LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Food and Beverage Production

LAPT — London Academy of Professional Training

Address 85 Great Portland Street, W1W 7LT, London, United Kingdom

Email info@lapt.org

Telephone +44 7513 283044

Web lapt.org

UKPRN 10067351 • Registered in England and Wales, company 4984798

4	62	500	400	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

AWARD	**Certificate**
ASSESSMENT	**400 marks — 240 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1

Culinary Fundamentals

26 chapters · 140 classes **100 marks**

- **1 Fundamentals of Food Safety** — 6 classes
  - 1.1 Understanding Food Safety: The Basics
  - 1.2 Identifying Common Food Hazards
  - 1.3 The Importance of Personal Hygiene in Food Preparation
  - 1.4 Safe Food Storage Practices
  - 1.5 Temperature Control: Keeping Food Safe
  - 1.6 Implementing a Food Safety Plan in Your Kitchen
- **2 Basic Knife Skills and Cutting Techniques** — 6 classes
  - 2.1 Introduction to Knife Types and Their Uses
  - 2.2 Mastering the Basic Grip and Posture
  - 2.3 The Art of Chopping: Techniques for Precision
  - 2.4 Slicing and Dicing: Creating Uniform Cuts
  - 2.5 Safe Knife Handling and Maintenance Practices
  - 2.6 Applying Skills: Preparing Vegetables for Cooking
- **3 Cooking Methods and Heat Transfer** — 6 classes
  - 3.1 Understanding Conduction: The Science of Direct Heat Transfer
  - 3.2 Mastering Convection: Techniques for Even Cooking
  - 3.3 Exploring Radiation: Grilling and Broiling Essentials
  - 3.4 The Art of Steam Cooking: Benefits and Techniques
  - 3.5 Frying Fundamentals: Deep vs. Shallow Frying Methods
  - 3.6 Combining Methods: Creating Balanced Dishes with Multiple Heat Transfers
- **4 Flavour Development and Seasoning** — 6 classes
  - 4.1 Understanding the Basics of Flavour: Sweet, Sour, Salty, Bitter, and Umami
  - 4.2 The Role of Herbs and Spices in Flavour Development
  - 4.3 Balancing Flavours: Techniques for Harmonizing Ingredients
  - 4.4 Seasoning Beyond Salt: Using Acid, Fat, and Sweetness
  - 4.5 Creating Marinades and Brines for Enhanced Flavour
  - 4.6 Tasting and Adjusting: The Art of Final Seasoning in Dishes
- **5 Advanced Food Presentation and Plating Techniques** — 6 classes
  - 5.1 Mastering the Art of Plating: Essential Tools and Techniques
  - 5.2 Color Theory in Food Presentation: Creating Visual Appeal
  - 5.3 Textures and Layers: Enhancing Dishes with Depth
  - 5.4 Garnishing Techniques: From Simple to Sophisticated
  - 5.5 Thematic Plating: Designing Plates for Different Cuisines
  - 5.6 Final Touches: Using Sauces and Drizzles for Impact
- **1 Understanding Ingredients: Types and Categories** — 6 classes
  - 1.1 Exploring the Basics: What Are Ingredients?
  - 1.2 Identifying Types: Fresh vs. Processed Ingredients
  - 1.3 Categorizing Ingredients: Proteins, Carbs, and Fats
  - 1.4 Flavor Profiles: Understanding Herbs and Spices
  - 1.5 Nutritional Value: Evaluating Ingredients for Health
  - 1.6 Sustainable Choices: Selecting Local and Seasonal Ingredients
- **2 Seasonality and Sustainability in Ingredient Selection** — 6 classes
  - 2.1 Understanding Seasonality: The Impact of Local Ingredients on Menu Design
  - 2.2 Exploring Sustainability: Choosing Eco-Friendly Ingredients for Culinary Practices
  - 2.3 Seasonal Ingredient Spotlight: Identifying and Sourcing Fresh Produce
  - 2.4 The Art of Menu Planning: Incorporating Seasonal and Sustainable Ingredients
  - 2.5 Cooking Demonstration: Preparing Dishes with Seasonal Ingredients
  - 2.6 Evaluating Ingredient Choices: Assessing the Sustainability of Your Selections
- **3 Flavor Profiles and Pairing Techniques** — 6 classes
  - 3.1 Exploring Flavor Profiles: Understanding the Basics
  - 3.2 The Art of Flavor Pairing: Principles and Techniques
  - 3.3 Taste Testing: Identifying Flavor Combinations
  - 3.4 Seasonal Ingredients: Pairing with Fresh Flavors
  - 3.5 Global Influences: Flavor Profiles from Around the World
