



12 MONTHS DIPLOMA IN CULINARY ARTS

WEEK 1

FOOD

SAFETY



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FOOD SAFETY

HACCP

FOOD BORNE ILLNESSES

SAFETY MEASURES & PRACTICES

HYGIENE



HACCP Principles & Application Guidelines



WEEK 2

HOSPITALITY

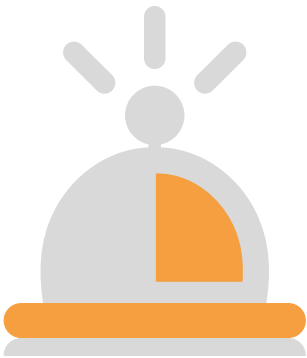
MANAGEMENT



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HOSPITALITY

HOSPITALITY ROLES, FOOD & BEVERAGE
UNDERSTANDING BUSINESS SUCCESS
JOB ROLES IN PROFESSIONAL KITCHEN
JOB ROLES IN FRONT OF HOUSE SERVICE
WORKING PATTERNS IN HOSPITALITY
PROVIDE GUEST SERVICE



WEEK 3

BASIC KNOWLEDGE ON

INGREDEINTS



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BASIC KNOWLEDGE

INDEPTH UNDERSTANDING OF VEGETABLE CUTTING, SOUP, STOCK & SAUCES.

STEPS IN SAUCE MAKING

DIFFERENT TECHNIQUES OF COOKING METHOD



WEEK 4

BOILING

METHOD



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BOILING IS USED PRIMARILY TO COOK MEATS AND VEGETABLES. FOODS WHICH MIGHT BE COOKED BY BOILING – STOCKS

- STOCKS (BEEF, MUTTON, CHICKEN, FISH)
- VEGETABLES (CARROTS, CABBAGE, POTATOES)



WEEK 5

POACHING

METHOD



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POACHING

POACHING IS A COOKING TECHNIQUE THAT INVOLVES HEATING FOOD SUBMERGED IN A LIQUID, SUCH AS WATER, MILK, STOCK OR WINE. POACHING IS DIFFERENTIATED FROM THE OTHER "MOIST HEAT" COOKING METHODS, SUCH AS SIMMERING AND BOILING.



WEEK 6

STEAMING

METHOD



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STEAMING IS A METHOD OF COOKING THAT REQUIRES MOIST HEAT. THE HEAT IS CREATED BY BOILING WATER WHICH VAPORIZES INTO STEAM. THE STEAM BRINGS HEAT TO THE FOOD AND COOKS IT. UNLIKE BOILING, THE FOOD IS SEPARATE FROM THE WATER AND ONLY COMES INTO DIRECT CONTACT WITH THE STEAM.



WEEK 7

STEWING

METHOD



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Stewing is a combination cooking method that uses small, uniform pieces of meat that are totally immersed in liquid and slowly simmered. In this case, the food and the liquid are served together as one dish.



WEEK 8

BRAISING

METHOD



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The cooking of meat or vegetables by heating them slowly with oil and moisture in a tightly sealed vessel. Braising is a combination of covered roasting and steaming.



WEEK 9

BAKING

METHOD



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Baking is a method of preparing food that uses dry heat, typically in an oven, but can also be done in hot ashes, or on hot stones. The most common baked item is bread but many other types of foods are baked.



