

# Lesson breakdown

## 1 Introduction

Health and safety (Advanced)

Time management – work schedules

Hazard prevention

Gas and electricity

First Aid introduction: shock, cuts, fractures, burns, fainting, poisoning

First aid boxes and content

Purpose and use of protective clothing

Knife skills, vegetable cuts: julienne, brunois, jardinière, batonnettes, paysanne

Soups, 3 variations

Bread, 3 variations

## 2 Define and demonstrate the following cooking methods:

1) Boiling

2) Steaming

Frying, shallow and deep

Stock rotation

Food poisoning bacteria, continued

Reporting lines, roles and responsibilities

## 3

Food Costing Introduction

Stewing

Roasting

Chicken dishes

## 4

Sauces, hot and cold

Braising, grilling, baking

Garnishing techniques, hot and cold

Cakes – individual sponges

## 5

Practical Examination with no theoretical test. Questions answered verbally

3 course meal, 3.5 hours, set menu, pre-determined, 2 pax

## Assignment

Compile a menu from the dishes demonstrated for 2 guests and 3 courses. Do basic cost breakdown of dishes, excl VAT and selling price calculations