LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Indian and International Cuisines

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

Reference CUL-C03 • Culinary Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

4	64	486	400	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**CUL-C03**
AWARD	**Certificate**
ASSESSMENT	**400 marks — 240 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1

Garde Manger, Cold Kitchen and Plating

22 chapters · 126 classes **100 marks**

- **1 Foundations of Aesthetic Food Presentation** — 6 classes
  - 1.1 Understanding the Principles of Food Aesthetics
  - 1.2 Exploring Color Theory in Culinary Presentation
  - 1.3 Balancing Texture and Form for Visual Appeal
  - 1.4 Designing Contextual and Thematic Plating
  - 1.5 Mastering the Art of Negative Space in Plating
  - 1.6 Creating Harmony with Garnishes and Accents
- **2 Advanced Plating Techniques and Tools** — 6 classes
  - 2.1 Understanding the Principles of Modern Plating
  - 2.2 Exploring Essential Plating Tools and Their Uses
  - 2.3 Mastering the Use of Colors and Textures in Plating
  - 2.4 Creating Visual Balance and Harmony on the Plate
  - 2.5 Designing Thematic and Seasonal Presentation Styles
  - 2.6 Evaluating and Refining Plating for Aesthetic Impact
- **3 Playing with Textures and Edible Elements** — 6 classes
  - 3.1 Exploring Texture Variations in Culinary Art
  - 3.2 Understanding Edible Elements in Food Design
  - 3.3 Combining Textures for Visual and Taste Appeal
  - 3.4 Employing Edible Elements for Color and Contrast
  - 3.5 Techniques for Layering Textures in Dishes
  - 3.6 Applying Edible Elements in Thematic Presentations
- **4 Culinary Artistry: Theme and Concept Development** — 6 classes
  - 4.1 Understanding Culinary Themes and Concepts
  - 4.2 Exploring Cultural Influences in Food Presentation
  - 4.3 Analyzing the Use of Color and Texture in Plating
  - 4.4 Designing Menus with Cohesive Themes
  - 4.5 Developing a Signature Style in Dish Presentation
  - 4.6 Applying Thematic Concepts in Practical Plating
- **5 Innovation in Modernist Food Presentation** — 6 classes
  - 5.1 Exploring the Principles of Modernist Food Presentation
  - 5.2 Analyzing the Role of Plating in Culinary Innovation
  - 5.3 Implementing Textural Contrast in Food Design
  - 5.4 Utilizing Color Theory for Visual Appeal in Dishes
  - 5.5 Crafting Unique Plating Techniques Using Modernist Tools
  - 5.6 Applying Storytelling Through Innovative Plate Composition
- **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
- **1 Cooling and Storing** — 4 classes
  - 1.1 Cooling Racks and Resting Times
  - 1.2 Storing Bread, Biscuits and Cakes
  - 1.3 Keeping Baked Goods Fresh
  - 1.4 Packing Treats for Gifts
- **2 Glazing and Simple Decoration** — 4 classes
  - 2.1 Egg Wash and Milk Glazes
  - 2.2 Making Icing Sugar Glaze
  - 2.3 Buttercream Basics
  - 2.4 Simple Piping and Dusting
- **3 Your Baking Journey Ahead** — 4 classes
  - 3.1 Reviewing What You Baked
  - 3.2 Costing a Simple Bake
  - 3.3 Careers in Bakeries
- **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
- **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
- **20 Cold Buffet and Platter Production** — 10 classes
  - 20.1 Planning a Cold Buffet Menu
  - 20.2 Calculating Quantities for Buffet Guests
  - 20.3 Preparing Cold Meat and Poultry Platters
  - 20.4 Preparing Cold Fish and Seafood Platters
  - 20.5 Vegetable and Cheese Platters
  - 20.6 Arranging Platters for Height and Balance
  - 20.7 Using Aspic, Gelee and Glazes
  - 20.8 Replenishing Buffet Items During Service
  - 20.9 Carving and Slicing for Display
  - 20.10 Practical Cold Platter Assessment
- **21 Cured, Pickled and Preserved Cold Items** — 10 classes
  - 21.1 Principles of Curing and Salting
  - 21.2 Making Gravlax and Cured Fish Safely

