

CERTIFICATE IN CULINARY ARTS

Introduction

Euroskills Technical & Vocational Academy (ETVA) stands as a preeminent institution dedicated to imparting top-tier education to a diverse student body, fostering the development of highly skilled individuals. In pursuit of this goal, ETVA is unwavering in its commitment to meeting the fundamental requirements of recent graduates by upholding rigorous educational standards.

Every program offered by ETVA is meticulously crafted with the overarching aim of nurturing graduates who possess not only a profound knowledge of their respective fields but also the cognitive acumen necessary for critical thinking and problem-solving. Furthermore, ETVA endeavours to equip its graduates with the adaptability required to thrive in diverse environments, thus ensuring their readiness for continuous lifelong learning.

Purpose of the Qualification

The Certificate Program in Culinary Arts is a 90 days (220 Hrs) program meticulously designed to prioritize the development of essential culinary skills, making it the ideal choice for aspiring professionals seeking to excel in the demanding environment of a hotel's professional kitchen. This program is tailored to equip students with the hands-on expertise and in-depth knowledge needed to thrive in the culinary industry, enhancing their employability prospects. Graduates of this program emerge fully prepared to meet the rigorous standards of a professional hotel kitchen, bringing their passion for culinary excellence to life in every dish they create.

Eligibility Criteria

The selection of appropriate students for admission to the Certificate in Culinary Arts is the responsibility of the centres. Students should:

- Have a minimum age of 16 on enrolment.
- Must have completed secondary education.
- Have a strong desire and motivation to become a professional chef.
- Must have a level of English sufficient to enable students to complete written assignments, presentations and produce recipe logs with recipes in English.

Qualification Structure

S.No.	Unit Title	ILT	Assessment Method
1	Introduction to Catering & Hospitality Industry	18	Written Examination
2	Kitchen Hygiene and Food Safety	12	Written Examination
3	Principles of Culinary Arts	48	Written Examination
4	Culinary Practical	142	Practical Examination

Course Planning

This qualification is primarily practical in nature, emphasizing the importance of aligning teaching methods accordingly. Students must actively engage in exploring culinary skills through the preparation and cooking of a diverse range of dishes that encompass the entire spectrum of menu structure. This approach allows students to hone the necessary skills essential for successfully meeting assessment criteria.

To achieve the desired proficiency, it is advisable to initiate the teaching process with fundamental dishes, progressively reinforcing the requisite skills and techniques throughout the course.

Students should demonstrate the capability to identify and employ relevant methods and skills to complete tasks and address issues of limited complexity. ETVA encourages incorporating international cuisine into the curriculum alongside local dishes to ensure a well-rounded culinary education. Maintaining professional, safe, and hygienic practices is imperative for students during culinary practical sessions as well as during the practical assessment. While students typically work individually on their dishes, it is advisable to occasionally promote teamwork, such as in planning and preparing food for significant events.

Furthermore, students should receive guidance on providing constructive feedback for their own and their peers' dishes, encompassing aspects of taste, flavours, and presentation.

Assessment Methodology

Theory Units

- Attendance/Grooming & General Conduct - 10%
- Midterm Examination -20%
- Assignment/Quiz/Presentation - 20%
- Final theory Examination - 50%

The Theory Examination shall consist of 50 marks.

- 10 MCQ question each 1 marks (10 Marks)
- 4 short answer question each 5 marks (Attempt 4 out of 6) (20 marks)
- 2 long answer question each 10 marks (Attempt 2 out of 3) (20 marks)

Practical Units

- Grooming & Personal Hygiene-10%
- Menu Knowledge & VIVA – 20%
- Kitchen Hygiene & Food Safety Practices -20%
- Food Production – 50%

The practical examination shall consist of 100 marks.

Grading Scale

A+ (85-100), A (80-84), A- (75-79), B+ (70-74), B (65-69), B-(60-64)C+ (57-59), C (53-56), C- (50-52), D+ (45-49), D (40-44), F < 39

A student is deemed to have passed the module if the cumulative marks of the continuous assessment and the final exam is 50% and above.

Unit Name: Introduction to Catering and Hospitality Industry

Unit Code:

Instructor led training (ILT): 18 Hours

Unit Description: The aim of this unit is to develop students' knowledge of the different sectors in the catering and hospitality industry and the training and experience needed for employment.

