

Prepare Sauces

White Roux–Based
Blond Roux–Based
Brown Roux–Based
Warm Emulsion
Cold Emulsion
Tomato-Based

Prepare Soups

Purée Soups
Cream Soups
Cold Soups
Seafood Soups
Clear Soups
Broths

Prepare Salads, Appetizers and Sandwiches

Theory

Classification and Types
Ingredients and Components
Preparation, Finishing and Presenting
Techniques
Special Tools and Equipment
Hygiene Best Practices

Prepare Appetizers

Hot Appetisers
Baked Appetisers
Cold Appetisers
Assorted Canapés
Traditional and Contemporary
Presentation

Prepare Salads

Vinaigrette–Based Salads
Mayonnaise–Based Salad
Contemporary Salads

Prepare Sandwiches

Variety of Sandwiches
Traditional and Contemporary Varieties

Prepare Vegetable, Eggs & Farinaceous Dishes

Theory

Classification, Types and Purchase
Specifications
Storage and Handling
Preparation, Cooking and Finishing
Techniques
Special Tools and Equipment
Hygiene Best Practices

Pulse and Legume Cookery

Eggs and Breakfast cookery

Egg-Based Dishes
Breakfast Dishes
Vegan Breakfasts
Modernist Techniques

Vegetable and Fruit Cookery

Preparing a Variety of Vegetables using
a Variety of Cooking Techniques

Grain and Farinaceous Cookery

Grain-Based Dishes
Potato-Based Dishes
Dried Pasta Dishes
Fresh Pasta Dishes