

## Culinary Post-Graduate (Term 1 – Term 2) / Master Degree (Term 1 – Term 4) Programs

### Term 1

#### **Fundamentals of Classical Cooking**

This course focuses on the fundamental skills of cooking theories and techniques. Topics include understanding, kitchen equipment, knife skills, classical techniques, stocks, soups and sauces. Students study ingredients and product knowledge. Food safety, hygiene and sanitation play an integral role in both theory and practical application.

#### **Food Safety and Sanitation**

Food safety is of paramount importance within any food service operation. This course covers the key principles of food handling and sanitation including the health risks involved with the culinary profession. It also introduces students to the Hazard Analysis Critical Control Points plan (HACCP). A further component of this course is to apply knowledge of laws and regulations relating to safety and sanitation in the kitchen.

#### **Food History in Culture**

In this course, students discover the evolution of food from a historical and cultural perspective, in particular, how this evolution has influenced the diets and way of life of different people around the world. Students learn to understand food writing and key skills in report writing through food-related topics. A key component of the course is therefore how people with culinary vision, from past to present, have made an impact on the development of food.

#### **Menu Design and Nutrition**

The course focuses on plate design, creative menu writing skills and food photography. The key principles of nutrition are also covered and include a chef's perspective needed for designing menus and dishes for today's customer—including those with special dietary and allergy requirements.

#### **French 1**

French language courses at the Culinary Arts Academy are designed to introduce students to reading, writing and speaking, largely in preparation for an internship within a kitchen. The goals of this course are to develop a strong foundation of language skills and cultural understanding. Activities are centred on spoken French,

especially within a kitchen environment, to ensure when entering their first training period, students are able to be integrated into a kitchen brigade and function as part of the team.

Term 2

### **Food of the World**

The course integrates and uses the competencies learned to present other types of international cuisines and cooking styles from Asia through to the Americas. Working with a real kitchen/restaurant environment, students present international cuisines and cooking styles from classical through to fusion. Students also develop their leadership and teamwork skills as part of this live, 'under pressure' kitchen experience.

### **Baking and Pastry**

This course combines the skills of both a baker and pastry chef. Demonstrations with practical hands-on classes ensure the students can reproduce a variety of dough, bread, pastries, pies, special occasion cakes and plated and buffet desserts. Students will be exposed to the challenge of producing menu items for a dessert trolley, daily menus from set to à la carte and formal banquets along with applying skills of chocolate and confectionery and showpiece creations. This enhances the student's ability to work in a team and highlight the need for effective planning.

### **Culinary Terroir Discovery Series**

This course takes students to regional restaurants, farms, bakeries, meat producers, cheese makers and wineries. Students go on field trips to discover local producers, see innovative farming trends, green agriculture and much more. Those trips are then discussed and analysed in class.

### **Food and Wine Matching**

Discover wine pairing strategies and potential food partners of the main grape varieties and other common wine grapes. The course provides students with the confidence to make appropriate beverage decisions in the hospitality workplace by implementing a framework for assessing beverages while satisfying potential customers. In addition students are exposed to the intricacies of wine appreciation through the development of structured tasting notes.

### **French 2**

French language courses at the Culinary Arts Academy are designed to introduce students to reading, writing and speaking, largely in preparation for an internship

within a kitchen. The goals of this course are to develop a strong foundation of language skills and cultural understanding. Activities are centred on spoken French, especially within a kitchen environment, to ensure when entering their first training period, students are able to be integrated into a kitchen brigade and function as part of the team. French 2 builds on French 1.

### **Internship**

Internship is a valuable practical experience; it is not mandatory for the PGD but is strongly recommended as it is an integral part of the educational curriculum.

For the MIB it is required. It is imperative that students understand the process of career development and work on their skills to allow lifelong learning and career goal attainment. In line with this objective, students are required to complete an internship period of 4 – 6 months (minimum 640 hours). Students are placed in a culinary position within a hotel or restaurant commensurate with their skills and competencies to this point in their programme.

Term 3

### **Creative Cooking Styles**

The students are required to integrate their skills and knowledge in order to successfully run and understand the operation skills and creativity required to run a fine-dining restaurant. The students discover the best of traditional and contemporary global flavours and enrich their knowledge of emerging menu directions. Students develop both their culinary management competencies and people management skills. This course emphasises different and new cooking techniques and ingredients used in contemporary and classical cuisines and cover planning, palate development and other creative cooking styles of a restaurant.

### **Food in the Media**

Media, marketing and website development are key for those in the business of producing food. This course looks at their trends through the basis of food styling, special effects for food styling and get an understanding of a range of photographic processes while assimilating knowledge within the processes of making food styling photographs.

### **Sensory Evaluation of the Food**

In this course students analyse food components using sensory analysis protocols. Students study how the five senses affect purchasing decisions and conduct sensory evaluation tests such as consumer acceptability testing and focus group interviews.

### **Business Plan Project 1**

The unit explores entrepreneurship and business from a strategic level allowing students to set goals and understand the food industry from the perception of an entrepreneur. Students use their culinary knowledge, skill and creative thinking to compose an innovative business plan based on their personal culinary focus. The course examines procedures, law and financial accounting and entrepreneurship considerations.

The aim of this course is also to develop a holistic understanding of entrepreneurship by examining philosophical, psychological and social perspectives, as well as technical skills. The course explores entrepreneurship as an attitude; the necessary skills and culture to support entrepreneurial activities as a strategy for creating new business; and the innovative growth and development of existing business. The course also includes a strategic approach to self-promotion.

The business plan reflects idea generation, measuring ability to develop concepts, initiate the project and implement skills from across the curriculum into a strategic development process which focuses on the students' own culinary ambition. The business plan is formatted in considering financial, legal, business professionalism and entrepreneurship strategies.

### **French (optional)**

Term 4

#### **Chocolate and Pastry Arts**

Students deepen their knowledge and skills in pastry and chocolate arts. They create a wide range of warm, cold and frozen desserts, and learn a rich array of plating and buffet display techniques. They are guided to produce goods to exacting standards, including breads and rolls, cookies and biscuits, and tortes and cakes. Students master the production of chocolate creations, from classic to cutting edge. These include pralines, chocolates, truffles, as well as artistic sugar and chocolate showpieces.

#### **Banquet and Event Catering**

This course focuses on off-premise and on-premise catering for social and business functions and the catering of events, such as weddings, sporting events, artistic performances and banquets. This course offers a practical and comprehensive overview of the current global environment in which events are conducted, reflecting how the field has developed in recent years and where it is going. This course also discusses the aspects of management involved in running a catering business, large-

scale cooking, event planning, dealing with customers, understanding pricing and moving the food safely from one location to another.

### **Innovative Food Trends**

The unit explores global food trends and sustainability within the boundaries of gastronomy.

Students are exposed to the theoretical, practical, scientific and cultural aspects of wine making and culinary traditions which enhance the modern dining experience.

The course examines advanced wine and food matching techniques while exploring food flavours and ethnicity in wine matching. The unit also explores questions related to food supply and demand, processing and transport.

The course covers practical and theoretical aspects of:

- Gastronomy and food trends
- Food consumption trends
- Cultural significance of food
- Sustainable food systems
- Global food crisis and food policy

### **Business Plan Project 2**

This course is the continuation of Business Plan Project 1 and enables students to finalise an innovative business plan, ready to implement.

**French (optional)**