



La Flamme Bleue Center for Culinary Arts

2nd Floor NJCL Branch 1 Bldg., Luna St., Ugac Highway, Tuguegarao City, Cagayan

SYLLABUS

SUBJECT TITLE: PROFESSIONAL CULINARY ARTS

A. SUBJECT DESCRIPTION:

This course will provide students the fundamental knowledge, skills and understanding of Culinary Arts that is paramount in the application of technical skills needed in the fast-paced kitchen environment.

B. OBJECTIVES

- 1. Learn the Fundamentals of Culinary Arts.
- 2. Identify and master the core competencies of Cookery NC II.
- 3.Experience real-life kitchen settings and simulations
- 4. Learn various skills related to the Food Industry.

C. SUBJECT OUTLINE AND TIME ALLOTMENT

NO. OF SESSIONS	LESSONS	DESCRIPTIONS	SCHEDULE
TERM 1: INTRODUCTION TO CULINARY ARTS			
1	General Orientation		
1	Self- Assessment	Laboratory	
1	History of Culinary Arts, Sanitation/ HACCP & Knife Skills- Basic Cuts	Discussion & Laboratory	
1	Equipment Familiarization & Exam	Discussion	
1	Herbs & Spices Familiarization & Exam (with Project)	Discussion	
1	Stock Preparation; Roux & Thickening Agent	Laboratory	
1	Five Mother Sauces	Laboratory	
1	Soups	Laboratory	
	GARDE MANGER		
1	Sandwiches & Salads	Laboratory	
1	Hors D' Oeuvres	Laboratory	
1	Egg Preparation	Laboratory	
1	Breakfast Cookery	Laboratory	
1	Starch Preparation	Laboratory	
1	Pasta Cookery	Laboratory	
1	Vegetable Cookery	Laboratory	
1	Fruit & Vegetable Carving	Laboratory	
1	Plating 101	Discussion & Laboratory	
1	Prelim Exam	Practical Exam	
1	Menu Planning & Costing	Discussion	
1	Brunch Simulation	Activity	
TERM 2: ADVANCE CULINARY ARTS			
1	Meat Fabrication	Laboratory	
1	Poultry Fabrication	Laboratory	
1	Fish & Seafood Fabrication	Laboratory	
	COOKING METHODS		
1	'Frying	Laboratory	
1	Baking & Roasting	Laboratory	
1	Grilling & Broiling	Laboratory	
1	Sauté & Stir Fry	Laboratory	
1	Sous Vide	Laboratory	
1	Steaming	Laboratory	
1	Braising & Stewing	Laboratory	
1	Poaching & Blanching	Laboratory	
1	Midterm Exam 1	Cooking Methods Practical Exam	
1	Hot Dessert	Laboratory	
1	Cold Dessert	Laboratory	
1	Midterm Exam 2	Dessert Practical Exam	
TERM 3: INTRODUCTION TO BREAD AND PASTRY			
1	History of Baking	Discussion	
1	Tools and Equipment in Baking	Discussion	
1	Baker's Math	Discussion	
1	Cookies	Laboratory	
1	Brownies	Laboratory	
1	Muffins	Laboratory	
1	Bread	Laboratory	
1	Pie	Laboratory	
1	Tart	Laboratory	
1	Doughnut	Laboratory	
1	Cupcake	Laboratory	
1	Cake	Laboratory	
1	Pre- Final Exam	Written Exam in Baking	
1	Pre- Final Exam & Individual Demo	Practical Exam in Baking	
1	Dessert Group Activity	Activity	



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1	Food Service	Discussion & Laboratory	
1	Coffee 101	Discussion	
1	Bartending/Mixology	Discussion & Laboratory	
1	Wine & Cheese	Discussion & Laboratory	
1	Final Exam	Written Exam (History-Desserts)	
1	Culminating Activity A	Activity	
1	Outreach Program	Activity	
3	Entrepreneurship and Business Class (with Menu Planning and Costing)	Discussion	
TERM 4: INTERNATIONAL CUISINE			
2	Filipino Cuisine	Laboratory	
2	Vietnamese Cuisine	Laboratory	
2	Malaysian Cuisine	Laboratory	
2	Thai Cuisine	Laboratory	
2	Spanish Cuisine	Laboratory	
2	Italian Cuisine	Laboratory	
2	French Cuisine	Laboratory	
2	Indian Cuisine	Laboratory	
2	Greek Cuisine	Laboratory	
2	Korean Cuisine	Laboratory	
2	Chinese Cuisine	Laboratory	
2	Japanese Cuisine	Laboratory	
2	American Cuisine	Laboratory	
2	Mexican Cuisine	Laboratory	
1	Comprehensive Exam 1 (Pre- requisite of Comprehensive Exam B)	Written Exam	
1	Comprehensive Exam 2 (Final Assessment/ Pre-requisite of CA-B)	Practical Exam	
1	Culminating Activity B	Activity	
TERM 5: ON THE JOB TRAINING			

SESSIONS

A. COURSE REQUIREMENTS			
a. Restaurant OJT		600	
b. Local OJT		200	
On-the-Job Training total hours required		800	
B. GRADING SYSTEM			
GRADES COMPONENTS			
ATTENDANCE		15%	
PROJECT		5%	
QUIZZES		40%	
MAJOR EXAM		30%	
OJT		10%	
		100%	