2

Indian Regional Cuisines

12 chapters · 120 classes **100 marks**

- **1 Foundations of Indian Cooking and the Spice Pantry** — 10 classes
  - 1.1 Regions and Food Traditions of India
  - 1.2 Core Ingredients of the Indian Kitchen
  - 1.3 Whole Spices and Their Characters
  - 1.4 Ground Spices, Colour and Heat
  - 1.5 Fresh Aromatics Ginger Garlic and Chillies
  - 1.6 Ghee, Oils and Fats in Indian Cooking
  - 1.7 Dairy Products Curd Paneer and Khoya
  - 1.8 Indian Cooking Vessels and Equipment
  - 1.9 Safe Handling of Spices and Dry Goods
  - 1.10 Reading and Standardising a Regional Recipe
- **2 Spice Blends, Masalas and Tempering Techniques** — 10 classes
  - 2.1 Principles of Layering Flavour With Spices
  - 2.2 Dry Roasting and Grinding Masalas
  - 2.3 Garam Masala and Chaat Masala Blends
  - 2.4 Regional Masala Pastes
  - 2.5 Tadka and Tempering Methods
  - 2.6 Bhunao and Frying Down Masala
  - 2.7 Dum Cooking and Sealed Pot Methods
  - 2.8 Smoking With Dhungar Technique
  - 2.9 Controlling Heat and Preventing Burnt Spice
  - 2.10 Tasting and Adjusting Masala Balance
- **3 Gravies, Pastes and Base Sauces of Indian Kitchens** — 10 classes
  - 3.1 Onion Tomato Base Gravy
  - 3.2 White Gravy With Nuts and Cream
  - 3.3 Yellow Gravy and Makhani Base
  - 3.4 Green Gravy With Spinach and Herbs
  - 3.5 Coconut Based Gravies
  - 3.6 Yoghurt Based Gravies and Kadhi
  - 3.7 Preparing Gravy Bases in Bulk
  - 3.8 Cooling and Storing Gravy Bases Safely
  - 3.9 Combining Bases for Many Dishes
  - 3.10 Practical Gravy Base Assessment
- **4 Dal, Rice and Pulse Preparations Across India** — 10 classes
  - 4.1 Types of Dal and Cooking Times
  - 4.2 Basic Tadka Dal Preparation
  - 4.3 Dal Makhani and Slow Cooked Dals
  - 4.4 Sambar and Rasam Basics
  - 4.5 Rajma Chole and Bean Curries
  - 4.6 Plain Steamed Rice and Perfect Grains
  - 4.7 Pulao and Flavoured Rice Dishes
  - 4.8 Khichdi and One Pot Meals
  - 4.9 Cooling and Reheating Rice Safely
  - 4.10 Pairing Dal and Rice on a Menu
- **5 North Indian and Punjabi Cuisine** — 10 classes
  - 5.1 Features of Punjabi Home and Dhaba Cooking
  - 5.2 Paneer Dishes and Handling Paneer
  - 5.3 Butter and Cream Based Curries
  - 5.4 Sarson Ka Saag and Seasonal Greens
  - 5.5 Punjabi Chicken and Meat Curries
  - 5.6 Kadhi Pakora and Yoghurt Dishes
  - 5.7 Stuffed Parathas and Griddle Breads
  - 5.8 Lassi and Traditional Drinks
  - 5.9 Garnishing Punjabi Dishes
  - 5.10 Plating a Punjabi Meal
- **6 Mughlai and Awadhi Cuisine** — 10 classes
  - 6.1 Origins and Style of Mughlai Cooking
  - 6.2 Rich Gravies With Nuts and Saffron
  - 6.3 Korma and Nihari Preparation
  - 6.4 Kebabs Galouti Shami and Seekh
  - 6.5 Awadhi Dum Biryani Method
  - 6.6 Layering Rice and Meat for Dum
  - 6.7 Sealing and Timing a Dum Pot
  - 6.8 Mughlai Breads Sheermal and Rumali
  - 6.9 Halal Meat Handling in Kitchens
