

GRANDEUR ACADEMY COURSE OUTLINE

PROFESSIONAL COOKERY PROGRAM

(1 MONTH)

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!**

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

WEEK THREE

MONDAY - NIGERIAN BREAKFAST

- FLUFFY AKARA WITH PAP/CUSTARD
- YAMARITA WITH MACKEREL FISH / EGG SAUCE
- PLANTAIN & SAUSAGE FRITTATA
- PLANTAIN BOAT WITH SHRIMP SAUCE
- FIESTA NOODLES

TUESDAY - BURGERS & MORE

- CRISPY CHICKEN BURGER
- BEEF BURGER
- AMERICAN STYLE HOTDOG
- SHAWARMA
- LOADED FRIES

WEDNESDAY - NIGERIAN RICE CLASS

- SMOKEY JOLLOF RICE WITH GRILLED TURKEY
- COCONUT RICE
- SEAFOOD FRIED RICE
- DIRTY RICE

THURSDAY – MID TERM ASSESSMENT

- CREATE A LUXURY DISH WITH A N2,000 BUDGET. SHOPPING WILL BE DONE BY THE STUDENTS AT A NEAR BY LOCAL MARKET. THE SHOPPING AND COOKING PROCESS WILL BE TIMED BY THE CHEF INSTRUCTOR.

WEEK FOUR

MONDAY – THE GRANDEUR CLASS

- A selection of best seller meals from the Grandeur catering menu will be taught by the CEO
- Business interactions & guidance

TUESDAY – LOCAL DELICACIES

- NKWOBI / ISI EWU
- ABACHA
- UKODO
- MASA & SAUCE
- POULET DG

WEDNESDAY - DRINKS CLASS

- 2 VARIANTS SMOOTHIE
- 2 VARIANTS MILKSHAKES
- 2 VARIANTS MOCKTAILS
- 2 VARIANTS COCKTAILS

BONUS CLASS – MINI PIES

THURSDAY – FINAL ASSESSMENT

- Create a special 2 course meal.