PREPARATION OF BAKED GOODS

1. Creaming Method
2. Mix it All Together
3. Melt, Mix and Bake
4. Whisking Method
5. Rubbing-In Method



WEEK 10

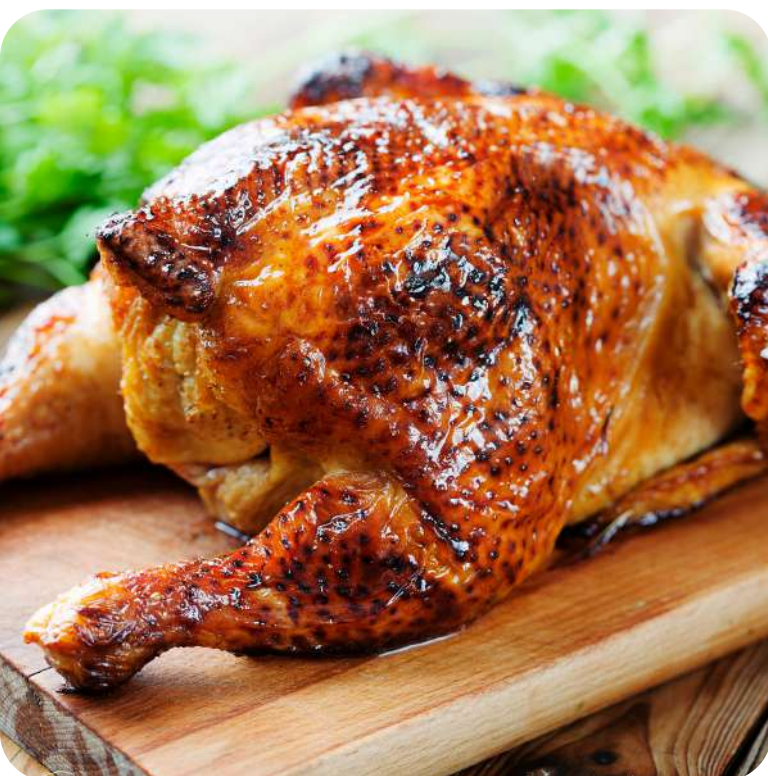
ROASTING

METHOD



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Roasting is a slow-cooking process, using indirect, diffused heat to cook its ingredients. It is a dry-heat cooking method where hot air surrounds the food and cooks it evenly on all sides at a temperature of at least 300 °F (or 150 °C).

WEEK 11

GRILLING

METHOD

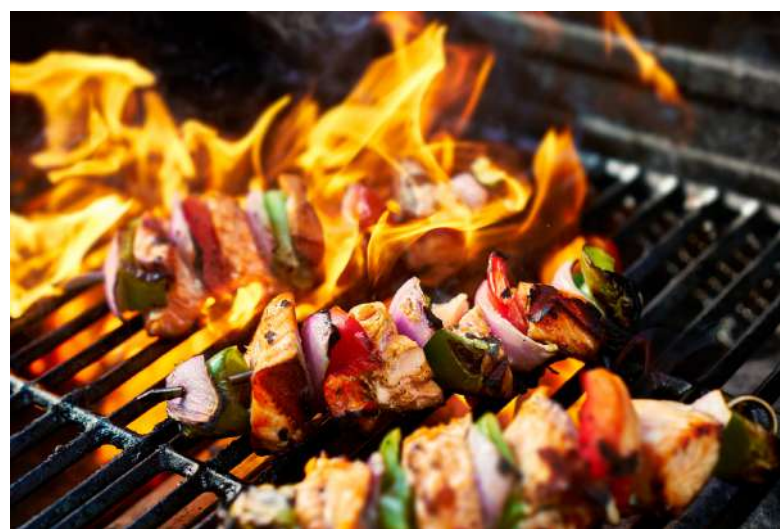


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GRILLING IS A FORM OF COOKING THAT INVOLVES DRY HEAT APPLIED TO THE SURFACE OF FOOD, COMMONLY FROM ABOVE, BELOW OR FROM THE SIDE.



WEEK 12

DEEP FRYING

METHOD



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DEEP FRYING IS A COOKING METHOD IN WHICH FOOD IS SUBMERGED IN HOT FAT, AS OPPOSED TO THE SHALLOW OIL USED IN CONVENTIONAL FRYING DONE IN A FRYING PAN.



WEEK 13

SHALLOW FRYING

METHOD



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IN SHALLOW-FRYING, ALSO CALLED PAN-FRYING, A SMALL AMOUNT OF OIL IS PUT INTO A SAUCEPAN, THE OIL IS HEATED, AND THEN THE FOOD IS ADDED AND COOKED.



WEEK 15

PLATED DESSERT &

CAKES



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A PLATED DESSERT IS AN ARRANGEMENT OF ONE OR MORE COMPONENTS. FOR MOST DESSERTS, ALL THE COMPONENTS ARE PREPARED WELL IN ADVANCE.

A PLATED DESSERT ITSELF, HOWEVER, IS ASSEMBLED À LA MINUTE (AT THE LAST MINUTE).

WEEK 16

BUFFET

DISPLAY



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“BUFFET IS A STYLE OF FOOD SERVICE IN WHICH THE VARIETIES OF READY FOOD DISHES ARE DISPLAYED ACCORDING TO THE SEQUENCE ON THE TABLE EITHER HOT OR COLD AND GUEST'S SERVE THOSE FOODS THEMSELVES”.

WEEK 17

HEALTHY

COOKING



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HEALTHY COOKING

MOST PEOPLE ARE HEALTH CONSCIOUS THESE DAYS. IN THIS WEEK YOU WILL ENJOY EATING WHAT YOU LOVE AND NOT FEELING GUILTY. LIMIT FATS, SUGARS AND SALT AND INCLUDE PLENTY OF VEGETABLES, FRUIT, GRAINS, LEAN MEATS AND LOW-FAT DAIRY IN YOUR COOKING.



