LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Advanced Certificate in Professional Cookery

Practitioner Level

A

LAPT — London Academy of Professional Training

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

UKPRN 10067351 • Registered in England and Wales, company 4984798

6	30	180	450	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**FD-PRC-P**
AWARD	**Certificate**
ASSESSMENT	**450 marks — 270 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1 Complex Fish and Shellfish Dishes

5 chapters · 30 classes · **115 marks**

- **1 Introduction to Advanced Seafood Techniques** — 6 classes
  - 1.1 Understanding Seafood Varieties
  - 1.2 Essential Tools for Seafood Preparation
  - 1.3 Sourcing Quality Seafood Ingredients
  - 1.4 Safety and Hygiene in Seafood Handling
  - 1.5 Techniques for Deboning Fish
  - 1.6 Understanding Seafood Sustainability
- **2 Preparation of Complex Fish Dishes** — 6 classes
  - 2.1 Marinating Techniques for Fish
  - 2.2 Filleting Fish Like a Pro
  - 2.3 Creating Flavorful Fish Stocks
  - 2.4 Cooking Methods for Fish
  - 2.5 Balancing Flavors in Fish Dishes
  - 2.6 Innovative Fish Dish Recipes
- **3 Cooking Shellfish with Precision** — 6 classes
  - 3.1 Identifying Different Shellfish Types
  - 3.2 Cleaning and Preparing Shellfish
  - 3.3 Cooking Techniques for Shellfish
  - 3.4 Timing and Temperature for Shellfish
  - 3.5 Pairing Shellfish with Sauces
  - 3.6 Creating Shellfish-Based Dishes
- **4 Plating and Presentation Techniques** — 6 classes
  - 4.1 Fundamentals of Food Plating
  - 4.2 Using Colors and Textures Effectively
  - 4.3 Garnishing Techniques for Seafood
  - 4.4 Creating Height and Dimension
  - 4.5 Plate Composition and Balance
  - 4.6 Innovative Presentation Ideas
- **5 Sauces and Accompaniments for Seafood** — 6 classes
  - 5.1 Classic Sauces for Fish
  - 5.2 Creating Emulsions for Seafood
  - 5.3 Flavor Profiles for Seafood Sauces
  - 5.4 Accompaniments That Enhance Seafood
  - 5.5 Experimenting with Global Sauces
  - 5.6 Presentation of Sauces

2 Complex Meat and Poultry Dishes

5 chapters · 30 classes **90 marks**

- **1 Understanding Meat Cuts and Quality** — 6 classes
  - 1.1 Identifying Different Meat Cuts
  - 1.2 Evaluating Meat Quality Standards
  - 1.3 Understanding Meat Grading Systems
  - 1.4 Selecting Meat for Specific Dishes
  - 1.5 Storage Techniques for Fresh Meat
  - 1.6 Recognizing Signs of Spoilage
- **2 Preparation Techniques for Poultry** — 6 classes
  - 2.1 Cleaning and Trimming Poultry
  - 2.2 Marinating Techniques for Poultry
  - 2.3 Deboning and Filleting Poultry
  - 2.4 Stuffing Methods for Poultry
  - 2.5 Preparing Poultry for Roasting
  - 2.6 Safety Practices in Poultry Prep
- **3 Cooking Methods for Complex Meat Dishes** — 6 classes
  - 3.1 Sous Vide Techniques for Meat
  - 3.2 Slow Cooking Methods Explained
  - 3.3 Grilling and Smoking Techniques
  - 3.4 Braising and Stewing Methods
  - 3.5 Roasting Techniques for Different Meats
  - 3.6 Finishing Techniques for Meat Dishes
- **4 Presentation Standards for Meat and Poultry** — 6 classes
  - 4.1 Plating Techniques for Meat Dishes
  - 4.2 Garnishing Meat and Poultry
  - 4.3 Creating Visual Appeal in Dishes
  - 4.4 Using Color and Texture Effectively
  - 4.5 Serving Techniques for Meat Plates
  - 4.6 Innovative Presentation Ideas
- **5 Developing Signature Meat Sauces** — 6 classes
  - 5.1 Base Sauces for Meat Dishes
  - 5.2 Balancing Flavors in Sauces
  - 5.3 Creating Unique Flavor Profiles
  - 5.4 Thickening Agents for Sauces
  - 5.5 Finishing Techniques for Sauces
  - 5.6 Pairing Sauces with Meat Types

