

# **CROWNER'S CULINARY INSTITUTE**

## ***CONTENTS OF COURSES***

CREOLE COOKERY: Oil Down, Chicken Pelau, Ochro & Rice, Curry Crabs and Dumplings, Cassava Pone, Sancoche, Salt Fish and Provision, Coo Coo, Callaloo, Steamed Fish, Corn Meal Dumplings, Cassava Dumplings, Green Bananas Souse, Stewed Red Beans, Cow Heel Soup, Mother-in-law.

### CAKE MAKING AND FROSTINGS:

Frostings – Fluffy White, Quick Fudge, Vanilla/Cherry/Chocolate/Butter etc.  
Cakes – Orange, Checkered Board, Marble, Carrot, Cheese, Deep Dark Chocolate, Eggless (Plain and Chocolate), Black Forest, Swiss Roll, Butter Sponge, Quick all in one (Plain and Chocolate), Pineapple Upside Down, Cup Cakes.

PRESERVATION: Fruits and Vegetables (sweet) e.g. Water Melon or Paw-Paw, Candy, Colored Fruits, Cornishaw, Sour Cherries, Five- Fingers, Breadfruit Blossom etc. Red Mango/Cherries/Plums, Chow-Chow, Pickles, Relishes, Liqueurs, Wines, Marshmallows, Granola, Pop Corn Balls and Peanut Brittle etc., Fudges, Tamarind Balls, Jub-Jub, Mango Chutney and Kutchela.

PARTY SNACKS: Party Sandwiches, Puffs, Boats, Mini Quiche, Sausage Rolls, Boucheés, Chicken-Wing Drumsticks, Shrimps Butterflies, Titbits, Chicken Tots, Mini Pizza, Petit Fours, Wonton Bows, Dips, Stuffed Cucumber Slices, Cheese Sticks, Cheese Bonnets.

### AFRICAN CUISINE

Jealouf Rice, Pounded Yam, Nigerian Fried Rice, Gari, Semovita, Fried Eggs and Fried Yam, Red Stew or Fish, Moi Moi, Nigerian Beans, Vegetable Stew/Soup, Ogbono, Yam Soup, Nuf Nuf and Fried Plantain.

### CAKE DECORATING (Beginners 1, 2, & 3):

Mixing Icing Sugar, Making Paper Icing Bags, Plastering, Making Shells, Stars, Clusters. Basket Weave (in six different ways), Drop Flowers, Puff Shells. Mixing Colors, Making Petunias, Morning glory, Violets, Easter Lilies. Reverse Shells, Rope Border, Rosettes, Color Flow Patterns, Zing Zag, Side Garlands. Full Roses, Drop Flowers, Apple Blossom etc.

VARIETY COOKERY: One-Dish Meals, Beverages, Beef Pies, Sausage Rolls, Boats, Boucheés, Puffs, Salads and Dressings, Rice Dishes, Chicken Dishes, Desserts, Fish Dishes, Corn, Nut, Banana and Pumpkin Break, Coconut Sweet Bread, Butter Sponge, Chocolate Cake.

ADVANCED CAKE DECORATING: Almond Paste, Fondant, Gum Paste used for the following: Tulips, Leaves, Petunias, Wild Roses Impatiens, Roses Buds, Flowers and Leaves on Wire, Carnations, Orchids and Floral Arrangements etc.

VEGETARIAN COOKERY: Eggless Cakes, Gluten Dishes, Soya Bean Fish, Hash, Curried Chunks, Yam Pie, Pigeon Peas Au gratin, Corn Casserole, Beverages – Carrot, Pumpkin, Mango, Lentil Roast, Pigeon Peas, Accra and Loaf, Channa Loaf, Soy Puffs, Vegetables Pie, Green Banana Pie, Potato Casserole etc.

INDIAN COOKERY: Roti – Sada, Paratha, Dhoti and Dhalpurie, Kumar, Tomato and Melongene/Baigan Choka, Mango and Tamarind Chutney, Kuchela, Anchar, Talkari, Doubles or Barrah and Soft Channa, Curried Bodi, Fried Pumpkin, Alloo Pie, Phoulorie, Boiled Chutney, Kachorie, Sahena, Curried Chicken, Beef, Goat etc.

CHINESE COOKERY: Tim Sam, Stuffed Mushrooms, Fried Wontons, Spring Rolls. Soups – Chicken, Vegetables, Wonton, Chicken Corn, Pepper Steak, Char Su Pork, Spare Ribs, Sweet and Sour Pork, Pepper Shrimp, Sweet and Sour Fish, Shrimp in Tomato Sauce, Stir Fried, Chunky Vegetables, Chow Mein, Jasmine Rice, Fried Rice and Lo Mein.

PASTRY-MAKING: Choux – Puff and Éclairs  
Short Crust – Boats, Bouchées, Sausages Rolls, Beef Pies.  
Flaky – Current Rolls, Horns, Horseshoes, etc.  
Rough Puff – Jalousies, Vol-au-vent, etc.  
Cheese – Straws, Biscuits, Butterflies, Sacristans.  
Danish – Tivolis, Windmills, Snegles, Wheels, etc.

BREAD MAKING: Hops, White Bread, Dinner Rolls, Nut, Banana, Corn, Pumpkin and Coconut Sweet Bread, Bakes Rainbow Plait, Crown Loaf, Bumpy, Bubble, etc., Sweet Dough, Swedish Tea Ring, Rosebuds, Muffins, Cinnamon Twist and Buns, Palm Leaf Rolls etc. Cheese and Onion, Garlic.

CHRISTMAS COOKERY: Cookies, Drinks (Rum Punch, Crème de Mint, Tia Maria, Punch de Crème etc.) Deboning and Stuffing (Lamb or Pork Leg or Chicken Parts), Ham and Bacon, Smoked Chicken, Deboning and Rolling Turkey or Chicken, Pastelles, Pamie, Christmas Cake, Butter Sponge, Sorrel Cake, Steamed Christmas Pudding and Chow-Chow.