

Practical lessons

Lesson 1

Basic white bread
Potato bread
Filled cheese loaf
Biltong, potato and blue cheese soup
Chicken noodle soup
Mixed vegetable soup (potato based)

Vegetable cuts:

Batonnettes
Jardiniere
Julienne
Brunoise
Vichy

Lesson 2

Almond croquettes (vegetarian breakfast plate)
Ratatouille
Croustes
Creamed spinach
Poached eggs
Sauce Mornay
Deep fried garnishes

Lesson 3

Riz Pilaf
Julienne vegetables
Chicken roulades (spinach and feta filling or ham and cheese)
Basic vanilla sponge cake – dry sponge
Chicken schnitzels
Mushroom and pepper sauce – cream based
Lionise potatoes
Garden salad with classical Greek dressing

Lesson 4

Beef olives
Steak tartare
Boulangere potatoes
Beef stroganoff
Fish a la mineure (pan fried)
Homemade mayonnaise

Lesson 5

Chocolate mousse
Garnishes (chocolate and sugar)
Vanilla panna cotta
Compilation of mousses for examinations
Fruit sauces
Plating of dessert