3 Hot Sauces and Soups Development

5 chapters · 30 classes **65 marks**

- **1 Basics of Sauce Making** — 6 classes
  - 1.1 Understanding Sauce Types
  - 1.2 Essential Ingredients for Sauces
  - 1.3 Techniques for Thickening Sauces
  - 1.4 Emulsification in Sauces
  - 1.5 Common Mistakes in Sauce Making
  - 1.6 Storing and Preserving Sauces
- **2 Creating Complex Hot Sauces** — 6 classes
  - 2.1 Selecting Spices for Heat
  - 2.2 Layering Flavors in Hot Sauces
  - 2.3 Fermentation Techniques for Sauces
  - 2.4 Balancing Heat and Flavor
  - 2.5 Innovative Hot Sauce Recipes
  - 2.6 Cultural Influences on Hot Sauces
- **3 Soups: Techniques and Flavors** — 6 classes
  - 3.1 Classic Soup Techniques
  - 3.2 Creating Depth of Flavor
  - 3.3 Using Stocks and Broths
  - 3.4 Vegetable Soups: Techniques
  - 3.5 Creamy vs. Clear Soups
  - 3.6 Garnishes for Soups
- **4 Balancing Flavors in Sauces and Soups** — 6 classes
  - 4.1 Understanding Flavor Profiles
  - 4.2 Acidity and Sweetness Balance
  - 4.3 Salinity in Sauces and Soups
  - 4.4 Umami: The Fifth Taste
  - 4.5 Adjusting Flavors During Cooking
  - 4.6 Taste Testing Techniques
- **5 Presentation of Soups and Sauces** — 6 classes
  - 5.1 Plating Techniques for Soups
  - 5.2 Garnishing Sauces Effectively
  - 5.3 Color and Texture in Presentation
  - 5.4 Serving Temperature for Soups
  - 5.5 Creative Bowl and Plate Choices
  - 5.6 Visual Appeal in Culinary Presentation

4 Cold Presentation and Canapés

5 chapters · 30 classes **45 marks**

- **1 Introduction to Cold Presentation Techniques** — 6 classes
  - 1.1 Understanding Cold Presentation Principles
  - 1.2 Essential Tools for Cold Presentation
  - 1.3 Color Theory in Food Presentation
  - 1.4 Plating Techniques for Cold Dishes
  - 1.5 Creating Visual Balance on Plates
  - 1.6 Understanding Texture in Cold Dishes
- **2 Creating Canapés with Flair** — 6 classes
  - 2.1 Classic Canapé Recipes
  - 2.2 Innovative Canapé Combinations
  - 2.3 Seasonal Ingredients for Canapés
  - 2.4 Building Layers in Canapés
  - 2.5 Pairing Canapés with Beverages
  - 2.6 Presentation Styles for Canapés
- **3 Garnishing and Decoration Techniques** — 6 classes
  - 3.1 Herb Garnishes and Their Uses
  - 3.2 Fruit and Vegetable Carving
  - 3.3 Edible Flowers in Presentation
  - 3.4 Sauces as Decorative Elements
  - 3.5 Creating Height and Depth in Garnishes
  - 3.6 Using Textures for Visual Appeal
- **4 Cocktail Items and Their Presentation** — 6 classes
  - 4.1 Popular Cocktail Appetizers
  - 4.2 Pairing Flavors with Cocktails
  - 4.3 Creative Skewers and Sticks
  - 4.4 Serving Cocktail Items Effectively
  - 4.5 Glassware Selection for Cocktails
  - 4.6 Garnishing Cocktail Drinks
- **5 Innovative Cold Dish Ideas** — 6 classes
  - 5.1 Fusion Cold Dishes
  - 5.2 Global Inspirations for Cold Dishes
  - 5.3 Vegetarian and Vegan Cold Options
  - 5.4 Utilizing Leftovers in Cold Dishes
  - 5.5 Cold Dish Pairings with Sides
  - 5.6 Trendy Cold Dish Presentations