  - 6.10 Serving a Mughlai Feast
- **7 Tandoor Cookery and Indian Breads** — 10 classes
  - 7.1 How a Tandoor Works
  - 7.2 Lighting and Controlling a Tandoor Safely
  - 7.3 Marinades for Tandoori Foods
  - 7.4 Tandoori Chicken and Meat Preparation
  - 7.5 Tandoori Paneer and Vegetable Preparation
  - 7.6 Fish and Seafood in the Tandoor
  - 7.7 Making Naan and Kulcha Dough
  - 7.8 Cooking Breads in the Tandoor
  - 7.9 Roti Chapati and Griddle Breads
  - 7.10 Cleaning and Maintaining the Tandoor
- **8 Rajasthani and Gujarati Cuisine** — 10 classes
  - 8.1 Desert Cooking and Dry Ingredients
  - 8.2 Dal Baati Churma Preparation
  - 8.3 Gatte Ki Sabzi and Besan Dishes
  - 8.4 Laal Maas and Rajasthani Meat Cooking
  - 8.5 Gujarati Thali Structure and Balance
  - 8.6 Dhokla Khandvi and Steamed Snacks
  - 8.7 Undhiyu and Seasonal Vegetables
  - 8.8 Sweet and Savoury Balance in Gujarati Food
  - 8.9 Farsan and Fried Snacks
  - 8.10 Serving a Rajasthani and Gujarati Thali
- **9 Bengali, Odia and Eastern Indian Cuisine** — 10 classes
  - 9.1 Features of Eastern Indian Cooking
  - 9.2 Mustard Oil and Panch Phoron Use
  - 9.3 River Fish Preparation and Cooking
  - 9.4 Maach Jhol and Light Fish Curries
  - 9.5 Bengali Vegetable Dishes
  - 9.6 Odia Dalma and Temple Food
  - 9.7 Prawn and Coconut Dishes
  - 9.8 Assamese and North Eastern Highlights
  - 9.9 Rice Preparations of the East
  - 9.10 Plating an Eastern Indian Meal
- **10 South Indian Cuisine** — 10 classes
  - 10.1 Features of the Four Southern Cuisines
  - 10.2 Idli and Dosa Batter Fermentation
  - 10.3 Making and Cooking Dosa Varieties
  - 10.4 Sambar and Rasam in Detail
  - 10.5 Coconut Chutneys and Podis
  - 10.6 Kerala Curries and Appam
  - 10.7 Chettinad Spice and Meat Dishes
  - 10.8 Andhra Spicy Preparations
  - 10.9 Karnataka and Udupi Vegetarian Dishes
  - 10.10 Serving a Traditional Banana Leaf Meal
- **11 Maharashtrian, Goan and Coastal Cuisine** — 10 classes
  - 11.1 Features of Western Coastal Cooking
  - 11.2 Maharashtrian Everyday Dishes and Masalas
  - 11.3 Misal Pav and Usal Preparations
  - 11.4 Konkan Seafood Cooking
  - 11.5 Goan Vindaloo and Xacuti
  - 11.6 Goan Fish Curry and Recheado Masala
  - 11.7 Portuguese Influence on Goan Food
  - 11.8 Kokum Tamarind and Souring Agents
  - 11.9 Coastal Rice and Coconut Dishes
  - 11.10 Handling Fresh Fish for Coastal Dishes
- **12 Indian Street Food, Snacks and Sweets** — 10 classes
  - 12.1 Street Food Culture and Hygiene Standards
  - 12.2 Chaat Assembly Pani Puri and Bhel
  - 12.3 Samosa Kachori and Frying Safely
  - 12.4 Pav Bhaji and Griddle Street Dishes
  - 12.5 Frying Oil Management for Snacks
  - 12.6 Traditional Mithai Base Preparations
  - 12.7 Sugar Syrup Stages for Indian Sweets
  - 12.8 Halwa Kheer and Milk Desserts
  - 12.9 Chai Lassi and Regional Drinks
  - 12.10 Composing a Regional Indian Thali Menu

