

# GRANDEUR ACADEMY COURSE OUTLINE

## INTENSIVE COOKERY PROGRAM

(TWO WEEKS)

### WEEK ONE

#### MONDAY - INTRODUCTION CLASS

- WELCOME TO THE KITCHEN
- SPICES AND HERBS IDENTIFICATION
- TYPES OF CUTS AND THEIR NAMES
- COLOUR BOARD AND USES
- KNOW YOUR KITCHEN UTENSILS

#### TUESDAY - BREAKFAST AND MORE

- AMERICAN BREAKFAST
- WAFFLES
- FLUFFY PANCAKES
- BREAKFAST PIZZA
- SWEET CREPES
- SANDWICHES
- YOGHURT BOWL

#### WEDNESDAY - FINGER FOODS

- SMALL CHOPS FROM SCRATCH (SAMOSA, PUFF PUFF, VEGETABLE SPRINGROLLS, PRAWN SPRINGROLLS, MOSA)
- HONEY GLAZED BUFFALO WINGS
- CRISPY CHICKEN LOLIPOPS
- BARBECUE MEAT BALLS

#### THURSDAY - SALAD CLASS

- CHICKEN SALAD WITH HONEY LEMON DRESSING
- PRAWN SALAD WITH SPICY MAYONNAISE DRESSING
- AMERICAN COBB SALAD
- CREAMY PASTA SALAD
- **BONUS CLASS – BANANA BREAD!**

### **FRIDAY - RICE CLASS**

- SEAFOOD FRIED RICE
- SMOKEY JOLLOF RICE WITH GRILLED TURKEY
- DIRTY RICE
- STEAMED BUTTER RICE WITH CHICKEN CURRY SAUCE
- **BONUS CLASS – 2 COCKTAILS!**

## **WEEK TWO**

### **MONDAY - PASTA CLASS**

- PASTA WITH MEAT BALL SAUCE
- CREAMY ALFREDO PASTA
- LASAGNA
- BEEF STIR FRY PASTA

### **TUESDAY - NIGERIAN SOUPS CLASS**

- AFANG OR EDIKAIKONG
- OFE NSALA
- BANGA
- SEAFOOD OKRO
- EFO RIRO
- HOW TO MAKE POUNDO YAM / SEMOLINA FOLD

### **WEDNESDAY - ASIAN CLASS**

- VERMICELLI NOODLES
- CHILI BEEF STIRFRY SAUCE
- THAI CASHEW CHICKEN
- CHOW MEIN NOODLES
- CHINESE FRIED RICE
- PRAWN IN SWEET & SOUR SAUCE

#### **THURSDAY – GRILL CLASS**

- GRILLED WHOLE CHICKEN / SPATCHCOCK
- GRILLED WHOLE FISH
- TURKISH BEEF KEBAB
- POTATO WEDGES
- PRAWN KEBAB
- GRILLED SWEET CORN
- ASUN

#### **FRIDAY – ASSESSMENT**

- WRITTEN TEST
- SECRET BOX ASSESSMENT – students will be expected to create 2 dishes with the contents found in the box handed to them by their Chef instructor. This assessment will be judged based on knife skills, use of color boards, plating & creativity of dish prepared