

# **GRANDEUR ACADEMY COURSE OUTLINE**

## ***INTENSIVE COOKERY PROGRAM***

### **MONDAY 11AM – 3PM**

#### **GET TO KNOW ME {INTRODUCTION CLASS}**

- WELCOME TO THE KITCHEN
- SPICES AND HERBS IDENTIFICATION
- TYPES OF CUTS AND THEIR NAMES
- KNOW YOUR KITCHEN UTENSILS
- SIMPLE STOCK MAKING

### **TUESDAY 11AM – 3PM**

#### **KEEP ME WARM {SOUP & SAUCE CLASS}**

- RUSSIAN STYLE SOUP
- NOODLE SOUP
- STEAK IN PEPPERCORN SAUCE
- SEARED FISH IN MUSHROOM GARLIC SAUCE
- SIDE DISH (creamy mash)

DRINK: MAI TAI

### **WEDNESDAY 11AM – 3PM**

#### **FULL ENGLISH BREAKFAST AND MORE**

- DIFFERENCE BETWEEN WAFFLES, PANCAKES & CREPES
- PERFECT SUNNY SIDE EGGS
- CHEESY OMELET
- SANDWICHES

DRINK: SMOOTHIE / MILKSHAKE

### **THURSDAY 11AM – 3PM**

#### **SOMETHING DIFFERENT {RICE CLASS}**

- SEAFOOD FRIED RICE
- GIZDODO SMOKEY JOLLOF
- OFADA RICE AND SAUCE
- VILLAGE RICE
  
- GARLIC BUTTER HERB RICE

- DRINK: COSMOPOLITAN

### **FRIDAY 11AM – 3PM**

#### **THANK GOD IT'S FRIDAY {BARBEQUE CLASS}**

- HOW TO COOK A SPATCHCOCK TO PERFECTION
- SPICY GRILLED FISH
- HOMEMADE BARBEQUE SAUCE
- HERBY BUTTER POTATOES
- BURGERS AND HOTDOGS
- BEEF KEBABS

DRINK: SCREWDRIVER

### **MONDAY 11AM – 3PM**

#### **EATING CLEAN {HEALTHY CLASS}**

SALADS AND DRESSING:

- MANGO, AVOCADO AND PINEAPPLE SALSA
- COBB OR GREEK SALAD
- SUMMER TIME SALAD
- STIR FRY CHICKEN WITH BULGUR
- BAKED MOI-MOI ROLL UP

DRESSING:

THOUSAND ISLAND

SIMPLE VINIGRETTE

SPICY MAYONNAISE

DRINK: MARGARITA

### **TUESDAY 11AM – 3PM**

#### **WHAT DO I CARE ANYWAY! I'M IN ITALY {PASTA CLASS}**

- BEEF SUYA SPAGHETTI
- CHICKEN COCONUT PASTA
- CREAMY SHRIMP ALFREDO PASTA
- LASAGNA

DRINK: STRAWBERRY DAIQUIRI

**WEDNESDAY 11AM – 3PM**

**EVERYTHING STIR FRY {ORIENTAL CLASS}**

- SINGAPOREAN NOODLES
- SPECIAL FRIED RICE
- SHREDDED BEEF IN OYSTER SAUCE
- STEAMED PRAWNS WITH GARLIC SAUCE
- STEAMED VEGETABLES
- CHICKEN IN GREEN CURRY SAUCE

DRINK: MOSCOW MULE

**THURSDAY 11AM – 3PM**

**BACK TO YOUR ROOT {SOUP CLASS}**

- NATIVE SOUP
- BANGA SOUP
- WHITE SOUP
- AFANG SOUP

DRINK: TIGERNUT

**FRIDAY 11AM – 3PM**

- CREATE A SPECIAL DISH FOR THE CHEF
- WRITTEN TEST