Unit Learning Outcome: At the end of the unit, the students will have comprehensive knowledge about the different sectors of hospitality, services offered by them and the career opportunities available.

Learning Outcome 1 Introduction to Catering & Hospitality

Evolution of hospitality and catering industry, Segments of catering industry; commercial, service, public, and voluntary sector organisations. Catering outlets; Restaurant, Bar, Coffee shop, Banquet, Room service, Take Away, Fast food, Food court, Club, Pub, Drive in, Parlour (Sandwich/Sushi).

Learning Outcome 2 Types of Ownership Patterns

Sole Trading, Partnership, Private limited company, Public limited company, Franchise, Chain operations, Management contract.

Learning Outcome 3 Organizational Structure

Organisational Chart & its importance. Operational & Functional Departments, Hierarchy, Job position, Job role, Employee rights, Employee responsibilities, Job description, Job specification.

Learning Outcome 4 Employment Contract and Conditions.

Seasonal, Fixed term, Permanent, Part-time, Full-time, zero (0) hours contract, Live in, Shift work, Internship.

Learning Outcome 5 Teamwork

Professionalism, working to deadline; its importance. Asking for help, Situations when it is appropriate to help and support others, Clear communication, Disagreement, attitude, conflict, bullying, stealing, use of illegal substances.

Unit Name: Kitchen Hygiene and Food Safety

Unit Code:

Instructor led training (ILT): 12 Hours

Unit Description: The aim of this unit is to develop students' your knowledge of the HACCP, kitchen hygiene and food safety practice to be adopted in a professional work environment to keep it safe and healthy.

Unit Learning Outcome: At the end of the unit, the students will have comprehensive knowledge about identification & control of the hazards, minimize risk, maintain safe and healthy work environment and understand the food safety procedures.

Learning Outcome 1 Risk Assessment in Professional Work Environment

Define hazard, types. Risk assessment methods/steps, control mechanism. Incident reporting and documentation.

Learning Outcome 2 Workplace Design and Workflow

Kitchen design and layout, space and workflow, structure (floors, stairs, doors and windows), services (ventilation, heating, air-conditioning, lighting), maintenance and cleaning schedule. Waste segregation and disposal.

Learning Outcome 3 Food Safety Procedures

Food safety, food poisoning, causes for food poisoning, receiving and storage of food. Cross contamination prevention. HACCP practices and procedures. Pests and pest control procedures.

Learning Outcome 4 Grooming, Personal Hygiene & Workplace Hygiene.

Good personal hygiene practices; handwashing, nails, securing hair, protective clothing. Things to avoid doing at workplace. Illness and infection; reporting sick.

Unit Name: Principles of Culinary Arts

Unit Code:

Instructor led training (ILT): 42 Hours

Unit Description: The aim of this unit is to explore various types of tools, equipment, commodities, cooking methods and cooking techniques. It also explores preparation (mise-en-place), holding, plating suitability & design, and balanced diet.

Unit Learning Outcome: At the end of the unit, the students will understand the theoretical aspects of commodities, culinary terminology, and principles of cookery, presentation and plating techniques, and importance of balanced dietary requirement. Special dietary requirements.

Unit 1 Culinary Terminologies

French terms used in the kitchen environment and industry jargons.

Unit 2 Tools & Equipment

Knife: Chef's Knife, Paring Knife, Bread Knife, Utility Knife, Boning Knife, Cleaver, Filleting Knife, Carving Knife, Cleaver, Tomato Knife, Steak Knife, Oyster Knife, Decorating Knife, Garnishing Knife.

Chopping Boards: Green, White, Blue, Yellow, Red, and Brown.

Tools and Equipment: Mallet, Trays, Bowls, Moulds, String For Tying, Oven, Stove Top, Griddle, Grill, Deep Fat Fryer, Frying Pan, Saucepan, Roasting Tray, Spider/Skimmer, Ladle, Spoon, Tray, Conical Strainer, Food Processor, Protective Gloves, Oven, Stove Top, Griddle, Pans – Frying Pan, Saucepan, Spider/Skimmer, Ladle, Spoon, Tray, Mandolin, Blender, Blast Chiller Etc.