5 Food Product Development and Gastronomy

5 chapters · 30 classes **90 marks**

- **1 Principles of Food Product Development** — 6 classes
  - 1.1 Understanding Food Product Lifecycle
  - 1.2 Identifying Market Needs
  - 1.3 Concept Development Techniques
  - 1.4 Prototype Creation and Testing
  - 1.5 Consumer Feedback Analysis
  - 1.6 Regulatory Compliance in Development
- **2 Innovative Menu Design Strategies** — 6 classes
  - 2.1 Crafting Unique Dining Experiences
  - 2.2 Balancing Flavor Profiles
  - 2.3 Seasonal Ingredient Utilization
  - 2.4 Visual Menu Presentation Techniques
  - 2.5 Catering to Dietary Restrictions
  - 2.6 Innovative Pairing Concepts
- **3 Gastronomic Trends and Techniques** — 6 classes
  - 3.1 Exploring Global Culinary Trends
  - 3.2 Molecular Gastronomy Basics
  - 3.3 Fermentation and Preservation Methods
  - 3.4 Plant-Based Cooking Innovations
  - 3.5 Fusion Cuisine Techniques
  - 3.6 Art of Plating and Presentation
- **4 Testing and Refining Recipes** — 6 classes
  - 4.1 Recipe Standardization Processes
  - 4.2 Conducting Taste Tests
  - 4.3 Adjusting Ingredients for Flavor
  - 4.4 Documenting Recipe Changes
  - 4.5 Evaluating Texture and Consistency
  - 4.6 Finalizing Recipes for Production
- **5 Sustainability in Food Development** — 6 classes
  - 5.1 Sourcing Sustainable Ingredients
  - 5.2 Waste Reduction Strategies
  - 5.3 Eco-Friendly Packaging Solutions
  - 5.4 Energy Efficiency in Cooking
  - 5.5 Community Engagement in Sourcing
  - 5.6 Promoting Local Food Systems

6 Supervisory Skills in a Hot Kitchen

5 chapters · 30 classes **45 marks**

- **1 Leadership in Culinary Environments** — 6 classes
  - 1.1 Building a Vision for the Kitchen
  - 1.2 Effective Decision Making
  - 1.3 Motivating Culinary Teams
  - 1.4 Conflict Resolution Strategies
  - 1.5 Creating a Positive Work Culture
  - 1.6 Leading by Example
- **2 Team Management and Communication** — 6 classes
  - 2.1 Effective Communication Techniques
  - 2.2 Building Trust Among Team Members
  - 2.3 Delegation of Responsibilities
  - 2.4 Fostering Team Collaboration
  - 2.5 Feedback and Performance Reviews
  - 2.6 Managing Diverse Teams
- **3 Quality Control in Food Production** — 6 classes
  - 3.1 Establishing Quality Standards
  - 3.2 Implementing Food Safety Protocols
  - 3.3 Monitoring Food Quality
  - 3.4 Conducting Quality Audits
  - 3.5 Continuous Improvement Processes
  - 3.6 Managing Supplier Quality
- **4 Training and Mentoring Staff** — 6 classes
  - 4.1 Developing Training Programs
  - 4.2 Effective Mentorship Techniques
  - 4.3 Assessing Staff Skills
  - 4.4 Creating Learning Opportunities
  - 4.5 Encouraging Professional Development
  - 4.6 Evaluating Training Effectiveness
- **5 Crisis Management in the Kitchen** — 6 classes
  - 5.1 Identifying Potential Crises
  - 5.2 Developing Crisis Response Plans
  - 5.3 Maintaining Calm Under Pressure
  - 5.4 Communicating During a Crisis
  - 5.5 Post-Crisis Evaluation
  - 5.6 Learning from Crisis Experiences