

## EXECUTIVE CHEF COURSE CONTENT

Breakfast continental & Nigerian Starters (continental & Nigeria)

Salads

Pasta

Fish Dishes

Poultry Dishes

Prawn Dishes

Beef Dishes

Rice and sauce

Continental Dishes

Chinese Dishes

Nigerian Dishes

Sandwiches

Natural juice

Food safety

Kitchen hygiene and safety

Dinning Etiquette

Fruit preparation, storage and preservation

Vegetable preparation

## MODULE 1 - THEORY

Introduction to catering

catering Specialization

The business of events catering

Basic catering considerations

Essentials of events catering

Attributes of an event caterer

Setting up and specialisation

Equipment sourcing

Client relations

Guests relations

Staff co-ordination

Events table setting ( simple and luxurious)

Cutlery arrangement

Costing

Ingredients planning/ quantities

Menu designing - single meal, Buffets setting, course meal

Business registration, legal and tax matters

Name generating ideas

The kitchen

Kitchen brigade

Kitchen Hierachy

## THE KITCHEN INTERIOR DESIGN

Basic components of the kitchen

Design process: mapping and space planning

Basic kitchen equipments and positioning

Health and safety in the kitchen

## MODULE 2

Food preparation methods

Knife skills: Butchery and fish filleting techniques- meat, poultry, game

Prepare and cook starch

Cooking Techniques

Cook, freeze, food preservation

Plating and presentation skills

### CONTINENTAL BREAKFAST

Baked potatoes

Scrambled eggs

Potatoes omelette

Sardine omelette

Egg sauce

Corn-beef omelette

Spicy gizzard

Saute kidney

Oats custard

Plain omelette

Sunny side-up

### NIGERIAN BREAKFAST

Fried/boiler yam

Crumbled fish stew

Fried/ boiled plantain

Pap (ogi)

Moi moi

Akara

### SANDWICHES

Club sandwich

Chicken sandwich

Vegetable sandwich

House grilled sandwich

Tuna sandwich

### PROJECT 1:

Class work: Design a breakfast buffet meal for a corporate event comprising of multinational companies.

### FINGER FOODS/ SMALL CHOPS/ CANAPES

Samosa

Spring rolls I

Meat and vegetable kebab

Chicken kebab

Chicken barbeque

Fillet fish - in- batter  
Prawn in batter  
Banana fritter (mosa)  
Puff puff  
Peppered snail  
Yam ball  
Grilled fish and chips  
Gizdodo  
Food platter

#### STARTER- SOUP

Cream of chicken soup  
Corn soup  
Tomato soup  
Peken soup  
Pepper soup ( goat, fish, oxtail)

#### SALADS

Mixed vegetable salad  
Salad niciose  
Chicken salad  
Coleslaw  
Fruit salad ceasar  
Sea food salad  
Prawns cocktail

#### COOKERY: CONTINENTAL AND CHINESE DISHES ( PASTA, RICE AND SAUCES)

Spaghetti Bolognese  
Vegetable stir-fry with Italian pasta  
Potatoes and baby corn in puree casserole  
Chicken and broccoli with Jasmine rice  
Oriental rice  
Steamed rice  
Chicken casserole  
Shredded beef with pasta  
Chinese fried rice  
Bake fish in mayonnaise  
Snail/ prawn in chilly herb  
Singapore noodles  
Shredded beef in green pepper sauce  
Diced chicken in mixed vegetable sauce  
Chicken in cashew nuts sauce  
Chicken in curry sauce- curry chicken soup with garnished rice  
Sweet and sour fish  
Shrimps and vegetables in white sauce  
Sauted seasonal vegetable

Peppered fish in vegetable sauce  
Fish In lemon butter  
Fish in white sauce  
Seafood fried rice  
Sweet and sour fish/ chicken  
Shrimps and vegetable in white sauce

#### COOKERY- NIGERIAN DISHES

Roasted chicken ( peppered and tomatoe)  
Chicken in tomato sauce  
Edika ikong  
Ogbono  
Efo riro  
Egusi  
Okro  
Gbegiri  
Ewedu  
Banga soup  
Oha soup  
Bitter leaf soup  
Ofada Rice  
Ayamase (ofada sauce )  
Assorted meat stew  
Fried fish stew  
Snail stew  
Amala/ semovita/ wheatmeal/ pondo yam/ eba/ ground rice

#### PROJECT 2:

Plan and prepare a 3- course meal; and invite your family and friends to buy your food.

\* Upon completion of this course, outstanding students are posted for employment industrial training/ Internship and Job placements ( optional)

\* NABTEB EXAMINATION & CERTIFICATIONS ARE AVAILABLE

Duration: 3 months (12 weeks)