LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Professional Cookery

Foundation Level



LAPT — London Academy of Professional Training

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Reference FD-PRC-F • Culinary Centres (old)

UKPRN 10067351 • Registered in England and Wales, company 4984798

6	24	120	445	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**FD-PRC-F**
AWARD	**Certificate**
ASSESSMENT	**445 marks — 267 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1 Stock Management and Kitchen Operations

4 chapters · 20 classes · 90 marks

• 1 Understanding Kitchen Stock — 5 classes
- › 1.1 Types of Kitchen Stock
- › 1.2 Importance of Fresh Ingredients
- › 1.3 Stock Rotation Principles
- › 1.4 Identifying Quality Products
- › 1.5 Storage Techniques for Stock

• 2 Efficient Ordering Techniques — 5 classes
- › 2.1 Creating Order Lists
- › 2.2 Supplier Communication Skills
- › 2.3 Negotiating Prices Effectively
- › 2.4 Understanding Lead Times
- › 2.5 Utilizing Technology for Orders

• 3 Inventory Management Systems — 5 classes
- › 3.1 Basics of Inventory Management
- › 3.2 Tracking Inventory Levels
- › 3.3 Using Inventory Software
- › 3.4 Conducting Regular Audits
- › 3.5 Analyzing Inventory Data

• 4 Maintaining Kitchen Efficiency — 5 classes
- › 4.1 Streamlining Kitchen Workflow
- › 4.2 Time Management in the Kitchen
- › 4.3 Reducing Food Waste
- › 4.4 Optimizing Equipment Usage
- › 4.5 Training Staff for Efficiency

2 Knife Skills and Safety

4 chapters · 20 classes · 90 marks

• 1 Types of Knives and Their Uses — 5 classes
- › 1.1 Chef's Knife Overview
- › 1.2 Paring Knife Functions
- › 1.3 Utility Knife Applications
- › 1.4 Slicing Knife Characteristics
- › 1.5 Specialty Knives Explained

• 2 Knife Handling Techniques — 5 classes
- › 2.1 Grip Techniques for Control
- › 2.2 Cutting Techniques Overview
- › 2.3 Chopping vs. Slicing
- › 2.4 Safe Cutting Board Practices
- › 2.5 Knife Movement Techniques

• 3 Knife Maintenance and Safety — 5 classes
- › 3.1 Sharpening Techniques Explained
- › 3.2 Cleaning and Sanitizing Knives
- › 3.3 Storage Solutions for Knives
- › 3.4 Identifying Damaged Knives
- › 3.5 Safety Practices in the Kitchen

• 4 Practical Knife Skills Exercises — 5 classes
- › 4.1 Basic Chopping Exercises
- › 4.2 Slicing Techniques Practice
- › 4.3 Dicing Vegetables Effectively
- › 4.4 Herb Chopping Techniques
- › 4.5 Advanced Knife Skills Drills

3 Fish and Shellfish Cookery

4 chapters · 20 classes · 65 marks

- **1 Selecting Fresh Fish and Shellfish** — 5 classes
  - 1.1 Identifying Fresh Fish
  - 1.2 Evaluating Shellfish Quality
  - 1.3 Seasonal Availability of Seafood
  - 1.4 Sustainable Seafood Choices
  - 1.5 Proper Storage Techniques
- **2 Basic Cooking Techniques for Fish** — 5 classes
  - 2.1 Grilling Fish Perfectly
  - 2.2 Poaching Fish Safely
  - 2.3 Baking Fish with Herbs
  - 2.4 Sautéing Techniques for Fish
  - 2.5 Frying Fish to Perfection
- **3 Preparing Shellfish Dishes** — 5 classes
  - 3.1 Cleaning and Preparing Shellfish
  - 3.2 Cooking Techniques for Shrimp
  - 3.3 Making Clam Chowder
  - 3.4 Creating Lobster Dishes
  - 3.5 Shellfish Pairing with Sauces
- **4 Presentation of Fish and Shellfish Dishes** — 5 classes
  - 4.1 Plating Techniques for Seafood
  - 4.2 Garnishing Fish Dishes
  - 4.3 Creating Visual Appeal
  - 4.4 Serving Seafood Elegantly
  - 4.5 Using Color and Texture

