



**CATERING & CULINARY  
INSTITUTE**

*...Where Hospitality Becomes Mastery!*

# Home Cooking Programme

<http://mastermindsinstitute.org>



CATERING & CULINARY  
INSTITUTE

WASH YOUR HANDS BEFORE COOKING

# CURRICULUM

## (Certificate in Home Cooking)

Programme Duration: 2 Months

Programme Tuition : 250,000

WEEK 1

### HOME COOKING ( THE SCIENCE AND ART ) KITCHEN FUNDAMENTALS / SAFETY PRECAUTIONS

- Understanding Nigeria's cooking and eating culture and traditions
- Science behind food spoilage
- Food Preservation
- Magic, Science and Art of following Recipe.
- Preventing and Controlling fire at home
- How to use a knife

WEEK 2

### COOKING RICE/ TUBER DISHES

- Jollof Rice
- Fried Rice
- Coconut Rice
- Yam Porridge
- Boiled Yam

WEEK 3

### COOKING BEANS DISHES

- Ewa Agoyin
- Moimoi
- Akara
- Porridge Beans

WEEK 4

### NIGERIAN SOUPS / SAUCES / STEW

- Banga Soup
- Nigerian Beef Stew
- Edikan Ikong Soup
- Okro Soup
- Ogbono Soup
- Fish Peppersoup
- Goatmeat Peppersoup
- Assorted Beef Peppersoup
- Afang Soup
- Efo Riro
- Egg Sauce
- Egusi Soup
- Oha Soup
- Fisherman Soup
- Ofada Sauce
- Bitterleaf Soup
- Oha Soup
- Beef Stew

WEEK 5

### PLANTAIN BASED MEAL

- Plantain Porridge (Ukodo)
- Plantain Chips
- Dodo (Fried Ripe Plantain)
- Mosa

WEEK 6

### PROTEINS

- Sauteed Diced Chicken
- Sauteed Diced Beef
- Grilled Chicken Breast
- Deep Fried Whole and Boneless Fish
- Whole Grilled Croacker

WEEK 7

### SNACKS

- Doughnut (Jam & Ring)
- Beef Pie
- Chicken Pie
- Puff Puff
- Plantain Mosa

WEEK 8

### DRINKS

- Zobo
- Pineapple Juice
- Orange Juice
- Watermelon
- Chapman

### EXAMINATION



CATERING & CULINARY  
INSTITUTE

*...Where Hospitality Becomes Mastery!*

# Professional Culinary Programme

<http://mastermindsinstitute.org>



# CURRICULUM

## Professional Culinary Programme

**Programme Duration: 8 Months + 2 Months Internship**  
**Programme Fee: N1,500,000**

WEEK 1-2

### KITCHEN MANAGEMENT AND ORGANIZATION

- Introduction to kitchen
- Kitchen Organization Chart
- Duties and responsibilities of each position
- Kitchen and its types

### HEALTH, SAFETY AND PERSONAL HYGIENE

- Importance of good health
- Maintaining good health in the kitchen
- Kitchen Safety / Hygiene
- Possible kitchen accident and how to avoid them
- What is personal hygiene
- Importance of personal hygiene
- Personal hygiene in the kitchen

### KITCHEN TOOLS AND EQUIPMENT IDENTIFICATION

- Kitchen tools in stone age
- Introduction and identification to modern Kitchen tools and uses
- Kitchen Tools and Equipment in stone age
- Introduction and identification of modern kitchen equipment
- Kitchen cleaning procedure
- Kitchen utensils, equipment, cleaning procedures

### CULINARY MATHEMATICS

- Weights and Measurements
- Metric measurement system
- Fractions
- Conversions
- Percentage
- Ratio
- Yield

### KNIFE SKILLS

- Types of knives
- Professional Cutting Techniques

### FUNDAMENTALS, PRINCIPLES AND METHOD OF COOKERY

- Introduction
- Cooking
- Objectives of cooking
- Method of Cooking

WEEK 3-4

WEEK 5-6

WEEK 7-8

WEEK 9-10

WEEK 11-12

- Common Kitchen utensils and equipment
- Herbs, Spices and Seasoning
- Importance of herbs and spices
- List of the different herbs, spices and its usages
- Portioning and Garnishing
- Importance of portioning
- Standard Portion size
- Garnishing

### WEEK 6 FOOD POISONING, HYGIENE AND STORAGE

- Causes of food poisoning
- Food poisoning symptoms
- Food hygiene
- Importance of food Hygiene
- Principles of Food Hygiene

### KITCHEN HAZARD ANALYSIS AND CONTROL POINTS

- Kitchen hazards, safety measures and handling
- Identify potential hazards in kitchen