3

Cuisines of Asia

14 chapters · 120 classes **100 marks**

- **1 Foundational Asian Culinary Principles** — 5 classes
  - 1.1 Exploring Essential Asian Ingredients
  - 1.2 Mastering Knife Techniques for Asian Cuisine
  - 1.3 Understanding Asian Flavor Profiles and Balance
  - 1.4 Applying Foundational Stir-Fry Techniques
  - 1.5 Adapting Traditional Asian Cooking Methods
- **2 Preparation Techniques in Asian Cooking** — 5 classes
  - 2.1 Understanding Asian Knife Skills: Chopping and Slicing Techniques
  - 2.2 Mastering the Art of Stir-Frying: Essential Tips and Methods
  - 2.3 Exploring Marination: Creating Authentic Asian Flavours
  - 2.4 Steaming Techniques: Perfecting Textures in Asian Cuisine
  - 2.5 Integrating Fermentation: Enhancing Dishes with Asian Ingredients
- **3 Mastering Asian Cooking Methods** — 5 classes
  - 3.1 Exploring the Fundamentals of Asian Flavour Profiles
  - 3.2 Mastering Stir-Frying Techniques for Authentic Texture
  - 3.3 Perfecting the Art of Steaming for Healthy Asian Dishes
  - 3.4 Delving into Braising: Balancing Heat and Aromatics
  - 3.5 Applying Culinary Techniques: Creating a Signature Asian Dish
- **4 Innovative Fusions and Creative Presentations** — 5 classes
  - 4.1 Exploring the Principles of Fusion Cuisine
  - 4.2 Identifying Key Asian Ingredients for Fusion
  - 4.3 Experimenting with Flavor Combinations
  - 4.4 Techniques for Creative Culinary Presentations
  - 4.5 Designing a Fusion Dish: From Concept to Plate
- **5 Chinese Regional Cuisines** — 10 classes
  - 5.1 Eight Great Regional Traditions of China
  - 5.2 Cantonese Cooking and Light Seasoning
  - 5.3 Sichuan Cooking and Numbing Heat
  - 5.4 Hunan and Shandong Highlights
  - 5.5 Chinese Stocks and Master Sauces
  - 5.6 Classic Chinese Pantry Ingredients
  - 5.7 Braised and Red Cooked Dishes
  - 5.8 Roast Meats and Crispy Preparations
  - 5.9 Chinese Vegetable and Tofu Dishes
  - 5.10 Composing a Chinese Banquet Style Menu
- **6 Wok Cookery and Stir-Fry Control** — 10 classes
  - 6.1 Types of Woks and Seasoning a Wok
  - 6.2 Heat Control and Wok Hei
  - 6.3 Cutting Ingredients for Stir-Fry
  - 6.4 Order of Adding Ingredients
  - 6.5 Velveting Meat and Poultry
  - 6.6 Stir-Frying Vegetables Crisp and Bright
  - 6.7 Sauces for Stir-Fries and Thickening
  - 6.8 Deep Frying in a Wok Safely
  - 6.9 Fried Rice Production
  - 6.10 Timed Wok Station Practice
- **7 Dim Sum and Steamed Dumplings** — 10 classes
  - 7.1 Dim Sum Styles and Menu Structure
  - 7.2 Steamer Types and Steaming Safely
  - 7.3 Making Dumpling Wrappers and Doughs
  - 7.4 Preparing Pork Prawn and Vegetable Fillings
  - 7.5 Folding and Pleating Dumplings
  - 7.6 Steamed Buns and Bao Dough
  - 7.7 Fried and Pan Fried Dumplings
  - 7.8 Rice Flour Wraps and Rolls
  - 7.9 Dipping Sauces and Accompaniments
