



## Course Plan

# Culinary Flair

A good way to gain an important life skill for all those leaving home to Study, Work or even get Married!

A comprehensive package for college students, bachelors, new home makers and brides to be, delivered over 18 classes of 3 to 4 hours each.

Class	Theme	Class Plan
1	Understanding Kitchen Operations	Mis-en-Place Standard recipe cards
2		Basic kitchen hygiene Knife skills Safety in kitchen
3 - 18	Culinary Training - Any 16 classes of your choice from the 24 options detailed in the Set Menu Plans.	

All equipment, ingredients, protective gear and stewarding support provided for, along with Standard Recipe Cards for all classes.





# Course Plan

## Lifestyle Classes - Set Menu Plan

City & Guilds, London - Accredited Qualification - Lifestyle Classes (Set Menu Plan)

S No	Theme	Menu Plan
1	French -1	<p>Cream d'asperges <i>(a fresh, easy and creamy asparagus soup)</i></p> <p>Roulade de poulet provençale et pommes au gratin avec légumes grillés <i>(fillet of stuffed chicken served with traditional tomato sauce from provence, baked potatoes french style and grilled vegetables)</i></p> <p>Beef steak with béarnaise and pepper sauce with mashed potatoes and buttered snow peas <i>(an ever-popular classic)</i></p>
2	French -2	<p>Cream of tomato soup with garlic croutons <i>(a fresh, simple, delicious, creamy tomato soup best served warm)</i></p> <p>Rendered duck breast with orange glaze, turned potatoes and steamed broccoli <i>(seared duck breast glazed with a orange juice pan sauce)</i></p> <p>Filet de poisson au four avec beurre blanc citronne et ragout haricot <i>(baked fish served with a citrus butter cream sauce and a richly seasoned stew of beans)</i></p>
3	Italian - 1	<p>Seafood risotto <i>(traditional Italian first course of creamy arborio rice with seafood)</i></p> <p>Pasta with mushroom alfredo <i>(pasta in a mushroom cream sauce)</i></p> <p>Minced beef lasagne <i>(baked pasta layered with bolognese, bechamel and parmesan)</i></p> <p>Penne with pesto and chicken and vegetables <i>(penne and chicken tossed in a basil, pine nut and olive oil sauce)</i></p>
4	Italian - 2	<p>Fresh filled pasta <i>(fresh handmade pasta stuffed with assorted fillings and served with appropriate sauces)</i></p> <ul style="list-style-type: none"> <li>- Cannelloni</li> <li>- Ravioli with butter and sage sauce</li> <li>- Tortellini alla formaggi</li> </ul>
5	Italian - 3	<p>Pizzas and calzone <i>(traditional Italian flat bread topped with roma tomatoes, mozzarella and other goodies)</i></p> <ul style="list-style-type: none"> <li>- Pepperoni, Margherita, seafood, rocket leaf &amp; gorgonzola</li> <li>- Healthy option (wholemeal base)</li> </ul>
6	Indian - 1	<p>Chicken dum ka biryani with raita <i>(an aromatic blend of delicately marinated chicken and long grained rice with saffron in authentic mughalai style)</i></p> <p>Murgh makhanwala <i>(succulent pieces of marinated chicken cooked in a smooth cashew nut gravy, popularly known as butter chicken)</i></p> <p>Mutton korma <i>(mutton cubes gently simmered in a blend of onions, tomatoes and spices)</i></p> <p>Paneer pasinda <i>(cubes of cottage cheese in a delicious and flavoursome creamy sauce)</i></p>





