of Veg) • Plating Technique • Culinary Terms • Stocks, Soups • Mock test (Identify Spice and Herbs) 	<ul style="list-style-type: none"> • Identification of Poultry (cooking Method) • Southern fried, pan sear, poaching, Stuffing, Roasting • Mock Test 	<ul style="list-style-type: none"> • Asian Introduction (cooking technique) • Beef in oyster sauce, Szechuan Chicken, Sweet and Sour Fish, • Chow Mein Noodles, • Singaporean Noodles, • Special Fried Rice, Egg fried rice
WEEK 3		WEEK 4	
CLASS 5 (ITALIAN)	CLASS 6 (BREAKFAST)	CLASS 7 (PIZZA)	CLASS 8 (BBQ)
<ul style="list-style-type: none"> • Italian herbs, Pasta and their application, • Italian sauces. • Creamy Pasta • Alfredo. • Spaghetti Bolognese, Meat ball, • Pesto, • Arrabiata, • Carbonara. • Pasta making 	<ul style="list-style-type: none"> • Different way to make Egg, poach, sunny side, Spanish Omelet • Frittata, • Pan Cake • Waffles • English and American Breakfast 	<ul style="list-style-type: none"> • Club sandwich • Wraps (shawarma) • Burger Bun (Mini rolls) • Pizza making from scratch • Mock Test 	<ul style="list-style-type: none"> • Identification of Meat (cooking Method) • BBQ Sauce, Grill Steak • BBQ Chicken, Fish (open & Foiled) hot dog, Burger, Roasted Potato and vegetables

WEEK 5		1 WEEK BREAK AFTER WEEK 5 , WEEK 7 (PM)	
CLASS 9 (STARTERS)	CLASS 10 (SEAFOOD)	CLASS 11 (ADVANCE PLATING TECHNIQUE AND MOTHER SAUCES)	CLASS 12 (GARDE MANGER)
<ul style="list-style-type: none"> • Canape/ Appetizers • Spring Roll, Samosa, Skweres (satay) • Meatball • Lollipop • Tacos 	<ul style="list-style-type: none"> • Shelled seafood types and cooking methods. • One pot- Seafood paella. • Sautéing seafood: Sautéed Zesty Chilli tiger prawns. • Searing seafood: Seared fish in Mushroom and garlic sauce • Breading seafood: Thai fried calamari. Battering seafood: • Beer battered fish and chips 	<ul style="list-style-type: none"> • Complex Plating • Plating techniques • Choosing the right plate • Purees and Complex oils • Plating practical's • 5 Mother sauces 	<ul style="list-style-type: none"> • Vinaigrette dressings, • Creamy dressings • Hot salads • Cold salads
WEEK 8 (PM)		WEEK 9 (PM)	
CLASS 13 (SUGAR AND SPICE)	CLASS 14 (INDIAN CUISINE)	CLASS 15 (COMPLEX APAPPETIZER)	CLASS 16 (COMPLEX MAIN DISH)
<ul style="list-style-type: none"> • Student will learn about spice and how to combine them 	<ul style="list-style-type: none"> • Student will learn popular Indian dishes • Snacks • Curries • Flat bread 	<p>In this class you will learn:</p> <ul style="list-style-type: none"> • Advance Global Appetizers 	<p>In this class you will learn:</p> <ul style="list-style-type: none"> • Advance Global Main Dish
WEEK 10 (PM)		WEEK 11 (PM)	
CLASS 17 (DESSERT)	CLASS 18 (COSTING AND MENU PLANING)	CLASS 19 (EXAMINATION)	
<ul style="list-style-type: none"> • In this class student will learn dessert and dough finishing. 	<ul style="list-style-type: none"> • Student will learn the process of calculating ingredient used to make a complect dish 	<ul style="list-style-type: none"> • Student will cost a dish for 2K • Theory assessment 	

		<ul style="list-style-type: none"> Students will be taken through the rudiments of menu planning. 	
WEEK 12 (PM)		WEEK 13	
CLASS 20 (TEST WEEK)		3 MONTH INTERNSHIP.	
<ul style="list-style-type: none"> Student will cook a dish for 2k within a time frame. Student will recreate a dish prepared by the chef. 	<ul style="list-style-type: none"> Student will prepare a 3-course meal within a time frame. Theory assessment 		