  - 7.10 Holding and Serving Dim Sum at Volume
- **8 Noodle Dishes of Asia** — 10 classes
  - 8.1 Noodle Types Wheat Rice and Egg
  - 8.2 Cooking and Refreshing Noodles Correctly
  - 8.3 Making Noodle Broths and Soup Bases
  - 8.4 Stir-Fried Noodles and Chow Mein Style
  - 8.5 Pho and Ramen Style Bowls
  - 8.6 Cold Noodle Salads
  - 8.7 Hand Pulled and Cut Noodle Basics
  - 8.8 Noodle Toppings and Garnishes
  - 8.9 Holding Noodles During Service
  - 8.10 Assessed Noodle Bowl Production
- **9 Japanese Cuisine Foundations** — 10 classes
  - 9.1 Principles of Japanese Cooking
  - 9.2 Dashi and Miso Preparation
  - 9.3 Cooking Japanese Short Grain Rice
  - 9.4 Seasoned Sushi Rice Preparation
  - 9.5 Sushi Rolls and Nigiri Basics
  - 9.6 Safe Handling of Raw Fish for Sushi
  - 9.7 Tempura Batter and Frying
  - 9.8 Teriyaki Grilling and Simmered Dishes
  - 9.9 Japanese Knife Cuts and Garnishes
  - 9.10 Presenting a Simple Japanese Set Meal
- **10 Korean Cuisine and Fermented Foods** — 10 classes
  - 10.1 Features of Korean Cooking
  - 10.2 Gochujang Doenjang and Core Pastes
  - 10.3 Making Kimchi Safely
  - 10.4 Banchan Side Dish Preparation
  - 10.5 Korean Barbecue Marinades and Grilling
  - 10.6 Stews Jjigae and Hot Pots
  - 10.7 Bibimbap Assembly and Rice Bowls
  - 10.8 Korean Pancakes and Fried Foods
  - 10.9 Fermentation Safety and Storage
  - 10.10 Serving a Korean Table
- **11 Thai and Vietnamese Cuisine** — 10 classes
  - 11.1 Balancing Thai Flavours
  - 11.2 Making Thai Curry Pastes
  - 11.3 Thai Curries and Coconut Milk Cooking
  - 11.4 Stir-Fried and Grilled Thai Dishes
  - 11.5 Thai Salads and Fresh Herbs
  - 11.6 Vietnamese Herbs and Fresh Rolls
  - 11.7 Vietnamese Broths and Dipping Sauces
  - 11.8 Banh Mi and Grilled Meats
  - 11.9 Fish Sauce and Shrimp Paste Use
  - 11.10 Plating Thai and Vietnamese Dishes
- **12 Malaysian, Indonesian and Singaporean Cuisine** — 10 classes
  - 12.1 Cultural Mix Behind South East Asian Food
  - 12.2 Rempah and Spice Paste Preparation
  - 12.3 Laksa and Coconut Noodle Soups
  - 12.4 Nasi Goreng and Rice Dishes
  - 12.5 Satay Marinating and Grilling
  - 12.6 Peanut Sauce Preparation
  - 12.7 Rendang and Slow Cooked Dishes
  - 12.8 Hawker Style Snacks
  - 12.9 Sambal and Chilli Condiments
  - 12.10 Composing a South East Asian Menu
- **13 Middle Eastern and West Asian Cuisines** — 10 classes
  - 13.1 Features of Levantine Persian and Turkish Food
  - 13.2 Spice Blends and Herbs of West Asia
  - 13.3 Mezze Hummus and Dips
  - 13.4 Flatbreads and Pita Making
  - 13.5 Grilled Kebabs and Skewers
  - 13.6 Rice Dishes Pilaf and Saffron Rice
  - 13.7 Slow Cooked Stews and Tagines
  - 13.8 Falafel and Fried Preparations
  - 13.9 Nuts Dates and Sweet Preparations
  - 13.10 Presenting a Mezze and Grill Table
- **14 Asian Condiments, Pastes and Fermented Sauces** — 10 classes