  - 3.6 Creative Pairing: Developing Your Unique Flavor Combinations
- **4 Nutritional Considerations for Ingredient Choices** — 6 classes
  - 4.1 Understanding Macronutrients: Balancing Proteins, Carbs, and Fats
  - 4.2 The Role of Micronutrients: Vitamins and Minerals in Ingredient Selection
- **4 Chapter 4 — Introduction to Menu Planning and Preparation** — 5 classes
  - 4.1 Setting Up and Closing Kitchen
  - 4.2 Identifying Key Menu Components
  - 4.3 Exploring Seasonal and Local Ingredients
  - 4.4 Designing a Balanced Menu
  - 4.5 Evaluating Menu Costs and Pricing
- **1 Chapter 1 — Mastering Fundamental Knife Skills** — 5 classes
  - 1.1 Understanding Knife Types and Their Uses
  - 1.2 Establishing Safe Knife Handling Practices
  - 1.3 Maintaining and Handling Knives
  - 1.4 Practicing Precision Cuts: Julienne, Dice, and Chiffonade
  - 1.5 Applying Knife Skills in Real Kitchen Scenarios
- **2 Chapter 2 — Basic Cooking Methods and Techniques** — 5 classes
  - 2.1 Understanding Heat Transfer in Cooking
  - 2.2 Mastering Boiling and Simmering Techniques
  - 2.3 Exploring the Art of Sautéing and Stir-Frying
  - 2.4 Developing Skills in Roasting and Baking
  - 2.5 Applying Grilling and Broiling Concepts
- **3 Chapter 3 — Introduction to Sauce-Making** — 5 classes
  - 3.1 Understanding the Role of Sauces in Culinary Arts
  - 3.2 Exploring Essential Sauce Ingredients and Their Functions
  - 3.3 Mastering Basic Techniques for Preparing Stock-based Sauces
  - 3.4 Crafting Emulsified Sauces: Techniques and Tips
  - 3.5 Applying Sauce-Making Techniques in Practical Dishes
- **4 Chapter 4 — Baking and Pastry Foundations** — 5 classes
  - 4.1 Understanding Baking Ingredients and Their Functions
  - 4.2 Mastering Dough Mixing Techniques for Perfect Results
  - 4.3 Exploring Pastry Types and Their Unique Characteristics
  - 4.4 Applying Proper Baking Methods for Consistent Outcomes
  - 4.5 Evaluating Finished Baked Goods for Quality Control
- **1 Understanding Kitchen Equipment Types and Functions** — 5 classes
  - 1.1 Identify Different Types of Kitchen Equipment
  - 1.2 Explore the Functions of Cooking Appliances
  - 1.3 Analyze the Maintenance Needs of Kitchen Tools
  - 1.4 Demonstrate Proper Use of Essential Kitchen Equipment
  - 1.5 Evaluate Safety Practices When Operating Kitchen Equipment
- **2 Safe Operating Procedures for Kitchen Equipment** — 5 classes
  - 2.1 Identify Safe Operating Procedures for Common Kitchen Equipment
  - 2.2 Demonstrate Proper Setup for Kitchen Equipment Use
  - 2.3 Execute Safety Checks Before Operating Kitchen Equipment
  - 2.4 Perform Basic Maintenance on Key Kitchen Equipment
  - 2.5 Evaluate and Respond to Equipment Malfunctions in the Kitchen
- **3 Daily Maintenance Practices for Equipment Longevity** — 5 classes
  - 3.1 Identify Essential Daily Maintenance Tasks for Kitchen Equipment
  - 3.2 Demonstrate Proper Cleaning Techniques for Equipment Safety
  - 3.3 Inspect Equipment for Wear and Tear: A Hands-On Approach
  - 3.4 Schedule and Organize Daily Maintenance Routines Effectively
  - 3.5 Evaluate the Impact of Maintenance Practices on Equipment Longevity
- **4 Troubleshooting Common Equipment Issues** — 5 classes
  - 4.1 Identify Common Equipment Malfunctions
  - 4.2 Diagnose Issues with Cooking Machines
  - 4.3 Examine Electrical Problems in Kitchen Equipment
  - 4.4 Apply Troubleshooting Techniques for Repairs
  - 4.5 Evaluate Maintenance Strategies to Prevent Future Issues
- **1 Understanding Recipe Components and Their Role in Standardisation** — 5 classes
  - 1.1 Identify Key Components of a Recipe
  - 1.2 Explain the Importance of Accurate Measurements
  - 1.3 Analyse the Role of Cooking Methods in Recipe Standardisation
  - 1.4 Compare Ingredient Substitutions and Their Effects on Recipes
  - 1.5 Develop a Standardised Recipe Based on Component Analysis
- **2 Principles of Measuring and Scaling Ingredients Accurately** — 5

