



# 18 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

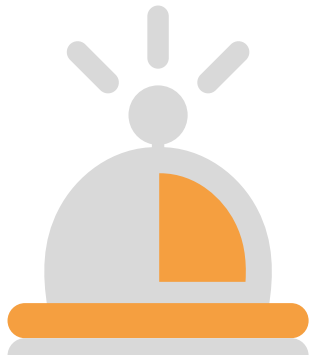
# MANAGEMENT



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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 & 5

## 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 6 & 7

## 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 8 & 9

## 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 TEAM.



# WEEK 10&11

## 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 12 & 13

## 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 14 & 15

## 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 16 & 17

## 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 18 & 19

## 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 20 & 21

## 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 22&23

## 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 24 & 25

UNDERSTANDING OF

**FOOD COMMODITIES**



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FOOD COMMODITIES GENERALLY REFER TO INGREDIENTS REQUIRED TO PRODUCE DIFFERENT VARIETIES OF FOODS. THEY ARE MOSTLY RAW/ CORE FORM OF EDIBLE MATERIALS WHICH HELP TO BECOME A COMPLETE RECIPE OF THE DISH.



# WEEK 26 & 27

## 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 28&29

## 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 30

## 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 31

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 31

## 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 32

## HOT & COLD

### DESSERTS

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COMPOSITION & DIVERSITY  
SOUFFLÉ  
CARMEL CUSTARD  
CREME BRULEE  
CHOCO LAVA



# WEEK 33

## EGG

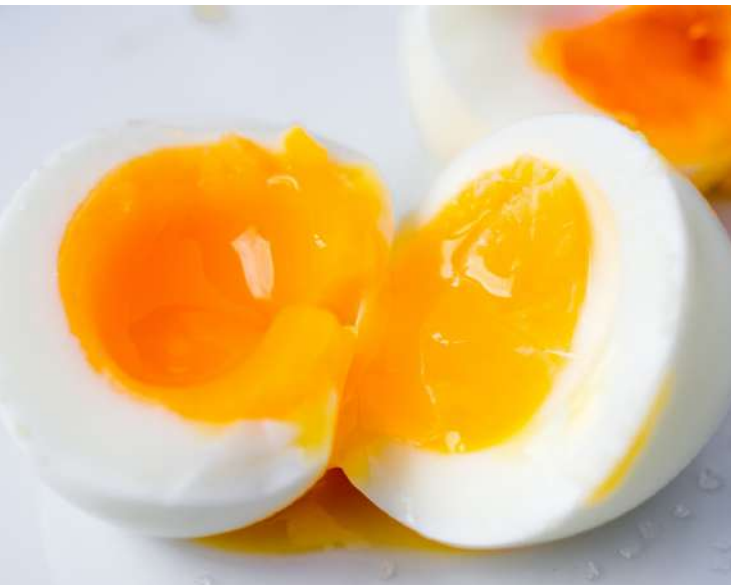
### PREPARATION



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



# WEEK 34 & 35

## 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 36

## PERSONALITY DEVELOPMENT

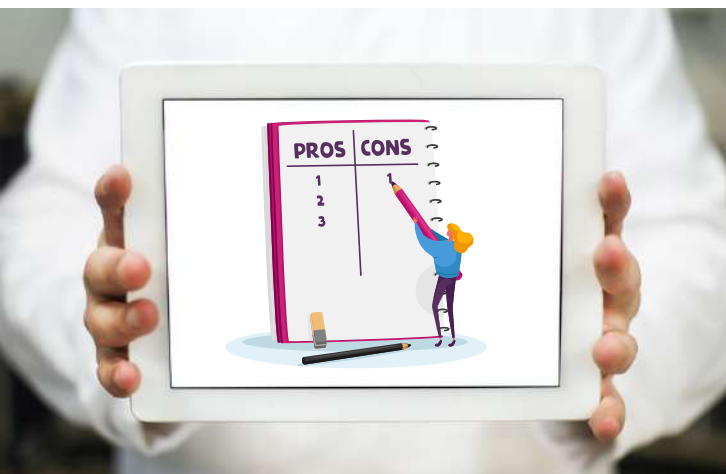
## & FINAL ASSESSMENT



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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)





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The fees for the Level-3 Diploma in  
Food Preparation and Culinary Arts  
INR 5,50,000 (excl. of 18% GST)

Batch Time - 9:00 AM - 2:00 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 :  
Institute of Bakery & Culinary Arts

## **AFFILIATED BY:**

City & Guilds London (U.K)

Tourism & Hospitality Skill Council (India)

LAPT (London Academy of Professional Training)

(The examination fees is excluded)

## **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

- **The fees is non refundable**



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