4 **Cuisines of Europe, Mediterranean and the Americas** 16 chapters · 120 classes **100 marks**

- **1 Exploration of Continental American Flavors** — 5 classes
  - 1.1 Discovering Key Ingredients of Continental American Cuisine
  - 1.2 Understanding Flavor Profiles Across American Regions
  - 1.3 Mixing Heritage: The Art of American Fusion Cuisine
  - 1.4 Experimenting with Classic American Dishes
  - 1.5 Creating a Signature Fusion Dish Inspired by American Flavors
- **2 Analyzing Techniques and Styles of Latin American Cuisine** — 5 classes
  - 2.1 Exploring the Roots of Latin American Cuisine
  - 2.2 Understanding Key Ingredients in Latin American Cooking
  - 2.3 Mastering Traditional Cooking Techniques of Latin America
  - 2.4 Analyzing Fusion Styles in Latin American Dishes
  - 2.5 Applying Latin American Flavors to Create Fusion Cuisine
- **3 Introduction to Fusion Cuisine Principles** — 5 classes
  - 3.1 Exploring the Origins and Evolution of Fusion Cuisine
  - 3.2 Identifying Key Ingredients in Fusion Cuisine
  - 3.3 Analyzing Cooking Techniques in Fusion Dishes
  - 3.4 Understanding Flavor Profiles in Fusion Cooking
  - 3.5 Applying Fusion Principles to Create Unique Recipes
- **4 Practical Application: Creating Fusion Dishes** — 5 classes
  - 4.1 Exploring Flavor Profiles: Combining Ingredients from Different Cuisines
  - 4.2 Understanding Fusion Techniques: Balancing Tradition and Innovation
  - 4.3 Crafting Fusion Appetizers: Simple Starters with a Creative Twist
  - 4.4 Experimenting with Main Courses: Merging Diverse Culinary Traditions
  - 4.5 Perfecting Fusion Desserts: Sweet Endings with a Unique Flavor
- **1 Overview of European Culinary Regions and Their Influences** — 5 classes
  - 1.1 Exploring the Rich Tapestry of European Culinary Traditions
  - 1.2 Identifying Key Ingredients Across European Regions
  - 1.3 Analyzing the Historical Influences on European Cooking
  - 1.4 Understanding Cross-Cultural Exchanges in European Cuisine
  - 1.5 Applying Regional Techniques to Modern European Dishes
- **2 Techniques and Ingredients in Classic European Dishes** — 5 classes
  - 2.1 Identifying Key European Ingredients
  - 2.2 Exploring Fundamental Cooking Techniques
  - 2.3 Mastering Sauces in European Cuisine
  - 2.4 Preparing Classic European Starters
  - 2.5 Creating Signature European Main Dishes
- **3 Modern Interpretations of Traditional European Recipes** — 5 classes
  - 3.1 Exploring the Evolution of Traditional European Recipes
  - 3.2 Identifying Key Ingredients in Modern European Cuisine
  - 3.3 Analyzing Techniques for Modernizing Classic Dishes
  - 3.4 Integrating Contemporary Flavours into Traditional Recipes
  - 3.5 Creating a Modern Twist on a Classic European Dish
- **4 Culinary Artistry and Plating of European Cuisine** — 5 classes
  - 4.1 Exploring European Culinary Artistry: An Introduction to Styling Techniques
  - 4.2 Mastering Essential Plating Principles: Balance, Harmony, and Contrast
  - 4.3 Applying Colour and Texture: Enhancing Visual Appeal in Dishes
  - 4.4 Creating Themed Plates: Cultural Influences and Artistic Inspirations