Unit 3 Commodities

Vegetables: Definition, types of vegetables & storage. Root, bulb, tuber, leaf, brassica, pods (fresh, dried – pulses), seed, nuts, vegetable fruit, stems/shoots, flower, fungi, vegetable protein (e.g. soya, tofu, tempeh), seaweed, sea vegetable.

Types of Vegetable Cuts: Julienne, Brunoise, Dice (small, medium, large), Mirepoix, Chiffonade, Macedoine, Paysanne, Tourne, Batonnet, Jardinière, Floret, Wedge or Quarters, Rondelle.

Herbs: Definition, types of herbs & storage, Usage. Basil, Thyme, Rosemary, Sage, Parsley, Oregano, Cilantro, Mint, Dill, Chives, Lavender, Bay leaf, Marjoram, Tarragon, Coriander, Lemongrass, Fennel, Chamomile, Peppermint, Chervil.

Spices: Definition, types of spices, and storage. Cinnamon, Turmeric, Paprika, Cumin, Cloves, Cardamom, Nutmeg, Ginger, Mustard seeds, Black pepper, Cayenne pepper, Allspice, Fenugreek, Saffron, Star anise, Caraway seeds, Bay leaves, Fenel seeds, Coriander seeds, Vanilla.

Fruit: Definition, types, and storage. Soft, Hard, Stoned, Tropical.

Nuts: Definition, types (tree nuts & ground nuts), storage and culinary uses.

Pulses: Definition, types, and uses. Beans, Peas, Lentil.

Rice: Definition, types, and uses, storage. Long grain (brown and white, Basmati, wild rice), short grain (eg Arborio, Carnaroli), glutinous rice (white and black).

Pasta: Definition, Types of pasta, Sauces uses in pasta, Storage of pasta, Ingredients uses while making pasta, Spaghetti, Penne, Fusilli, Rigatoni, Linguine, Farfalle, Ravioli, Tortellini, Orzo, Macaroni, Fettuccine, Tagliatelle, Cavatappi, Conchiglie, Lasagna, Vermicelli, Ziti, Pappardelle, Campanelle, Manicotti.

Cereals & Grains: Definition, storage, types, and uses. Barley, wheat (semolina, cous cous, cracked wheat, bulgur), buckwheat, quinoa, oats, millet, sago, rye, corn/maize, various beans.

Milk & Milk Products: Storage, uses and types; Whole milk, Skim milk, Fat-free milk, Almond milk, Soy milk, Coconut milk, Cashew milk, Oat milk, Rice milk, Flax milk, Hazelnut milk, Goat milk, Evaporated milk, Condensed milk, Lactose-free milk, Buttermilk etc.

Butter: Definition, Process of making Butter, Types of butter (Salted, Unsalted, Clarified Butter, European Butter, Whipped Butter, Ghee, Spreadable Butter), Uses, and Storage.

Cheese: Definition, Process of making Cheese, Types of Cheese (Fresh, Aged Fresh Cheese, Soft White Rind, Semi Soft, Hard, Veined Cheese).

Yoghurt: Definition, Process of Making Yogurt, Types of yoghurt (Dairy Yoghurt, Non Dairy Yoghurt) Storage, Health Benefit of Yoghurt, Uses.

Cream: Definition, Process of making Cream, Types of Cream (Dairy Cream, Non-Dairy Cream), Storage, and uses.

Sugar: Definition, Process of making sugar, types of sugar, uses of sugar, and storage.

Flour: Definition, Process Of making Flour, Uses, Storage.

Chocolate: Definition, Process of making chocolate, storage, and uses.

Eggs: Definition, types of eggs, quality control eggs, uses, sizes of eggs, storage of chicken, quail, duck, turkey, ostrich.

Fish: Definition, types of fish (Flat white – sole, plaice, turbot, flounder, halibut, brill. Round – whiting, cod, grey mullet, pollock, hake, haddock, sea bass, monkfish. Oily – salmon, trout, mackerel, sardines, sprats, herrings, tuna, swordfish), various cooking methods for fish, quality control while buying fish, and storage.