WEEK 18

INDIAN

CUISINE



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STAPLE FOODS OF INDIAN CUISINE INCLUDE PEARL MILLET (BĀJRA), RICE, WHOLE-WHEAT FLOUR (AṬṬA), AND A VARIETY OF LENTILS, SUCH AS MASOOR (MOST OFTEN RED LENTILS), TUER (PIGEON PEAS), URAD (BLACK GRAM), AND MOONG (MUNG BEANS).



WEEK 19

CHINESE

COOKING



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CHINESE COOKING

THE MOST PROMINENT REGIONAL CUISINES IN CHINA ARE ANHUI, CANTONESE, FUJIAN, HUNAN, JIANGSU, SHANDONG, SZECHUAN, AND ZHEJIANG. CANTONESE CUISINE IS FAMOUS ALL OVER THE WORLD FOR ITS DISTINCTIVE STYLE. MOST DISHES ARE STEAMED AND STIR-FRYING WHICH MAKES IT HEALTHY AND NON-GREASY



WEEK 20 & 21

HOT & COLD

DESSERTS



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COMPOSITION & DIVERSITY
SOUFFLÉ
CARMEL CUSTARD
CREME BRULEE
CHOCO LAVA



WEEK 22

EGG

PREPARATION



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- BOILED EGG
- SCRAMBLED EGGS
- POACHED EGGS
- SUNNY-SIDE UP
- SOFT BOILED EGGS.
- HARD-BOILED EGGS.
- OMELETTES.
- BAKED EGGS.



WEEK 23

ENTREPRENEURSHIP &

COST MANAGEMENT



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Entrepreneur



PRICING: HOW TO FIGURE OUT PRICING FOR YOUR RESTAURANT/ HOTEL AS AN ENTREPRENEUR ?

DETERMINE THE PRICE OF EACH INGREDIENT AND CALCULATE THE COST PER RECIPE.

WE WILL UNDERSTAND :

STARTUP COSTS
VARIABLE COSTS
FIXED COSTS
PROFIT MARGINS



WEEK 24

PERSONALITY DEVELOPMENT

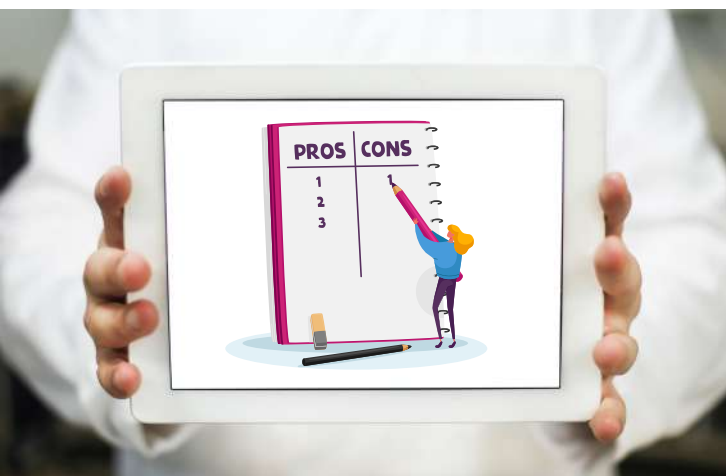
& FINAL ASSESSMENT



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DISCOVER PERSONALITY TRAITS AND NEEDS IN THIS WEEK.

LEARN TO CHOOSE OPTIMAL DIFFERENTIATION AND TASK MANAGEMENT. WE WILL HELP RAISE STUDENTS' SELF-ESTEEM TO BE SUCCESSFUL; DEVELOP SOFT SKILLS (COMMUNICATION, PROBLEM-SOLVING, DECISION MAKING, TEAMWORK, ADAPTABILITY, CRITICAL THINKING, AND CREATIVITY)



INSTITUTE OF BAKERY AND CULINARY ARTS

The fees for the Level-2 Diploma in
Food Preparation and Culinary Arts
INR 2,00,000 (excl. of 18% GST)

Batch Time - 9:00 AM - 1:00 PM

Classes held per week - 5days (3 Practical & 2 Theory)

Facilities that are included in the fees are :

Tools kit

Chef Uniform

Study Material

At the end of the course, you will receive certificates from :

- (
- i) Institute of Bakery & Culinary Arts
 - (ii) Tourism & Hospitality Skill Council (India)
 - (iii) Diploma City & Guilds London (U.K.)
- (The examination fees is excluded)**

AFFILIATED BY:

City & Guilds London (U.K)

Tourism & Hospitality Skill Council (India)

• **The fees is non refundable**

Note :

Accommodation & Meals Facilities available on Request.

All the images are for representation purpose only, Products
in the pictures are subject to vary as per chef's discretion



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