

Course Plan

Certificate in Culinary Techniques (Cookery)
IVQ Level 1 Certificate in Food Preparation and Cooking (8065-01)

S No	Topic	Description
1	Kitchen Orientation	Basic methods of cookery Organize and prepare food
2	Stocks	White stock, Brown stock, Fish stock
3	Mother Sauces & derivatives	Hollandaise - <i>Bearnaise, Choron</i> Béchamel - <i>Mornay</i> Tomato sauce - <i>Provençal, Portugaise</i> Veloute - <i>Normande</i> Espagnol - <i>Demi glace, Bordelaise</i>
4	Soups	Cream soups - <i>Cream of mushroom, Cream of broccoli soup</i> Clear Soup - <i>Consomme</i> Broth - <i>Minestrone, Scotch broth</i> Puree soups - <i>Lentil soup, Roast pumpkin soup</i> Cold soup - <i>Vichyssoise, Gazpacho</i> Seafood - <i>Chowder, Bisque</i>
5	Salads	Classical Vinaigrette based salads - <i>Nicoise, Greek salad</i> Classical Mayonnaise based salads - <i>Waldorf salad, Coleslaw, Russian, Ceasar salad</i>
6	Appetizers	Hot appetizers - <i>Filo triangles, baked cheese soufflé, vol-au-vents, mini quiches, spring roll, lamb sambosa, stuffed portobello mushroom</i> Cold appetizers - <i>Sushi, crepe rolls</i>
7	Farinaceous	Rice - <i>Nasi goreng, riz pilaf, risotto</i> Polenta, Couscous, Egg noodles Rice vermicelli
8	Breakfast preparations	Waffles, Pancakes, French toast Egg preparations - <i>Fried eggs, boiled eggs, omelette, frittata, eggs Benedict, eggs Florentine</i>
9	Pasta	Sauces - <i>Bolognese, Pomodoro, Pesto, Carbonara, Alfredo Gnocchi</i> Fresh, stuffed pasta - <i>Cannelloni, Lasagne, Ravioli</i>
10	Theory assessment	
11	Practical assessment	
12	Poultry	Theory Poultry Jointing, Trussing, stuffing & roasting Ballotine of chicken, Grilled supreme with mushroom veloute and accompaniment Chicken Chausseur, Pollo Parmigiana Chicken Fricassee



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13	Meat	Theory Meat Lamb chops, Navarin of lamb, Roast beef, Beef Stroganoff Steak with Bearnaise & pepper sauce and accompaniments Veal Marsala Slow roasted meat loaf, Stuffed roulade of beef
14	Seafood	Theory Seafood Batter fried Fish, Paupiette of Sole with Prawn Salpicon Fish Meuniere with lemon butter sauce, Salmon steak with mushroom sauce Paella Marinara, Crab Bouillabaisse with Rouille Spaghetti alla Vongole, Stuffed Squid, Garlic Shrimps
15	Theory assessment	
16	Practical assessment	
17	Safety at work	Follow Health, Safety & Security Procedures
18	Food safety at work	Follow Workplace Hygiene Procedures
19	Cost control operations	Apply Catering Control Procedures Plan & Control Menu-based Catering
20	Storage & care of materials	Receive & Store Kitchen Supplies
21	Nutrition at work	Prepare Food According to Dietary & Cultural Needs Nutrition

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