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7	Indian - 2	<p>Chicken tikka <i>(grilled boneless cubes of tender chicken marinated in a rich blend of spices and yoghurt)</i></p> <p>Murgh malai kebab <i>(grilled boneless cubes of tender chicken marinated in a delicate cardamom flavoured cream)</i></p> <p>Sheek kebab <i>(grilled minced lamb on skewers, marinated in a flavoursome blend of spices)</i></p> <p>Fish tikka <i>(grilled fillet of fish marinated in a rich blend of spices and yoghurt)</i></p> <p>Hariyali kebab <i>(grilled boneless cubes of tender chicken marinated in a rich blend of green herbs and yoghurt)</i></p> <p>Shikampur <i>(fried melting in the mouth kebabs of ground lamb and chickpeas)</i></p>
8	Thai	<p>Tom ka kai <i>(chicken in a delicately flavoured coconut milk soup)</i></p> <p>Tod mun pla <i>(spicy fish cakes)</i></p> <p>Pad Thai <i>(stir fried rice noodles with vegetables and shitake mushrooms)</i></p> <p>Chicken green curry with khao <i>(chicken with coriander and coconut milk served with Thai jasmine rice)</i></p> <p>Crispy stir fried beef in sesame and honey</p>
9	Middle Eastern	<p>Hummus <i>(garbanzo beans pureed with tahina)</i></p> <p>Moutabel <i>(grilled eggplant with tahina)</i></p> <p>Fattoush <i>(cos lettuce, tomatoes, cucumber tossed in lemon juice and served with dried khubus and sumac)</i></p> <p>Tabbouleh <i>(parsley, mint, tomatoes and burgul tossed in a tangy lemon dressing)</i></p> <p>Kibbeh <i>(deep fried mezzeh of spiced ground meat balls)</i></p> <p>Dawood basha with vermicelli rice <i>(minced meat balls simmered in a traditional onion and tomato sauce)</i></p>
10	Mexican	<p>Tacos with chilli con carne <i>(crisp corn tortillas with mincemeat, red kidney beans, sour cream, shredded lettuce and cheddar cheese)</i></p> <p>Nachos with cheddar and guacamole <i>(crispy corn tortilla chips served with melted cheddar and a blended avocado dip)</i></p> <p>Burritos with frijoles <i>(flour tortillas wraps filled with refried beans, guacamole, shredded lettuce and cheddar)</i></p> <p>Fajitas with spicy Mexican beef <i>(flour tortillas served with spicy Mexican beef, tomato salsa, guacamole and sour cream)</i></p> <p>Quesadilla with chicken and bell peppers <i>(flour tortillas stuffed with sautéed chicken and cheddar and grilled)</i></p>





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11	Appetizers/ Finger foods	Spanakopita with tzatziki <i>(spinach and feta greek pies in filo pastry)</i>  Chinese spring rolls <i>(deep fried Chinese vegetable filled pastry rolls)</i>  Vol -au – vents <i>(filled and garnished bouchees of puff pastry)</i>  Buffalo wings with blue cheese dip <i>(delicious, juicy and spicy chicken wings served with a blue cheese dip)</i>  Bruschetta <i>(Italian garlic bread toasted and topped with tomato, balsamic vinegar and fresh basil)</i>  Paupiettes of chicken and prune <i>(chicken wrapped prunes in Worcestershire sauce)</i>
12	Gastronome Seafood	Seafood bouillabaisse <i>(a classical seafood soup from Marseilles)</i>  Calamari rings <i>(crispy fried rings of squid)</i>  Fish meuniere with sauteed spinach and pomme Lyonnaise <i>(pan fried fish with lemon, butter and parsley served with spinach and potatoes cooked with onions)</i>  Shrimp in garlic sauce <i>(creamy shrimps sautéed in garlic)</i>  Paella <i>(sensational seafood flavoured spanish rice with a delicate hint of saffron)</i>
13	Moroccan	Zaaluk <i>(smoked eggplant and tomato salad in olive oil)</i>  Chicken with olives & pickled lemon <i>(Morrocan chicken with olives and preserved lemons)</i>  Lamb tagine with couscous <i>(slow cooked traditional lamb stew served with couscous)</i>  Grilled fish with chermoula <i>(grilled fish in a spicy garlic and coriander marinade)</i>
14	Chinese	Hot and sour soup <i>(classic tangy and spicy Szechuan soup)</i>  Vegetable fried noodles <i>(soft cooked egg noodles tossed with julienned vegetables)</i>  Egg fried rice <i>(a sumptuous stir fry of steamed rice and vegetables)</i>  Beef in oyster sauce <i>(quick and easy stir fry of tender strips of beef in oyster sauce)</i>  Chicken in citrus sauce <i>(crispy chicken in a sweet and tangy citrus sauce)</i>
15	Greek	Greek salad <i>(green peppers, cucumber, tomato and onions tossed in lemon juice and oregano topped with feta)</i>  Greek moussaka <i>(sumptuous baked layers of potatoes, aubergine and mincemeat)</i>  Kotopoulo skorthato <i>(lemon and garlic chicken with potatoes)</i>  Garides me domatakai feta <i>(shrimp with tomato and feta)</i>





