

PRO KITCHEN OUTLINE (PK)

Week 1 - Knife Skills				
Day 1	Day 2	Day 3	Day 4	Day 5
Knife Skills Mayonnaise & Lactonase Olivier salad	Vinaigrette Cobb Salad Nicoise salad Focaccia	Citronette Warm spinach salad Caprese Salad Ciabatta	Caesar Salad Garden salad Gribiche sauce Pizza	Salad Assessment & Bread (Boiling & Baking)
Week 2 - Stocks, Soups and Sauces				
Day 1	Day 2	Day 3	Day 4	Day 5
Chicken stock Brown chicken stock Chicken Veloute Potage Parisien	Fish Stock Fumet Fish Velote Brown Beef stock	Clarification Consomme brunoise Onion soup Ox tail soup	Vegetable stock Zucchini saffron soup Potage Du Barry Tomato soup Roasted Tomato Soup	Stock & Soup & Bread 2 Assessment (Boiling / Roasting)
Week 3 - Veg & Eggs				
Day 1	Day 2	Day 3	Day 4	Day 5
Stuffed tomato Stuffed zucchini Stuffed peppers Quiche / Pate Brisee	Ratatouille Tian Eggplant terrine Eggplant caviar	Mushroom ragout Mushroom soup Mushroom Omelette	Scrambled eggs Poached Egg Hollandaise English Muffin	Egg & Veg 1 (Braised) - Healthy Breakfast Assessment (Scenario Part)
Week 4 - Starches				
Day 1	Day 2	Day 3	Day 4	Day 5
Pilaf rice Creole rice Mushroom Risotto Rice fritters	Hasselback Potatoes Tomato Sauce Quinoa Green lentils	Gnocchi Gratin dauphinois Bechamel	Pomme Anna Pomme Darphine Trinxat Shakshuka	Veg 2 (Baking), Grain (Boiling) Assessment
Week 5 - Poultry				
Chicken	Roasting Birds	Duck	Offal	Day 5
Stuffed chicken Breaded chicken Chicken ballotine	Roasted chicken Roasted turkey Roast Sides	Duck magret Duck confit Duck Salad	Chicken Heart Chicken Liver Pate French Bread	Poultry & Offal (Grilled) & Sauce Assessment
Week 6 - Seafood				
Day 1	Day 2	Day 3	Day 4	Day 5
Tiradito Fish tartare Fish Rolls	Steamed salmon Poached salmon Salmon confit Pan seared salmon	Coconut prawn Garlic chilli prawn Prawn Bisque	Fish Papillote Fish Cakes Crab Salad Fish Meuniere	Flat Fish (Deep Fried) & Shellfish (Pan Fried) Assesmnet
Week 7 - Red Meat				
Day 1	Day 2	Day 3	Day 4	Day 5
Osobuco Roast beef Brisket	Beef Stroganoff Veal paupiette Steak tartare	Roast leg of lamb Lamb Navarin Garlic chilli chop	Burger Grilled Steak Sous vide steak Burger Bun	Wet Meat (Stew) & Bread (Baked) Assessment
Week 8 - Doughs				
Day 1	Day 2	Day 3	Day 4	Day 5
Puff Pastry w/out yeast Puff Pastry w/yeast	Vol au Vent Steak Pie Roll & Shape Other Puff	Croissant Pain au chocolat Tarte Tatin	Pate Sable / Lemon Tart Lemon Curd French meringue Pastry cream Pate Sucree / Fruit Tart	Genoise Buttercream Appre Crumble Crème Anglaise
Week 9 - Doughs Cont, Fruit and Chocolate				
Day 1	Day 2	Day 3	Day 4	Day 5
Fruit Salad Poached pear Napoleon	Jam Preserve Jelly Pectin	Chocolate tempering Bon Bon Stuffing Molten Lava	Chocolate Genoise Ganache Truffles Chocolate Mousse	Doughnuts Choux Pastry Eclairs/Profiteroles Sable Breton
Week 10 - Desserts				
Day 1	Day 2	Day 3	Day 4	Day 5
Italian Merinzue Macaron Fillings Panna Cotta	Tiramisu Crème Brulee Crème Caramel	Pavlova Mango Mousse Cheesecake Baked Cheesecake	Semifreddo Parfait Bavaroise Praline/Caramel/Isomalt	Poached & Baked Assessment - Creative
Week 11 - Italy & France				
France	France	Italy	Spain	Spain
Baguette Crepe Suzette Beef Bourgignon Pomme Aligotte	Coq au Vin Prawn Fricasee Pissaladiere Chocolate Souffle	Calamari & Roasted Aioli Scalopini Raviol / Lasagne Pasta Sauce	Gazpacho Paella Torta de Santiago Crema Catalana	Tortilla Espanola Patatas Bravas Torrijas
Week 12 - ME, Spain and Latin America				
England	Middle East	Latin America	Mexico	China
Fish and Chips Beef Wellington Cottage Pie Welsh Rarebit	Fattoush / Tabouleh Hummus Moutabel Chicken Fateh Pita Bread	Papas a la Hauncaina Picante de gallina Torta 3 leches Swiss Meringue	Chicken Al Ambre Tinga Poblana Tortillas Churros	Beef, Broccoli & Oyester Sauce Sweet & Sour Soup Kung Pao Chicken Egg Fried Rice
Week 13 - Asia				
Thailand	Thailand	Japan	India	FINAL ASSESSMENT
Green Curry Paste Rendang Eggplant Yellow Curry Red Curry Paste Yellow Curry Paste	Yam Som O Papaya Salad Gaeng Keow Wan Gai Pad Thai Basil Chicken	Beef Tataki Sushi Rice Sushi Rolling	Chicken Tikka Butter Chicken Naan Biryani Seekh Kebab & Chutney Kheer	3 Course Meal Service Style