



DIPLOMA PROGRAM: Cook - Advanced

Food, Beverage and Labour Cost Controls

- Objectives and Applications of a Food and Beverage Control System
- Food & Beverage Cost controls
- Management Principles
- Employment & Labour Laws
- Employment Recruitment, Selection and Training
- Performance Assessment and Productivity Standards
- Labour Relations
- Labour Cost Controls

Communication - Advanced

- Formal Reports
- Business Correspondence
- Resume Development and Career Planning
- Presentation Skills

Calculations - Advanced

- Business Calculations
- Cost / Sales Calculations
- Break-even Analysis
- Inventory Calculations
- Yield Calculations

Food Theory - Advanced

- Deep Frying and Fish Cookery
- Meat & Poultry Cookery
- Wines, Spirits and Beers in Cooking
- Garnishes & Derivative Sauces
- Buffet Preparation
- Convenience and Microwave –ready Foods

Pastry, Desserts and Related Theory

- A la carte Cold and Hot Desserts
- Pies, Tarts, and Flans
- Choux Paste Products
- Yeast Products
- Puff Pastry
- Cheese Cakes, Special Occasion Cakes

Culinary Techniques - Advanced

- Fish and Shellfish
- Canapés, Pate and Hors D'Oeuvres
- Cold Buffet and Soups
- Desserts
- Poultry and Game
- Lamb, Pork, Veal and Beef Cookery
- Pasta and Rice Cookery
- Soufflés
- Dining Room – Mise-en-Place

Cuisine – A La Carte

- Introduction
- Appetizers, Soups and Salads
- Vegetables, Potatoes, Pastas and Rice
- Desserts
- Equipment Identification, Use and Maintenance