2

Vegetable, Grain and Starch Cookery

12 chapters · 120 classes **100 marks**

- **1 Vegetables: Classification and Selection** — 10 classes
  - 1.1 Types of Vegetables
  - 1.2 Root and Tuber Vegetables
  - 1.3 Leafy and Stem Vegetables
  - 1.4 Fruit Vegetables and Gourds
  - 1.5 Bulbs, Flowers and Pods
  - 1.6 Seasonal Availability in India
  - 1.7 Quality Signs of Fresh Vegetables
  - 1.8 Receiving and Inspecting Produce
  - 1.9 Storage Conditions by Type
  - 1.10 Selection Practice
- **2 Washing, Cutting and Preparation of Vegetables** — 10 classes
  - 2.1 Washing and Sanitising Produce
  - 2.2 Peeling and Trimming
  - 2.3 Basic Knife Cuts for Vegetables
  - 2.4 Classic Cuts: Julienne and Brunoise
  - 2.5 Dicing and Chopping Methods
  - 2.6 Cutting Onions, Garlic and Ginger
  - 2.7 Preventing Browning and Discolouration
  - 2.8 Yield and Wastage Calculation
  - 2.9 Mise en Place for Vegetables
  - 2.10 Preparation Practice
- **3 Boiling, Steaming and Blanching Vegetables** — 10 classes
  - 3.1 Principles of Boiling Vegetables
  - 3.2 Steaming Methods
  - 3.3 Blanching and Refreshing
  - 3.4 Retaining Colour and Texture
  - 3.5 Cooking Green Vegetables
  - 3.6 Cooking Root Vegetables
  - 3.7 Cooking Time and Doneness Tests
  - 3.8 Seasoning Boiled Vegetables
  - 3.9 Holding and Reheating
  - 3.10 Boiling and Steaming Practice
- **4 Sauteing, Frying and Roasting Vegetables** — 10 classes
  - 4.1 Sauteing Principles and Pan Choice
  - 4.2 Stir Frying Techniques
  - 4.3 Shallow and Deep Frying Vegetables
  - 4.4 Batters and Coatings
  - 4.5 Roasting and Baking Vegetables
  - 4.6 Grilling Vegetables
  - 4.7 Braising and Stewing Vegetables
  - 4.8 Fat and Oil Management
  - 4.9 Plating Dry Vegetable Dishes
  - 4.10 Cooking Method Practice
- **5 Indian Vegetable Dishes and Gravies** — 10 classes
  - 5.1 Indian Spices and Tempering
  - 5.2 Basic Onion-Tomato Gravy
  - 5.3 Dry Vegetable Preparations
  - 5.4 Gravy-Based Vegetable Dishes
  - 5.5 Dal Varieties and Preparation
  - 5.6 Paneer Preparation and Dishes
  - 5.7 Regional Vegetable Dishes
  - 5.8 Vegetable Curries with Coconut and Curd
  - 5.9 Seasoning and Flavour Balance
  - 5.10 Indian Vegetable Menu Practice
- **6 Salads, Dressings and Raw Preparations** — 10 classes
  - 6.1 Types of Salads
  - 6.2 Salad Greens Preparation
  - 6.3 Basic Dressings and Vinaigrettes
  - 6.4 Mayonnaise and Emulsified Dressings
  - 6.5 Raita, Chutneys and Pickles
  - 6.6 Composed and Mixed Salads
  - 6.7 Fruit and Vegetable Platters
  - 6.8 Garnishing with Vegetables
  - 6.9 Food Safety for Raw Items
  - 6.10 Salad Plating Practice
- **7 Rice, Pulses and Legumes Cookery** — 10 classes
  - 7.1 Types of Rice and Their Uses
  - 7.2 Washing and Soaking Rice
  - 7.3 Boiling and Steaming Rice
  - 7.4 Pulao and Biryani Methods
  - 7.5 Fried Rice and Flavoured Rice
  - 7.6 Types of Pulses and Legumes
  - 7.7 Soaking and Cooking Pulses
  - 7.8 Dal and Sambar Preparation
  - 7.9 Sprouting and Salad Uses
  - 7.10 Rice and Pulse Cooking Practice
- **8 Wheat, Flours and Indian Breads** — 10 classes
  - 8.1 Types of Flour and Grains
  - 8.2 Kneading and Dough Resting
  - 8.3 Chapati and Phulka Preparation
  - 8.4 Paratha Varieties
  - 8.5 Puri and Bhatura Frying
  - 8.6 Tandoori Breads Basics
  - 8.7 Stuffed Breads and Kulchas
  - 8.8 Fermented Doughs: Dosa and Idli
  - 8.9 Storing and Holding Breads
  - 8.10 Bread Making Practice
- **9 Millets, Pasta, Noodles and Other Starches** — 10 classes
  - 9.1 Millets and Ancient Grains
  - 9.2 Cooking Techniques for Millets
  - 9.3 Types of Pasta and Noodles
  - 9.4 Cooking Pasta Al Dente
  - 9.5 Pasta Sauces and Combinations
  - 9.6 Noodle Stir-Fry Preparation
  - 9.7 Potato Cooking Methods
  - 9.8 Mashed, Roast and Fried Potatoes
  - 9.9 Couscous, Polenta and Other Starches
  - 9.10 Starch Dish Practice
- **10 Soups, Stocks and Vegetarian Sauces** — 10 classes
  - 10.1 Types of Soups
  - 10.2 Making Vegetable Stock
  - 10.3 Clear Soups and Broths
  - 10.4 Thick and Cream Soups
  - 10.5 Puree Soups
  - 10.6 Basic Mother Sauces in Vegetarian Form
  - 10.7 Thickening Agents and Roux
  - 10.8 Indian Soups and Shorbas
  - 10.9 Seasoning and Correcting Sauces
  - 10.10 Soup and Sauce Practice
- **11 Vegetarian Menu Composition and Plating** — 10 classes
  - 11.1 Principles of Vegetarian Menu Design
  - 11.2 Balancing Protein in Vegetarian Meals
  - 11.3 Vegan and Jain Menu Adaptations
  - 11.4 Allergen-Aware Vegetable Dishes
  - 11.5 Colour and Texture in Plating
  - 11.6 Portion Control and Costing
  - 11.7 Standard Recipe Cards
  - 11.8 Garnishes and Presentation Styles
  - 11.9 Tasting and Quality Checks
  - 11.10 Vegetarian Menu Practice
- **12 Kitchen Safety, Hygiene and Practical Assessment** — 10 classes
  - 12.1 Personal Hygiene in the Kitchen
  - 12.2 Safe Knife Handling
  - 12.3 Hot Oil and Burn Safety
  - 12.4 Cross-Contamination Between Food Groups
  - 12.5 Temperature Control and Holding
  - 12.6 Storage Labelling and Date Marking
  - 12.7 Cleaning as You Work
  - 12.8 Reducing Waste and Using Trimmings
  - 12.9 Recording Production and Wastage
  - 12.10 Practical Cookery Assessment Preparation