### WEEK 7 STOCK AND SAUCE

- Introduction
- Stocks
- Types of stock
- Preparing different types of stock
- White Stock
- Brown Stock
- Sauce

### WEEK 8 VEGETABLE & FRUIT

- Introduction
- Color, Texture & Taste
- Mise En Place
- Storage & Handling
- Grains & Legumes
- Roots & Tubers
- Classification of Fruits
- Fruits Cooking Method
- Fruit Preservation Method
- Fruits and their Season
- Fruit Storage Principle

### WEEK 8 PREPARING DIFFERENT TYPES OF FRUIT DISHES

- Fruit Salad
- Fruit Kebab
- Smoothies

## **SALAD**

- In-depth Introduction to Salad
- Importance of Salad
- Types of Salad
- Components of salad
- Dressing and its type
- Preparing Different Types of Salad Dressing

## **DAIRY**

- Introduction
- Dairy Product
- Milk
- Cream
- Cheese
- Yoghurt

## **MEAT POULTRY & SEAFOOD**

- Introduction to Meat, Poultry & Seafood
- Culinary Anatomy of Lamb
- Culinary Anatomy of Pork
- Culinary Anatomy of Poultry
- Culinary Anatomy of Fish
- Culinary Anatomy of Seafood

## **HERBS AND SPICES**

- Introduction to Herbs and Spices
- Name, Type and Uses of Herbs
- Name Types and Uses of Spices
- Bouquet Garni
- Marinades

## **A TASTE AND EXPERIENCE OF GLOBAL CUISINE - PRACTICAL COOKERY SECTION**

### **Introduction to Italian & European Cuisine**

*List of Italian & European dishes to be made goes here*

### **Introduction to South Asian Cuisine (Buttressing on India Cuisine)**

*(List of Indian Dishes to be Made goes here)*

### **Introduction to East Asian Cuisine (Buttressing on Chinese Cuisine)**

List of Chinese dishes to be made goes here

### **Introduction to American and British Cuisine**

*List of American Dishes to be made goes here*

### **Introduction to West African Cuisine**

*List of West African Dishes to be made goes here*

### **Introduction to Nigerian Cuisine-**

*List of Nigerian Dishes to be made goes here.*

## **GARDE MANGER**

- Breakfast
- Hors d'œuvres
- Appetizers
- Canapés

## **FINE DINING**

Introduction to Fine Dining

History of Fine Dining

The Psychology of Color & Texture

The Art of Plating

Public Speaking & Dish Presentation



CATERING & CULINARY  
INSTITUTE

*...Where Hospitality Becomes Mastery!*

# Professional Patisserie Programme

<http://mastermindsinstitute.org>



# CURRICULUM

## Professional Patisserie Programme

Programme Duration: 8 Months + 2 Months Internship

Programme Fee: N1,800,000

### MONTH 1

#### FUNDAMENTALS OF BAKING & PÂTISSERIE

- Flour types & behaviours of Protein
- Introduction to Sugar; Taxonomy, Sucrose, Glucose, Invert, Honey)
- Understanding Fat - Butter, Margarine, Oils
- Eggs. Understanding Emulsification, Coagulation Aeration
- Cream, Milk & Cultured Dairy
- Natural and Artificial Agents - Understanding how agents work in modern pastries.
- Mixing Method and Dough Logic

### MONTH 2

#### CLASSICAL DOUGHS, BATTER & BASE

- Short Dough
- Sponge & Cake
- Choux
- Yeast Raised & Laminated Dough
- Foam & Egg
- Specialty Dough/Batter

### MONTH 3

#### CREAMS, CUSTARD & TEXTURE ENGINEERING

- Crème Pâtissière
- Crème Anglaise
- Diplomat & mousseline
- Ganache & Genache ratios
- Custards & It's types
- Whipped Cream
- Ice Cream & It's Types
- Frosting & It's types

### MONTH 4

#### CHOCOLATE AND SUGAR FUNDAMENTALS

- Introduction to Cocoa and It's processing theory
- Chocolate Tampering
- Moulded Chocolate bonbons
- Chocolate Truffles
- Sugar fundamentals & Sugar works

### MONTH 5 MODERN PÂTISSERIE & ENTREMETS

- Base Selection
- Pastry Insert Logics
- Mousse stability
- Glazing Logic
- Reduced sugar Pastry
- Stabilization
- Aeration & Texturizer
- 

### MONTH 6 FROZEN DESSERTS

- Theory of Ice Cream
- Sorbet
- Food hygiene
- Frozen Dessert Stabilizers & overrun
- Plating Frozen Desserts