Cuts of Fish: Fillet, Steak (cross-section cut), Whole fish, Loins, Tail section, Collar (near the gills), Cheeks, Belly loin, Butterfly cut

Shellfish: Definition, types of shellfish (Crustacean – crab, lobster, shrimp, crawfish, scampi. Mollusca. Univalve - limpets, whelks winkles, tower shells, tusk shells. Bivalve –

cockles, scallops mussels, oyster, razor clams, carpet shells, paddocks), various cooking Methods for Shellfish, quality control while buying shellfish, and storage.

Meat: Definition, Types of meat (Grass Feed, Grain feed) Selection procedure of meat, Red meat (beef, lamb), white meat (veal, pork), local varieties. Storage, slaughtering process, various cooking methods for meat.

Cuts of Meat: Veal; Shoulder, Loin, Rib chops, Round, Shank. Pork; chops, tenderloin, belly, ribs, ham. Beef; chuck, ribeye, sirloin, tenderloin, brisket, short ribs, steak etc.

Poultry: Definition, Types of poultry (Chicken, turkey, guinea fowl, duck, goose, local varieties.) Slaughtering Process, Various Cooking Methods for Poultry, Storage.

Cuts of Poultry: Breast (Bone-in or boneless), Thigh, Drumstick, Wing, Whole chicken, Quarter (Leg and thigh together), Tenderloin, Ground chicken, Giblets (Heart, liver, gizzard), Back, Neck, Wingette (Mid-section of the wing), Wing tip.

Game: Definition (As per the law of the country), Types of game, Hunting rules and Regulation.

Offal: Definition, Types of offal, liver, kidneys, other (e.g. tongue, tail, sweetbreads, heart), local varieties, Uses.

Unit 4 Stocks, Sauces, Soups & Salad

Stock: Definition, Ingredients that are used in Stock, Storage, and Purpose of using stock. White (beef, veal, chicken, fish/shellfish, vegetable, game), brown (beef, veal, chicken, game), convenience products (court bouillon, glazes).

Roux: Definition, Types of Roux, Challenges while making roux, Ingredients used in roux

Soup: Definition, Classification of Soup, Velouté (cream), potage (e.g. minestrone, French onion), chowder (fish/shellfish, corn), bisque, chilled (gazpacho, vichyssoise), purée, lentil, potato, vegetable), broth (scotch, mutton) consommé, Storage of soup.

Sauces: Definition, Classification of Sauce, White roux (béchamel derivatives), blond roux (velouté derivatives), brown roux (brown sauce derivatives), reductions (wine, cream), glazes, roast (jus) (meat), Emulsified (hollandaise derivatives, beurre blanc, mayonnaise), Storage, Challenges with making sauce.

Salad: Definition, Classification of Salad, Types of dressing.

Unit 5 Cooking Methods

Process of transfer of heat. Stewing, Roasting, Steaming, Frying (Shallow, Deep & Stir), Sautéing, Grilling. Griddling, Boiling, Braising, Poaching, Blanching, Baking, Blind Baking.

Unit 6 Preparation Methods

Washing & Sorting, Seasoning, Marinating, Trimming, Tying, Tenderizing, Portioning, Trussing, Batting out, Skinning, Filleting, Removing Shell, Coating, Marinating, Grating, Crushing, Peeling, Soaking, Shredding, De-seeding, Coating, Stuffing, Blanching, Concassé, Sealing, Kneading, Resting, Rolling, Proving (Proofer), Dusting/Dredging/Sprinkling,

Piping, Filling, Spreading, Sifting, Rubbing-in, Straining, Stirring, Whisking, Whipping, Greasing, Lining, Aeration (Types Of Aeration), Moulding, Setting, Freezing/Churning, Glazing, Creaming, Beating, Melting, Icing, Feathering, Smoothing.

Unit 7 Plating Suitability

Definition, Balance & composition; arrangement of food components on plate, balancing colour, texture and flavour, enhance visual and sensory appeal. Choosing plate with right geometry, guidelines for food presentation; temperature consideration, portion size, garnishes & decorative elements, sustainability; plate material.

Unit Name: Culinary Practical

Unit Code:

Instructor led training (ILT): 142 Hours

- Identification of tools & equipment.
- Knife Handling, Cutting, Chopping, and Butchery.
- Stock, Sauce, Soup and Salad preparation.
- Rice and Pasta dishes.
- Poultry, Meat, Offal & Fish dishes.
- Indian Gravy & Indian Breads.