3 **Meat, Poultry and Seafood Cookery** 12 chapters · 120 classes **100 marks**

- **1 Meat, Poultry and Seafood in the Hotel Kitchen** — 10 classes
  - 1.1 Role of Proteins on Hotel Menus
  - 1.2 Cuts and Categories of Meat
  - 1.3 Types of Poultry and Game
  - 1.4 Fish and Shellfish Families
  - 1.5 Nutritional Value of Proteins
  - 1.6 Religious and Dietary Restrictions
  - 1.7 Buying Specifications and Grades
  - 1.8 Receiving and Inspecting Deliveries
  - 1.9 Storage Temperatures and Rotation
  - 1.10 Protein Identification Practice
- **2 Knife Skills and Butchery Preparation** — 10 classes
  - 2.1 Choosing and Maintaining Knives
  - 2.2 Sharpening and Steeling
  - 2.3 Boning and Trimming Meat
  - 2.4 Cutting Steaks, Chops and Cubes
  - 2.5 Jointing and Boning Poultry
  - 2.6 Mincing and Marinating Meat
  - 2.7 Preparation of Offal
  - 2.8 Portion Control and Yield Testing
  - 2.9 Using Trimmings for Stocks and Mince
  - 2.10 Butchery Practice
- **3 Fish and Shellfish Preparation** — 10 classes
  - 3.1 Round and Flat Fish Identification
  - 3.2 Scaling, Gutting and Filleting Round Fish
  - 3.3 Filleting Flat Fish
  - 3.4 Preparing Prawns and Shrimp
  - 3.5 Preparing Crab and Lobster
  - 3.6 Cleaning Squid and Shellfish
  - 3.7 Freshness Checks for Seafood
  - 3.8 Allergen Rules for Fish and Shellfish
  - 3.9 Frozen Seafood Thawing
  - 3.10 Seafood Preparation Practice
- **4 Dry Heat Cooking: Grilling, Roasting and Frying** — 10 classes
  - 4.1 Principles of Dry Heat Cooking
  - 4.2 Grilling Meat and Poultry
  - 4.3 Pan Frying and Searing
  - 4.4 Shallow and Deep Frying Proteins
  - 4.5 Roasting Joints and Whole Birds
  - 4.6 Resting and Carving
  - 4.7 Cooking Temperatures and Doneness
  - 4.8 Basting and Glazing
  - 4.9 Gravies and Pan Sauces
  - 4.10 Dry Heat Practice
- **5 Moist Heat Cooking: Braising, Stewing and Poaching** — 10 classes
  - 5.1 Principles of Moist Heat Cooking
  - 5.2 Braising Tough Cuts
  - 5.3 Stewing and Casseroles
  - 5.4 Poaching Chicken and Fish
  - 5.5 Steaming Fish and Dim Sum Fillings
  - 5.6 Pressure Cooking Meats
  - 5.7 Slow Cooked Dishes
  - 5.8 Sauce Reduction and Finishing
  - 5.9 Cooling and Reheating Safely
  - 5.10 Moist Heat Practice
- **6 Indian Meat and Poultry Dishes** — 10 classes
  - 6.1 Marinades and Spice Pastes
  - 6.2 Chicken Curries and Gravies
  - 6.3 Mutton and Lamb Curries
  - 6.4 Keema and Kofta Dishes
  - 6.5 Biryani Dum Cooking
  - 6.6 Regional Meat Specialities
  - 6.7 Cooking with a Tandoor
  - 6.8 Kebabs and Tikkas
  - 6.9 Egg Dishes in Indian Cooking