### MONTH 6b NIGERIAN PASTRY (ADDON PRACTICAL)

- Fish rolls
- Meatpie
- Jam, Bar & Ring Doughnut
- Puff Puff
- Sausage Rolla

### MONTH 7 PLATED DESSERT DESIGN

- Dessert Architecture
- Temperature Contrast
- Sauce placement
- Texture Sequencing
- Visual Restraint & Elegance
- Fine Dining Plated dessert

### MONTH 8 PRODUCTION, SYSTEMS, CONSISTENCY PROFESSIONAL PRACTICE & LEDERSHIP

- Batch Production
- Storage and Shelve Life
- Pastry Menu Engineering
- Costing & Pricing
- Team Workflow
- Collaboration with Savory Kitchen



# Continental Culinary Arts Programme

<http://mastermindsinstitute.org>



CATERING & CULINARY  
INSTITUTE  
*Mastermind | Skills | Mastery*

# CURRICULUM

## Continental Culinary Arts Programme

Programme Duration: 3 Months

Programme Fee: N180,000

WEEK 1-2

### INTRODUCTION TO CONTINENTAL CULINARY ARTS

- Introduction to continental culinary arts.
- History of continental culinary arts

### VEGETABLES, FRUIT AND SALAD

- Introduction
- Color, Texture & Taste
- Mise En Place
- Grains & Legumes
- Roots & Tubers
- Storage & Handling

WEEK 2-3

### FRUITS AND SALAD

- Classification of Fruits
- Fruits Cooking Method
- Fruit Preservation Method
- Fruit Storage Principle

### PREPARING DIFFERENT TYPES

#### OF FRUIT DISHES

- Fruit Salad
- Fruit Kebab
- Smoothies

WEEK 4

### DAIRY PRODUCT

- Introduction
- Dairy Product
- Milk
- Cream
- Cheese
- Yoghurt

WEEK 5

### HERBS AND SPICES

- Introduction to Herbs and Spices
- Name, Type and Uses of Herbs
- Name Types and Uses of Spices
- Bouquet Garni
- Marinades

WEEK 6

### STOCK AND SAUCE

- Introduction
- Stocks
- Types of stock
- Preparing different types of stock
- White Stock
- Brown Stock
- Sauce

WEEK 6

### A TASTE AND EXPERIENCE OF GLOBAL CUISINE - PRACTICAL COOKERY SECTION

#### Introduction to Italian & European Cuisine

*List of Italian & European dishes to be made goes here*

WEEK 7

#### Introduction to South Asian Cuisine

**(Buttressing on India Cuisine)**

*(List of Indian Dishes to be Made goes here)*

WEEK 8

#### Introduction to East Asian Cuisine

**(Buttressing on Chinese Cuisine)**

*List of Chinese dishes to be made goes here*

WEEK 9

#### Introduction to American and British Cuisine

*List of American Dishes to be made goes here*

## Examination & Internship



CATERING & CULINARY  
INSTITUTE

*...Where Hospitality Becomes Mastery!*

# HACCP PROGRAMME

<http://mastermindsinstitute.org>



# **CURRICULUM**

## **HACCP Programme**

**Programme Duration: 1 Week**  
**Programme Fee: N30,000**

**INTRODUCTION TO HACCP**

**FOOD HYGEINE PRACTICES**

- PERSONAL HYGIENE**
- HYGIENE HANDLING FOOD**
- FOOD PREPARATION PREMISES**

**HOW CAN FOOD HANDLERS PREVENT CONTAMINATION**

**PROPER HAND WASHING TECHNIQUES**

**HOW ARE GLOVES PROPERLY USED IN FOOD SERVICE**

**HACCP TERMILOGY AND DEFINITION**

**HAZARD VS RISK**

**BACTERIA VS VIRUS**

**MAJOUR TYPES OF BACTERIA**

**CRITICAL FOODS**

**FOOD SAFETY VIOLATION**

**PRINCIPLES FOR PURCHASING AND RECEIVING ITEMS**

**ALLERGIES**

**REVISION**

**EXAMINATION**



**CATERING & CULINARY  
INSTITUTE**

*...Where Hospitality Becomes Mastery!*

# **RESTAURANT CONSULTATION PROGRAMME**

<http://mastermindsinstitute.org>



# CURRICULUM

## Restaurant Management & Consultation Programme

**Programme Duration: 8 Week**

**Programme Fee: N500,000**

### Introduction to Restaurant Consulting

Understanding the role of a restaurant consultant  
Historical perspective and industry trends

### Restaurant Type

Restaurant Type Advisory  
Location Advisory  
Interior and Exterior Conceptualization

### Restaurant re-opening / Restructuring

Reason for Restructuring  
Budgeting and Brokering.

