

FOCUS

THE PRIVATE HOTEL SCHOOL ISSUE 4 | VOLUME 7 | YEAR 2011

Professional Cooking and Baking: 15 day short course Saturdays from 08:00 – 13:00 R4 600 per person

Day	Theory	Demonstrations	Hands-on cooking
1 27/08	Personal Hygiene/Professional appearance/Kitchen safety (gas / electricity/minor burns, cuts and injuries)	Setting up of a workstation/Knife skills/ Herb and spice identification/Kitchen equipment	Vegetable cuts/Vegetable stir-fry/ Pesto /Tapenade
2 03/09	Food Safety and micro organisms	Yeast: Basic lean dough	Focaccia /Homemade pizza/ Tomato-based sauce
3 10/09	Basic nutritional guidelines	Stock and soups	Italian Minestrone/Sweet potato and ginger soup/ French onion soup/French Baguettes
4 17/09	Methods of cooking 1	Roux-bases sauces: * Béchamel * Veloute * Brown sauce	Lasagne with homemade pasta and cheese sauce/Spaghetti Bolognese/Ravioli with sage butter
5 01/10	Methods of cooking 2	Butter based sauces and emulsions/ Breakfast dishes/ Setting of breakfast tables and breakfast trays	Poaching of an egg/ Hollandaise sauce/Eggs Benedict/Omelettes /French toast with fresh fruit
6 08/10	Basic chicken dishes	Portioning of a chicken/Standard breading procedure/Setting the table for lunch/ Exotic spices and curries	Chicken Schnitzel /Stuffed chicken breasts/Thai green curry/Basmati rice
7 15/10	Classic desserts	Slicing and poaching of fruit/Baking au bain marie/Using the blow torch/ Working with gelatine	Poached fruit with custard/Crème Brûlée/ Strawberry Panna cotta
8 22/10	Grains and legumes Vegetarian dishes	Identification of different grains and pulses/ Applicable cooking methods	Rice & Risotto/Spicy lentils Chickpea curry/Black bean and chorizo stew/Cous-cous salad
9 29/10	Vegetables, Fruit and Salads	Preparation techniques for a range of vegetables, fruits and salads/ Salad dressings	Baked butternut with orange and cranberry compote/ Roasted vegetables/Grilled vegetables Provencal style/ Greek Salad/Waldorf Salad
10 05/11	Basic meat dishes	Potato dishes/ Marinades and rubs for red meat/ Preparation and cooking of red meat dishes	Moroccan Lamb stew/Beef Wellington/Potato bake
11 12/11	Fish and seafood	Preparation of fish fillets (Jonkershoektrout)/Calamari rings in batter	Grilled line fish/Fish cakes/Deep fried Calamari rings /French fries
12 19/11	Quick breads	Scones/Muffins/Banana bread/Setting of a tea table	Scones/Savoury muffins/Banana bread/Pancakes
13 26/11	Pastry	Whipping of egg whites/Choux pastry/Pastry cream	Meringue nests with fresh fruit/ Chocolate éclairs
14 03/12	Short crust pastry	Lining of quiche cases/blind baking	Butternut and bacon quiche/ Fruit tartlets
15 10/12	Cakes	Vanilla sponge cake (Genoise)/ Basic guidelines for assembling cakes	Bake and decorate your own cake cakes

The Private Hotel School is Provisionally registered with the Department of Higher Education and Training until 31 December 2013 as a private higher education institution under the Higher Education Act, 1997. Registration certificate No.2010/HE07/005.

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