  - 6.10 Indian Non-Vegetarian Menu Practice
- **7 Indian Fish and Seafood Dishes** — 10 classes
  - 7.1 Coastal Fish Curries
  - 7.2 Fried and Tawa Fish
  - 7.3 Tandoori and Grilled Fish
  - 7.4 Prawn and Crab Preparations
  - 7.5 Fish with Coconut and Tamarind Bases
  - 7.6 Bengali and Goan Specialities
  - 7.7 Seafood Rice and Biryani
  - 7.8 Reducing Fishy Odour
  - 7.9 Balancing Spice with Delicate Flesh
  - 7.10 Indian Seafood Practice
- **8 Stocks, Sauces and Accompaniments for Proteins** — 10 classes
  - 8.1 Making Brown and White Stocks
  - 8.2 Fish Stock Preparation
  - 8.3 Mother Sauces and Derivatives
  - 8.4 Gravies and Jus
  - 8.5 Pepper, Mushroom and Wine Sauces
  - 8.6 Compound Butters and Marinades
  - 8.7 Vegetable and Starch Accompaniments
  - 8.8 Matching Sauces to Proteins
  - 8.9 Seasoning and Tasting Sauces
  - 8.10 Sauce Making Practice
- **9 Egg, Cold Meats and Charcuterie Basics** — 10 classes
  - 9.1 Egg Cookery Methods
  - 9.2 Omelettes and Scrambled Eggs
  - 9.3 Poached and Boiled Eggs
  - 9.4 Brining and Curing Basics
  - 9.5 Sausages and Cold Cuts
  - 9.6 Terrines and Pates Overview
  - 9.7 Smoking Basics
  - 9.8 Cold Platters and Presentation
  - 9.9 Safe Handling of Ready-to-Eat Meats
  - 9.10 Cold Protein Practice
- **10 Food Safety for High-Risk Proteins** — 10 classes
  - 10.1 Hazards in Raw Meat and Seafood
  - 10.2 Temperature Danger Zone
  - 10.3 Colour-Coded Boards and Knives
  - 10.4 Cross-Contamination Prevention
  - 10.5 Core Cooking Temperatures
  - 10.6 Cooling, Chilling and Reheating
  - 10.7 Cook-Chill and Cook-Freeze Production
  - 10.8 Hazard Control Points for Proteins
  - 10.9 Allergens in Protein Dishes
  - 10.10 Food Safety Record Practice
- **11 Portioning, Plating and Menu Costing for Proteins** — 10 classes
  - 11.1 Standard Portion Sizes
  - 11.2 Costing a Protein Dish
  - 11.3 Yield and Wastage Records
  - 11.4 Plate Composition and Balance
  - 11.5 Garnishes and Sauce Presentation
  - 11.6 Hot Holding and Pass Service
  - 11.7 Setting Up for Rush Service
  - 11.8 Seasonal and Sustainable Seafood Choices
  - 11.9 Reducing Waste with Nose-to-Tail Use
  - 11.10 Plating Practice
- **12 Practical Assessment: Protein Menu Production** — 10 classes
  - 12.1 Planning a Protein Menu
  - 12.2 Writing a Production Order
  - 12.3 Mise en Place Planning
  - 12.4 Timing a Multi-Dish Service
  - 12.5 Cooking and Finishing Dishes
  - 12.6 Tasting and Quality Checks
  - 12.7 Cleaning and Closing the Station
  - 12.8 Recording Waste and Stock Use
  - 12.9 Reviewing Chef Feedback
  - 12.10 Preparing for Assessment Day