4 Meat and Poultry Cookery

4 chapters · 20 classes · 45 marks

- **1 Understanding Different Types of Meat** — 5 classes
  - 1.1 Introduction to Red Meat
  - 1.2 Exploring White Meat Varieties
  - 1.3 Understanding Game Meat
  - 1.4 Identifying Meat Cuts
  - 1.5 Nutritional Value of Different Meats
- **2 Basic Cooking Methods for Meat** — 5 classes
  - 2.1 Grilling Techniques for Meat
  - 2.2 Roasting Meat Perfectly
  - 2.3 Sautéing and Stir-Frying Meat
  - 2.4 Slow Cooking Methods
  - 2.5 Braising Techniques Explained
- **3 Preparing Poultry Dishes** — 5 classes
  - 3.1 Marinating Poultry for Flavor
  - 3.2 Roasting Chicken to Perfection
  - 3.3 Making Poultry Sauces
  - 3.4 Stuffing Techniques for Poultry
  - 3.5 Cooking with Duck and Turkey
- **4 Plating and Presentation Techniques** — 5 classes
  - 4.1 Fundamentals of Food Plating
  - 4.2 Using Colors and Textures
  - 4.3 Garnishing Techniques for Meat Dishes
  - 4.4 Creating Height and Dimension
  - 4.5 Final Touches for Presentation

5 Vegetable Cookery and Sauces

4 chapters · 20 classes · 90 marks

- **1 Selecting and Preparing Vegetables** — 5 classes
  - 1.1 Identifying Fresh Vegetables
  - 1.2 Cleaning and Peeling Techniques
  - 1.3 Cutting Vegetables: Methods and Styles
  - 1.4 Storing Vegetables Properly
  - 1.5 Seasonal Vegetables and Their Uses
- **2 Cooking Techniques for Vegetables** — 5 classes
  - 2.1 Boiling and Blanching Vegetables
  - 2.2 Steaming Techniques for Vegetables
  - 2.3 Sautéing and Stir-Frying Basics
  - 2.4 Roasting and Grilling Vegetables
  - 2.5 Using Spices and Herbs in Cooking
- **3 Making Soups and Sauces** — 5 classes
  - 3.1 Basic Soup Preparation Techniques
  - 3.2 Creating Vegetable Broths
  - 3.3 Thickening Soups and Sauces
  - 3.4 Flavoring Soups with Herbs and Spices
  - 3.5 Presentation of Soups and Sauces
- **4 Garnishing and Presentation of Vegetable Dishes** — 5 classes
  - 4.1 Basic Garnishing Techniques
  - 4.2 Using Edible Flowers for Garnishing
  - 4.3 Plating Techniques for Visual Appeal
  - 4.4 Creating Colorful Vegetable Arrangements
  - 4.5 Final Touches for Presentation

6 Rice, Pasta, and Grain Dishes

4 chapters · 20 classes **65 marks**

- **1 Types of Rice, Pasta, and Grains** — 5 classes
  - 1.1 Exploring Different Rice Varieties
  - 1.2 Understanding Pasta Types and Shapes
  - 1.3 Grain Varieties Around the World
  - 1.4 Nutritional Benefits of Grains
  - 1.5 Selecting Quality Ingredients
- **2 Cooking Techniques for Rice and Grains** — 5 classes
  - 2.1 Perfecting Rice Cooking Methods
  - 2.2 Steaming and Boiling Grains
  - 2.3 Using a Rice Cooker Effectively
  - 2.4 Toasting Grains for Flavor
  - 2.5 Making Risotto: Techniques and Tips
- **3 Preparing Pasta Dishes** — 5 classes
  - 3.1 Making Fresh Pasta from Scratch
  - 3.2 Cooking Dried Pasta Perfectly
  - 3.3 Creating Sauces for Pasta
  - 3.4 Combining Ingredients for Pasta Dishes
  - 3.5 Garnishing and Serving Pasta
- **4 Finishing and Presenting Grain Dishes** — 5 classes
  - 4.1 Plating Techniques for Grain Dishes
  - 4.2 Adding Garnishes to Enhance Presentation
  - 4.3 Creating Colorful Grain Bowls
  - 4.4 Balancing Flavors in Grain Dishes
  - 4.5 Serving Suggestions for Grain Dishes