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**VIJAY KUMAR CHIRUTHA**

**CONTINENTAL  
COOKING COURSE**



**VIJAY KUMAR CHIRUTHA**

**NON-IT COURSES**

# NON-IT COURSES

## CONTINENTAL COOKING COURSE– SYLLABUS

### Module 1: Introduction to Continental Cuisine

- **Definition & origin of Continental cuisine**
- **Overview of European cuisines (French, Italian, Spanish, English)**
- **Kitchen hygiene & food safety**
- **Kitchen tools, equipment & knife skills**
- **Basic cooking methods: boiling, blanching, roasting, grilling**

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## CONTINENTAL COOKING COURSE– SYLLABUS

### Module 2: Stocks, Sauces & Condiments

- **Types of stocks: vegetable, chicken, fish, beef**
- **Mother sauces:**
  - **Béchamel**
  - **Velouté**
  - **Espagnole**
  - **Tomato**
  - **Hollandaise**
- **Derivative sauces**
- **Salad dressings & dips**

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## CONTINENTAL COOKING COURSE– SYLLABUS

### Module 3: Soups

- **Clear soups: consommé, broths**
- **Thick soups: cream soups, purées, bisques, chowders**
- **Cold soups (basic introduction)**
- **Garnishing techniques**

### Module 4: Salads & Appetizers

- **Types of salads: green, compound, protein-based**
- **Classic salad preparations (Caesar, Waldorf, Greek)**
- **Cold & hot appetizers**
- **Canapés & hors d'oeuvres**

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## CONTINENTAL COOKING COURSE– SYLLABUS

### Module 5: Pasta, Rice & Eggs

- **Types of pasta & cooking methods**
- **Classic pasta sauces (Arrabbiata, Alfredo, Bolognese, Pesto)**
- **Risotto & pilaf**
- **Egg cookery: omelets, scrambled, poached, baked**

### Module 6: Vegetables & Potatoes

- **Vegetable cuts & cooking techniques**
- **Potato dishes: mashed, baked, gratin, croquettes**
- **Vegetable-based continental mains**
- **Accompaniments & side dishes**

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## CONTINENTAL COOKING COURSE– SYLLABUS

### Module 7: Meat, Poultry & Seafood

- **Cuts of meat & poultry**
- **Cooking methods: roasting, grilling, braising, frying**
- **Chicken dishes (continental styles)**
- **Fish & seafood preparation basics**
- **Sauce pairings with proteins**

### Module 8: Breads & Bakery Basics

- **Introduction to bread making**
- **Basic doughs & fermentation**
- **Garlic bread, rolls, focaccia**
- **Simple pastries & pies**

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## CONTINENTAL COOKING COURSE– SYLLABUS

### Module 9: Desserts & Puddings

- Custards & creams
- Cakes & sponge basics
- Continental desserts (mousse, tarts, soufflé – basic level)
- Dessert sauces & plating

### Module 10: Plating, Presentation & Menu Planning

- Food presentation principles
- Plate styling & garnishing
- Portion control
- Continental menu planning
- Basic costing & kitchen workflow

# NON-IT COURSES

## FRENCH COOKING COURSE– SYLLABUS

### French Starters

- **French Onion Soup**
- **Quiche Lorraine**
- **Cheese Soufflé**
- **Vol-au-vent**
- **Pâté (basic introduction)**

### French Main Courses

- **Coq au Vin (chicken in red wine sauce)**
- **Beef Bourguignon**
- **Bouillabaisse (fish stew – demo level)**
- **Ratatouille**
- **Grilled Fish with Beurre Blanc**

# NON-IT COURSES

## FRENCH COOKING COURSE– SYLLABUS

### French Sauces (Special Focus)

- **Béarnaise**
- **Hollandaise**
- **Beurre Blanc**
- **Demi-glace**

### French Desserts

- **Crème Brûlée**
- **Chocolate Soufflé**
- **Crêpes Suzette**
- **Éclairs**
- **Tarte Tatin**

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## ITALIAN COOKING COURSE– SYLLABUS

### Italian Starters

- **Bruschetta**
- **Caprese Salad**
- **Arancini**
- **Focaccia Bread**
- **Antipasto Platter**

### Italian Pasta & Rice

- **Spaghetti Carbonara**
- **Penne Arrabbiata**
- **Fettuccine Alfredo**
- **Lasagna**
- **Risotto Milanese**
- **Mushroom Risotto**

# NON-IT COURSES

## ITALIAN COOKING COURSE– SYLLABUS

### Italian Main Courses

- **Margherita Pizza**
- **Chicken Parmigiana**
- **Osso Buco (demo level)**
- **Grilled Fish with Lemon Butter**
- **Stuffed Vegetables (Italian style)**

### Italian Desserts

- **Tiramisu**
- **Panna Cotta**
- **Cannoli**
- **Gelato (basic introduction)**



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- INDIAN STATE PSCS EXAMS
- NEET, IIT-JEE FOUNDATION
- DSC-BED EXAMS
- SSC, BANKING, RAILWAYS EXAMS
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- NATIONAL LAW COMPETITIVE EXAMS
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- CAT/CSAT/EMCET/GATE EXAMS
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- We are Providing the best training for all the important competitive exams across India , Present Online classes and Offline in near future
- We have well Experienced and Capable Trainers/Lectures/Mentors
- We give the best content to cover all your academic course syllabus and its practical knowledge
- We give 2 to 3 Assignments everyday to our students which helps the more interactivity with training course and its knowledge
- We explains the 5 to 10 PYQs of all stages of examination process and letting the students to know to how the Examiners framing the questions based each topic

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# THANK YOU SO MUCH

CONTACT US

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**HYDERABAD**