4 **International Cuisines** 12 chapters · 120 classes **100 marks**

- **1 Understanding World Cuisines and Menu Styles** — 10 classes
  - 1.1 How Geography Shapes Cuisine
  - 1.2 Major Cuisine Families of the World
  - 1.3 Staple Ingredients by Region
  - 1.4 Spices, Herbs and Flavour Bases
  - 1.5 Cooking Methods by Region
  - 1.6 Meal Structure and Courses
  - 1.7 Religion, Culture and Food Customs
  - 1.8 Reading International Menus
  - 1.9 Guest Expectations of Authenticity
  - 1.10 Cuisine Map Practice
- **2 North Indian and Mughlai Cuisine** — 10 classes
  - 2.1 Punjabi Home Style Dishes
  - 2.2 Mughlai Gravies and Kormas
  - 2.3 Awadhi Dum Cooking
  - 2.4 Tandoori and Kebab Station
  - 2.5 Kashmiri Specialities
  - 2.6 Rajasthani and Gujarati Dishes
  - 2.7 Breads and Accompaniments
  - 2.8 Sweets and Desserts of the North
  - 2.9 Regional Menu Planning
  - 2.10 North Indian Production Practice
- **3 South and East Indian Cuisines** — 10 classes
  - 3.1 Kerala and Coastal Cooking
  - 3.2 Tamil Chettinad Dishes
  - 3.3 Andhra and Hyderabadi Specialities
  - 3.4 Karnataka Meals and Snacks
  - 3.5 Bengali and Odia Dishes
  - 3.6 North-East Indian Flavours
  - 3.7 Fermented Batters and Breakfast Items
  - 3.8 Coconut, Tamarind and Curry Leaf Use
  - 3.9 Regional Sweets
  - 3.10 South and East Menu Practice
- **4 Chinese and South East Asian Cuisines** — 10 classes
  - 4.1 Chinese Regional Styles
  - 4.2 Wok Cooking Techniques
  - 4.3 Sauces and Seasoning Pastes
  - 4.4 Noodles, Rice and Dim Sum
  - 4.5 Soups and Starters
  - 4.6 Thai Curries and Salads
  - 4.7 Vietnamese and Malaysian Dishes
  - 4.8 Indo-Chinese Hotel Dishes
  - 4.9 Balancing Sweet, Sour, Salty and Hot
  - 4.10 Asian Menu Practice
- **5 Japanese, Korean and Far Eastern Cuisine** — 10 classes
  - 5.1 Japanese Culinary Principles
  - 5.2 Rice Preparation for Sushi
  - 5.3 Basic Sushi and Sashimi Handling
  - 5.4 Tempura and Grilled Dishes
  - 5.5 Ramen and Noodle Soups
  - 5.6 Korean Staples and Fermented Foods
  - 5.7 Korean Grilled Dishes
  - 5.8 Broths and Dashi
  - 5.9 Plating in East Asian Style
  - 5.10 Far Eastern Menu Practice
- **6 Italian and Mediterranean Cuisine** — 10 classes
  - 6.1 Italian Regional Overview
  - 6.2 Fresh and Dried Pasta Dishes
  - 6.3 Risotto Preparation
  - 6.4 Pizza Dough and Toppings
  - 6.5 Mediterranean Salads and Mezze
  - 6.6 Grilled Seafood and Meats
  - 6.7 Olive Oil, Herbs and Cheese
  - 6.8 Spanish Tapas and Paella
  - 6.9 Greek and Turkish Specialities
  - 6.10 Mediterranean Menu Practice
- **7 French and Continental Cuisine** — 10 classes
  - 7.1 Classical French Kitchen Organisation
  - 7.2 Stocks and Mother Sauces in Continental Cooking