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16	Japanese	<p>Sushi <i>(Japanese rice and fish rolled in seaweed- nori sheets)</i></p> <p>Shrimp tempura with dipping sauce <i>(crispy fried shrimps in tempura batter)</i></p> <p>Beef teriyaki with fried rice <i>(quickly-browned beef sirloin strips and broccoli florets in teriyaki sauce)</i></p>
17	Tarts & pies	<p>Apple pie <i>(a delicious blend of granny smith scented with cinnamon encased in delectable short crust pastry)</i></p> <p>Chocolate truffle tart with a frangipane center <i>( an extravagance of chocolate with a delicate hint of almond)</i></p> <p>Fruit tartlets <i>(cream patisserie filled tarts topped with seasonal fresh fruits)</i></p>
18	Rainbow of macaroons	<p>Almond macaroons <i>(a rainbow of delicate almond meringue cookie sandwiches with chocolate ganache centers)</i></p>
19	Cookies	<p>Anzacs <i>(chewy rustic cookies from Australia &amp; New Zealand)</i></p> <p>Butter cookies <i>(a crunchy buttery cookie delight)</i></p> <p>Almond cookies <i>(delicately flavoured almond rounds)</i></p> <p>Chocolate chip cookies <i>(lovely cookies with a burst of chocolate chips)</i></p>
20	Cold desserts	<p>Tiramisu <i>(a traditional Italian cheese cake with coffee soaked savoiardi fingers)</i></p> <p>Chocolate mousse <i>(an all-time chocoholics favourite)</i></p> <p>Vanilla panacotta with berry coulis <i>(a creamy Italian dessert flavoured with rich bourbon vanilla served with a seasonal berry sauce)</i></p> <p>Cold orange cheese cake <i>(a creamy yet light cheese cake with a whiff of valencia orange on a crumbly base)</i></p>
21	Baked desserts	<p>Baked cheese cake <i>(a traditional Philadelphia style cheese cake served with seasonal berry coulis)</i></p> <p>Crème bruleé <i>(a creamy vanilla bean custard with a flame caramelized sugar topping)</i></p> <p>Caramel custard <i>(a light baked custard with a caramel sauce)</i></p> <p>Hot chocolate fondant <i>(a rich, dark chocolate cake with a molten truffle core, served with a scoop of vanilla bean ice cream)</i></p>
22	Layered cakes	<p>Fruit gateau <i>(layers of sponge cake and fruit, iced with crème chantilly)</i></p> <p>Death by chocolate <i>(layers of dark chocolate cake, soaked with chocolate ganache, sandwiched with a truffle filling and finished with a glossy dark chocolate glaze)</i></p>



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23	Cup cakes	<p>Carrot, fig &amp; cinnamon muffins with cream cheese topping <i>(a contemporary version of the traditional American carrot cake)</i></p> <p>Chocolate chip muffins <i>(a rich, moist chocolate muffin with a generous dash of chocolate chips)</i></p> <p>Red velvet cup cakes <i>(dramatic, velvety, bright red muffins, sharply contrasted by a white cream cheese frosting)</i></p>
24	Tea cakes	<p>Orange bundt cake <i>(a distinctive ring shaped cake, delicious with a hot cup of tea)</i></p> <p>Marble pound cake <i>(a childhood memory of swirls of vanilla and chocolate)</i></p> <p>Sour cream cake with a crusty walnut and cinnamon topping <i>(a delightfully moist accompaniment to a good cup of coffee)</i></p>