  - 4.5 Designing Signature Presentations: Crafting a Unique Culinary Style
- **9 French Classical Cuisine and Foundation Techniques** — 10 classes
  - 9.1 Structure of Classical French Cuisine
  - 9.2 French Culinary Terms and Kitchen Language
  - 9.3 Classic Stocks and the Five Mother Sauces
  - 9.4 Sauteing and Pan Sauces
  - 9.5 Braising and Casserole Cooking
  - 9.6 Roasting Meat and Poultry the French Way
  - 9.7 Classic Fish Preparations
  - 9.8 Classic French Vegetable Dishes
  - 9.9 French Bistro Dishes and Menus
  - 9.10 Assessed Classical French Main Course
- **10 Italian Regional Cuisine** — 10 classes
  - 10.1 Regional Differences in Italian Cooking
  - 10.2 The Italian Meal Structure
  - 10.3 Antipasti and Preserved Foods
  - 10.4 Risotto Types and Technique
  - 10.5 Fresh and Dried Pasta Regional Dishes
  - 10.6 Pizza and Focaccia Dough Basics
  - 10.7 Veal Chicken and Braised Meat Dishes
  - 10.8 Italian Fish and Seafood Dishes
  - 10.9 Italian Desserts and Coffee Service
  - 10.10 Composing a Regional Italian Menu
- **11 Spanish, Portuguese and Iberian Cuisine** — 10 classes
  - 11.1 Regions and Flavours of the Iberian Peninsula
  - 11.2 Tapas Planning and Preparation
  - 11.3 Paella Rice Selection and Technique
  - 11.4 Cured Hams Sausages and Preserved Meats
  - 11.5 Salt Cod and Portuguese Seafood
  - 11.6 Sofrito and Spanish Sauces
  - 11.7 Gazpacho and Cold Soups
  - 11.8 Stews Cocidos and Slow Cooking
  - 11.9 Olive Oil Quality and Use
  - 11.10 Serving Tapas Style Menus
- **12 Greek and Eastern Mediterranean Cuisine** — 10 classes
  - 12.1 Mediterranean Diet Principles
  - 12.2 Greek Salads Meze and Dips
  - 12.3 Souvlaki Grilling and Marinades
  - 12.4 Moussaka and Baked Casserole Dishes
  - 12.5 Pastry Dishes With Filo
  - 12.6 Whole Grilled Fish and Seafood
  - 12.7 Lamb Dishes and Slow Roasting
  - 12.8 Herbs Lemon and Olive Oil Seasoning
  - 12.9 Cheeses and Yoghurt Dishes
  - 12.10 Plating a Mediterranean Sharing Menu
- **13 British, Irish and Northern European Cuisine** — 10 classes
  - 13.1 Features of British and Irish Cooking
  - 13.2 Roast Dinners and Accompaniments
  - 13.3 Pies Puddings and Suet Pastry
  - 13.4 Fish Dishes and Batter Frying
  - 13.5 Scandinavian Curing Smoking and Pickling
  - 13.6 Rye Breads and Baking Traditions
  - 13.7 Soups Stews and Hot Pots
  - 13.8 Northern European Desserts and Cakes
  - 13.9 Seasonal Game and Preserved Foods
  - 13.10 Serving a Northern European Menu
- **14 Central and Eastern European Cuisine** — 10 classes
  - 14.1 Features of Central and Eastern European Food
  - 14.2 Goulash and Paprika Cooking
  - 14.3 Dumplings Noodles and Potato Dishes
  - 14.4 Cabbage Sausage and Pork Dishes
  - 14.5 Borscht and Hearty Soups
  - 14.6 Fermented Vegetables and Pickles
  - 14.7 Pastries Strudels and Cakes
  - 14.8 Smoked Meats and Cold Cuts
  - 14.9 Sour Cream and Dairy Based Sauces
  - 14.10 Serving a Central European Menu
- **15 North American Cuisines** — 10 classes

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

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