  - 7.3 Classic Soups
  - 7.4 Classic Egg and Starter Dishes
  - 7.5 Meat and Fish Main Courses
  - 7.6 Vegetables and Potato Preparations
  - 7.7 Cheese and Charcuterie Service
  - 7.8 Classic Desserts
  - 7.9 Modern Continental Presentation
  - 7.10 Continental Menu Practice
- **8 Middle Eastern, African and Mexican Cuisine** — 10 classes
  - 8.1 Middle Eastern Spice Blends
  - 8.2 Grills, Kebabs and Flatbreads
  - 8.3 Hummus, Falafel and Dips
  - 8.4 North African Tagines and Couscous
  - 8.5 West and East African Staples
  - 8.6 Mexican Salsas and Tortillas
  - 8.7 Tacos, Burritos and Grills
  - 8.8 South American Dishes
  - 8.9 Fusion Dishes Using Local Ingredients
  - 8.10 Global Flavours Practice
- **9 American, British and Fusion Cuisine** — 10 classes
  - 9.1 Classic American Grill Dishes
  - 9.2 Burgers, Sandwiches and Wraps
  - 9.3 Breakfast Cooking Styles
  - 9.4 Traditional British Dishes
  - 9.5 Pies, Roasts and Pub Meals
  - 9.6 Understanding Fusion Cooking
  - 9.7 Adapting Dishes for Local Taste
  - 9.8 Dishes for Children and Families
  - 9.9 Comfort Food Menus
  - 9.10 Fusion Menu Practice
- **10 Adapting Cuisines to Dietary and Cultural Needs** — 10 classes
  - 10.1 Vegetarian and Vegan Adaptations
  - 10.2 Halal and Jain Preparation Rules
  - 10.3 Gluten-Free and Allergen-Safe Cooking
  - 10.4 Low Salt and Diabetic Options
  - 10.5 Reducing Heat and Spice for Guests
  - 10.6 Cooking for Children and Elderly Guests
  - 10.7 Labelling Dishes Clearly
  - 10.8 Substitutions Without Losing Character
  - 10.9 Advising Guests About Ingredients
  - 10.10 Adaptation Practice
- **11 Buffets, Live Stations and Theme Nights** — 10 classes
  - 11.1 Planning an International Theme Night
  - 11.2 Live Cooking Station Set-Up
  - 11.3 Buffet Menu Balance
  - 11.4 Holding Food Safely at Buffets
  - 11.5 Garnish and Display for Cuisines
  - 11.6 Costing a Theme Buffet
  - 11.7 Station Staffing and Flow
  - 11.8 Handling Guest Interaction at Live Stations
  - 11.9 Promoting New Menu Items to Guests
  - 11.10 Theme Buffet Practice
- **12 Practical Assessment: International Menu Production** — 10 classes
  - 12.1 Selecting a Cuisine and Menu
  - 12.2 Writing Recipes and Ingredient Lists
  - 12.3 Ordering and Preparing Stock
  - 12.4 Planning Mise en Place
  - 12.5 Cooking Authentic Signature Dishes
  - 12.6 Plating and Service Standards
  - 12.7 Hygiene and Safety Checks
  - 12.8 Tasting and Quality Review
  - 12.9 Cleaning and Costing Review
  - 12.10 Assessment Day Preparation

LAPT — 85 Great Portland Street, W1W 7LT, London, United Kingdom
info@lapt.org • +44 7513 283044 • lapt.org

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