LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Professional Cookery Essentials

Workshop Level

P

LAPT — London Academy of Professional Training

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

CURRICULUM

1 Knife Skills

3 chapters · 12 classes · 65 marks

- **1 Knife Types and Uses** — 4 classes
  - 1.1 Understanding Chef's Knife
  - 1.2 Exploring Paring Knife
  - 1.3 Utilizing Serrated Knife
  - 1.4 Choosing the Right Knife
- **2 Safe Knife Handling** — 4 classes
  - 2.1 Proper Grip Techniques
  - 2.2 Knife Safety Rules
  - 2.3 Avoiding Common Injuries
  - 2.4 Cleaning and Storing Knives
- **3 Basic Cutting Techniques** — 4 classes
  - 3.1 Julienne and Batonnet Cuts
  - 3.2 Dicing Vegetables
  - 3.3 Chopping Herbs Efficiently
  - 3.4 Slicing Techniques for Proteins

2 Vegetable Preparation

3 chapters · 12 classes · 65 marks

- **1 Selecting Fresh Vegetables** — 4 classes
  - 1.1 Identifying Seasonal Vegetables
  - 1.2 Evaluating Freshness and Quality
  - 1.3 Understanding Vegetable Varieties
  - 1.4 Sourcing Local Produce
- **2 Cooking Methods for Vegetables** — 4 classes
  - 2.1 Boiling and Steaming Techniques
  - 2.2 Sautéing and Stir-Frying Basics
  - 2.3 Roasting and Grilling Vegetables
  - 2.4 Blanching for Color and Texture
- **3 Seasoning and Flavoring** — 4 classes
  - 3.1 Using Herbs and Spices
  - 3.2 Balancing Flavors in Dishes
  - 3.3 Creating Marinades and Dressings
  - 3.4 Understanding Umami and Acidity

3 Cooking Proteins

3 chapters · 12 classes · 65 marks

- **1 Introduction to Meat and Poultry** — 4 classes
  - 1.1 Understanding Different Cuts of Meat
  - 1.2 Safe Handling of Poultry
  - 1.3 Marinating Techniques for Flavor
  - 1.4 Basic Cooking Methods for Meat
- **2 Basic Fish Cooking Techniques** — 4 classes
  - 2.1 Selecting Fresh Fish
  - 2.2 Filleting Fish Like a Pro
  - 2.3 Grilling Fish to Perfection
  - 2.4 Poaching Fish Safely
- **3 Cooking Eggs Perfectly** — 4 classes
  - 3.1 Boiling Eggs to Desired Doneness
  - 3.2 Scrambling Eggs Fluffily
  - 3.3 Making Perfect Omelettes
  - 3.4 Frying Eggs Sunny Side Up

4 Staple Foods

3 chapters · 12 classes · 65 marks

- **1 Preparing Rice and Grains** — 4 classes
  - 1.1 Types of Rice and Grains
  - 1.2 Measuring Rice for Cooking
  - 1.3 Cooking Techniques for Rice
  - 1.4 Fluffing and Serving Rice
- **2 Cooking Pasta Techniques** — 4 classes
  - 2.1 Types of Pasta Explained
  - 2.2 Boiling Pasta Perfectly
  - 2.3 Making Simple Pasta Sauces
  - 2.4 Serving Pasta with Style
- **3 Understanding Pulses** — 4 classes
  - 3.1 Types of Pulses and Their Benefits
  - 3.2 Soaking and Cooking Pulses
  - 3.3 Incorporating Pulses in Meals
  - 3.4 Nutritional Value of Pulses

5 Salads and Simple Dishes

3 chapters · 12 classes · 90 marks

- **1 Creating Simple Salads** — 4 classes
  - 1.1 Basic Salad Combinations
  - 1.2 Dressings and Vinaigrettes
  - 1.3 Layering Ingredients Effectively
  - 1.4 Herbs and Seasoning Basics
- **2 Fruit Preparation Techniques** — 4 classes
  - 2.1 Peeling and Slicing Techniques
  - 2.2 Creating Fruit Garnishes
  - 2.3 Mixing Fruits for Salads
  - 2.4 Storing and Preserving Fruits
- **3 Finishing and Presentation** — 4 classes
  - 3.1 Plating Techniques for Salads
  - 3.2 Using Color and Texture
  - 3.3 Garnishing for Visual Appeal
  - 3.4 Serving Suggestions and Styles

6 Health and Safety

3 chapters · 12 classes · 90 marks

- **1 Kitchen Safety Practices** — 4 classes
  - 1.1 Using Kitchen Equipment Safely
  - 1.2 Identifying Hazards in the Kitchen
  - 1.3 Proper Handling of Hot Surfaces
  - 1.4 Emergency Procedures in the Kitchen
- **2 Food Hygiene Basics** — 4 classes
  - 2.1 Importance of Handwashing
  - 2.2 Storing Food Safely
  - 2.3 Cleaning and Sanitizing Surfaces
  - 2.4 Understanding Food Expiration Dates
- **3 Understanding Cross-Contamination** — 4 classes
  - 3.1 What is Cross-Contamination?
  - 3.2 Preventing Cross-Contamination
  - 3.3 Safe Food Pairing Techniques
  - 3.4 Recognizing Contaminated Food Signs