

CULINARY ARTS

Course duration: 90 hours

Introduction:

Invest 20 days of your life at SSCA this summer, exploring your love for food in our state of the art world class kitchen labs and bakeshop. You'll learn to cook, bake, and think like professional chefs do. Cooking is easy, provided you know how to play with flavors and bring out the best combinations on the plate. Our expert chef trainers assist you to explore the culinary secrets within you. Cooking is all about hands-on learning during this culinary vacation.

The students will be encouraged to be creative in this Culinary Playground to explore the inner chef.

Aim:

- To develop an understanding amongst the students that “Cooking is an Art” and learn the Art of Cooking
- To provide the students with the Basic and Fundamental Cooking Knowledge
- To help the Students understand that how the Kitchens Operate
- Understand the use of food in the body and its relationship to good health and be able to use nutrition knowledge to appraise one's food habit
- To build a platform for the students from where they can see culinary as a career for themselves

Course Conduct:

All students will work in SSCA Culinary labs alongside the chefs. Practical cooking classes will be conducted in combination of interesting interaction through informative theory lectures.

Course Outline:

- Introduction to chef uniform, chef tools, culinary equipment and raw materials
- Importance of personal hygiene, and grooming
- Importance of sanitation and food safety
- Knife Skills and introduction to kitchen tools and equipment
- Information, identification and storage of food raw materials
- Designing Nutritious Meals for various body types
- Preparation of Healthy Breakfast and Meals
- Preparations of Appetizers, Starters & Soups in Menu

- Salads, Egg and Potato preparations
- Main course delicacies- Veg and Non- Veg
- Breads, Cakes and Pastries