LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Intro to Culinary Skills: Knife, Heat & Flavour

Workshop Level

LAPT — London Academy of Professional Training

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Reference FD-ACA-W • Culinary Centres (old)

UKPRN 10067351 • Registered in England and Wales, company 4984798

6	18	72	440	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**FD-ACA-W**
AWARD	**Certificate**
ASSESSMENT	**440 marks — 264 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1 Inside the Professional Kitchen

3 chapters · 12 classes · 65 marks

- **1 Kitchen Stations** — 4 classes
  - 1.1 Layout of a Professional Kitchen
  - 1.2 Hot, Cold and Pastry Stations
  - 1.3 Equipment You Will Meet
  - 1.4 Receiving and Storage Areas
- **2 The Kitchen Brigade** — 4 classes
  - 2.1 The Kitchen Brigade Explained
  - 2.2 From Head Chef to Commis
  - 2.3 Communicating During Service
  - 2.4 Teamwork Under Pressure
- **3 Kitchen Etiquette and Safety** — 4 classes
  - 3.1 Uniform and Personal Hygiene
  - 3.2 Kitchen Etiquette and Respect
  - 3.3 Basic Kitchen Safety
  - 3.4 Food Handling Basics

2 Knife Skills and Basic Cuts

3 chapters · 12 classes · 65 marks

- **1 Knowing Your Knives** — 4 classes
  - 1.1 Types of Kitchen Knives
  - 1.2 Safe Grip and Stance
  - 1.3 Sharpening and Honing Basics
  - 1.4 Cleaning and Storing Knives
- **2 Basic Vegetable Cuts** — 4 classes
  - 2.1 Chopping Onions and Garlic
  - 2.2 Dicing and Cubing
  - 2.3 Slicing and Julienne Cuts
  - 2.4 Peeling and Trimming
- **3 Cutting Practice** — 4 classes
  - 3.1 Cutting Herbs Finely
  - 3.2 Handling Fruit and Leafy Greens
  - 3.3 Speed and Consistency Practice
  - 3.4 Reducing Waste While Cutting

3 Cooking Methods Taster

3 chapters · 12 classes · 65 marks

- **1 Understanding Heat** — 4 classes
  - 1.1 How Heat Cooks Food
  - 1.2 Dry Heat and Moist Heat
  - 1.3 Controlling the Flame
  - 1.4 Choosing Pans and Pots
- **2 Moist Heat Methods** — 4 classes
  - 2.1 Boiling and Simmering
  - 2.2 Blanching Vegetables
  - 2.3 Steaming Basics
  - 2.4 Poaching Eggs Simply
- **3 Dry Heat Methods** — 4 classes
  - 3.1 Sauteing in a Pan
  - 3.2 Roasting in the Oven
  - 3.3 Grilling Simple Foods
  - 3.4 Shallow Frying Safely

4 Flavour, Seasoning and Tasting

3 chapters · 12 classes · 65 marks

- **1 How We Taste** — 4 classes
  - 1.1 The Five Basic Tastes
  - 1.2 How Smell Shapes Flavour
  - 1.3 Tasting Like a Cook
  - 1.4 Keeping a Tasting Notebook
- **2 Seasoning Ingredients** — 4 classes
  - 2.1 Salt and How to Use It
  - 2.2 Pepper, Spices and Heat
  - 2.3 Fresh and Dried Herbs
  - 2.4 Acid, Fat and Sweetness
- **3 Balancing Flavour** — 4 classes
  - 3.1 Fixing a Too Salty Dish
  - 3.2 Balancing Sweet, Sour and Bitter
  - 3.3 Building Flavour in Layers
  - 3.4 Pairing Flavours Simply

5 Stocks, Sauces and One-Pot Dishes

3 chapters · 12 classes · 90 marks

- **1 Making Stocks** — 4 classes
  - 1.1 What Makes a Good Stock
  - 1.2 Making a Vegetable Stock
  - 1.3 Making a Simple Chicken Stock
  - 1.4 Cooling and Storing Stock Safely
- **2 Basic Sauces** — 4 classes
  - 2.1 Thickening with Roux
  - 2.2 Making a Simple White Sauce
  - 2.3 Tomato Sauce Basics
  - 2.4 Pan Sauces and Reduction
- **3 One-Pot Dishes** — 4 classes
  - 3.1 Planning a One-Pot Dish
  - 3.2 Building a Dish in Layers
  - 3.3 Cooking Rice or Pasta in One Pot
  - 3.4 Finishing and Serving Hot

6 Plating a Simple Dish and Next Steps

3 chapters · 12 classes · 90 marks

- **1 Plating Basics** — 4 classes
  - 1.1 Choosing Plates and Space
  - 1.2 Colour, Height and Balance
  - 1.3 Neat Sauce Work
  - 1.4 Simple Garnishes
- **2 Tasting and Feedback** — 4 classes
  - 2.1 Tasting Your Finished Dish
  - 2.2 Giving and Receiving Feedback
  - 2.3 Portion Size and Consistency
  - 2.4 Cleaning Down After Cooking
- **3 Looking Ahead** — 4 classes
  - 3.1 Review of Skills Learned
  - 3.2 Foundation Certificate Overview
  - 3.3 Careers in Professional Kitchens
  - 3.4 Planning Your Cooking Journey