### Legal and Regulatory Registration and Compliance

Importance of Registration  
Government Licencing Certification and Permits for Restaurant  
Corporate Affairs/Patent and Trademark  
Navigating health and safety regulations

### Restaurant Business Fundamentals

Financial Analysis and Budgeting  
Marketing Strategies for Restaurant  
Business Plan Development  
Branding  
Logo Types and Choice  
Social Media  
Website and Web search Optimization  
Flyer Designs Conceptualization  
Social Media  
Operational Excellence  
Workflow optimization and efficiency

### Human Resources

Employee hiring  
Departments and Functions  
Staff Salaries visualization and management  
Employment & Sourcing the right team  
Training & Training Manual Development

### Kitchen Setup

Kitchen Types  
Storage and Cooling  
Hazard Analysis and Critical Control Point  
Drainage Positioning

### Inventory Management & Supply Chain

Introduction to Restaurant Inventory  
Stock Taking Documents  
Food Costing  
Importance of Food Costing  
Food Costing Methodology  
Expenses  
- Fixed Expenses  
- Mixed Expenses  
- Variable Expenses  
Market Metric Unit  
Restaurant Supplies  
What is Restaurant Supply  
Importance of Restaurant Supplies  
Introduction to Suppliers Contact across Nigeria

### Menu Engineering and Design

History of Food Menu  
Types of Menu  
Menu Arrangement  
Menu Design Conceptualizations  
Food Waste Management

### Technology Integration

Utilizing technology for restaurant management  
Point-of-sale systems and data analytics

### Orientation

Culinary Trends and Innovation  
Staying abreast of culinary trends  
Incorporating innovation into menu planning

### General Q and A - 1 Week

### Examination - 1 Week

### Project - Launching and Managing a Dummy Restaurant



# Foundational Programme in Professional Cooking

<http://mastermindsinstitute.org>

# CURRICULUM

## Continental Culinary Arts Programme

**Programme Duration: 3 Months**

**Programme Fee: N150,000**

**WEEK 1-2**

### KITCHEN MANAGEMENT AND ORGANIZATION

- Introduction to kitchen
- Kitchen Organization Chart
- Duties and responsibilities of each position
- Kitchen and its types

### HEALTH, SAFETY AND PERSONAL HYGIENE

- Importance of good health
- Maintaining good health in the kitchen
- Kitchen Safety / Hygiene
- Possible kitchen accident and how to avoid them
- What is personal hygiene
- Importance of personal hygiene
- Personal hygiene in the kitchen

### KITCHEN TOOLS AND EQUIPMENT IDENTIFICATION

- Kitchen tools in stone age
- Introduction and identification to modern Kitchen tools and uses
- Kitchen Tools and Equipment in stone age
- Introduction and identification of modern kitchen equipment
- Kitchen cleaning procedure
- Kitchen utensils, equipment, cleaning procedures

### CULINARY MATHEMATICS

- Weights and Measurements
- Metric measurement system
- Fractions
- Conversions
- Percentage
- Ratio
- Yield

### KNIFE SKILLS

- Types of knives
- Professional Cutting Techniques

### FUNDAMENTALS, PRINCIPLES AND METHOD OF COOKERY

- Introduction
- Cooking
- Objectives of cooking
- Method of Cooking

- Common Kitchen utensils and equipment
- Herbs, Spices and Seasoning
- Importance of herbs and spices
- List of the different herbs, spices and its usages
- Portioning and Garnishing
- Importance of portioning
- Standard Portion size
- Garnishing

### WEEK 6 FOOD POISONING, HYGIENE AND STORAGE

- Causes of food poisoning
- Food poisoning symptoms
- Food hygiene
- Importance of food Hygiene
- Principles of Food Hygiene

### KITCHEN HAZARD ANALYSIS AND CONTROL POINTS

- Kitchen hazards, safety measures and handling
- Identify potential hazards in kitchen

### WEEK 7 COMMIS CHEF - THE ENTERANCE

- Cooking Fundamentals
- Heat control & cooking methods (boiling, blanching, sautéing, frying, grilling, roasting)
- Stocks & simple sauces Seasoning fundamentals Tasting & correcting food Portion control
- Station Support Skill
- Basic Introduction to Cooking
- Basic Introduction to Baking
- Basic Equipment and Kitchen Operation
- 

**WEEK 3-4**

**WEEK 5-6**

**WEEK 7-8**

**WEEK 9-10**

**WEEK 11-12**