

HOME PRO (3 DAYS PER WEEK) - NON DIPLOMA - PRO COURSE OUTLINE

Week 1 - Knife Skills

Day 1	Day 2	Day 3	Day 4
Knife Skills Mayonnaise & Lactonase Olivier salad	Vinaigrette Cobb Salad Nicoise salad Focaccia		Caesar Salad Garden salad Gribiche sauce Pizza

Week 2 - Stocks, Soups and Sauces

Day 1	Day 2	Day 3	Day 4
Chicken stock Brown chicken stock Chicken Veloute Potage Parisien		Clarification Consomme brunoise Onion soup Ox tail soup	Vegetable stock Zucchini saffron soup Potage Du Barry Tomato soup Roasted Tomato Soup

Week 3 - Veg & Eggs

Day 1	Day 2	Day 3	Day 4
Stuffed tomato Stuffed zucchini Stuffed peppers Quiche / Pate Brisee	Ratatouille Tian Eggplant terrine Eggplant caviar		Scrambled eggs Poached Egg Hollandaise English Muffin

Week 4 - Starches

Day 1	Day 2	Day 3	Day 4
Pilaf rice Creole rice Mushroom Risotto Rice fritters	Hasselback Potatoes Tomato Sauce Quinoa Green lentils	Gnocchi Gratin dauphinois Bechamel	

Week 5 - Poultry

Day 1	Day 2	Day 3	Day 4
Chicken Stuffed chicken Breaded chicken Chicken ballotine	Roasting Birds Roasted chicken Roasted turkey Roast Sides	Duck Duck magret Duck confit Duck Salad	

Week 6 - Seafood

Day 1	Day 2	Day 3	Day 4
Tiradito Fish tartare Fish Rolls	Steamed salmon Poached salmon Salmon confit Pan seared salmon	Coconut prawn Garlic chilli prawn Prawn Bisque	

Week 7 - Red Meat

Day 1	Day 2	Day 3	Day 4
Osobuco Roast beef Brisket		Roast leg of lamb Lamb Navarin Garlic chilli chop	Burger Grilled Steak Sous vide steak Burger Bun

Week 8 - Doughs

Day 1	Day 2	Day 3	Day 4
Puff Pastry w/out yeast Puff Pastry w/yeast	Vol au Vent Steak Pie Roll & Shape Other Puff	Croissant Pain au chocolat Tarte Tatin	

Week 9 - Doughs Cont, Fruit and Chocolate

Day 1	Day 2	Day 3	Day 4	Day 5
		Chocolate tempering Bon Bon Stuffing Molten Lava	Chocolate Genoise Ganache Truffles Chocolate Mousse	Doughnuts Choux Pastry Eclairs/Profiteroles Sable Breton

Week 10 - Desserts

Day 1	Day 2	Day 3	Day 4
Italian Meringue Macaron Fillings Panna Cotta	Tiramisu Crème Brulee Crème Caramel	Pavlova Mango Mousse Cheesecake Baked Cheesecake	

Week 11 - Italy & France

France	Italy	Spain
Baguette Crepe Suzette Beef Bourignion Pomme Aligotte	Calamari & Roasted Aioli Scallopini Raviol / Lasagne Pasta Sauce	Tortilla Espanola Patatas Bravas Torrijas

Week 12 - ME, Spain and Latin America

England	Middle East	China
Fish and Chips Beef Wellington Cottage Pie Welsh Rarebit	Fattoush / Tabouleh Hummus Moutabel Chicken Fateh Pita Bread	Beef, Broccoli & Oyester Sauce Sweet & Sour Soup Kung Pao Chicken Egg Fried Rice

Week 13 - Asia

Thailand	Thailand	Japan
Green Curry Paste Rendang Eggplant Yellow Curry Red Curry Paste Yellow Curry Paste	Yam Som O Papaya Salad Gaeng Keow Wan Gai Pad Thai Basil Chicken	Beef Tataki Sushi Rice Sushi Rolling