

# Western Cuisine

QF Level: 3 QR Registration No.: 15/002739/L3 Registration Validity Period: 01/09/2015 - 31/08/2021

## Course Features

### Course Aims

Through a simulated learning environment, students will acquire the knowledge and skills in western gastronomy, food commodities, nutrition, food hygiene and safety as well as western food preparations. The course aims to develop students' interest in the hospitality and catering industry through practical training, and cultivate among them a service culture, self-discipline and team spirit as well as problem-solving, communication and presentation skills.

### Elective Streams

Two elective streams, viz "Culinary Arts Stream" and "Dessert, Baking and Pastry Arts Stream" are offered and students are required to select one of the streams at the time of application.

## Learning Modules

### Common Modules

#### 1. Culinary Fundamentals (48 hours)

- Introduction to western food preparation
- Kitchen set-up and management

#### 2. Food Hygiene, Nutrition and Occupational Safety (20 hours)

- Food hygiene and safety
- Nutrition, diet and health
- Occupational safety

### Culinary Arts Stream

#### 3. Food Fundamentals (30 hours)

- Food commodities
- Food preservation and storage
- Menu and recipe design

#### 4. Food Preparation (70 hours)

- Stock, soup and sauce
- Appetizers and snacks
- Main dishes
- Greens and side dishes
- Creative garnish and plate decoration

#### 5. Project on Culinary Arts (12 hours)

- Planning and preparation of a menu for special diets

OR

### Dessert, Baking and Pastry Arts Stream

#### 3. Food Fundamentals (30 hours)

- Food commodities
- Food preservation and storage
- Menu and recipe design

#### 4. Food Preparation (70 hours)

- Bread and rolls
- Gâteau and pastries
- European desserts
- Chocolates
- Creative toppings and plate decoration

#### 5. Project on Dessert, Baking and Pastry Arts (12 hours)

- Planning and preparation of a menu for special diets

### Diversified Learning and Teaching Activities

There will be lectures with demonstrations, group discussions and presentations, microbiology testing, industrial visits, practical training and food tasting, project learning, Food Competition, etc.

### Professional Qualifications

This course has been registered in the Qualifications Register as a certificate programme at Qualifications Framework (QF) Level 3. Students will also obtain a QF Level 3 certificate in addition to HKDSE qualification upon successful completion of the course. Moreover, students passing the relevant module and fulfilling the attendance requirement can obtain a professional certificate recognised by the Food and Environmental Hygiene Department of HKSAR Government. They can also attend a public examination offered by the Royal Society for Public Health, U.K. for an additional professional qualification.



Mr. Lam Ching-wa, Executive Sous Chef, InterContinental Grand Stanford Hong Kong

"The rapid development of the tourism industry in Hong Kong, including the major infrastructure projects, new hotels and facilities for convention and exhibition in the recent years, will require additional manpower with professional knowledge on western cuisine to serve the hospitality and catering industry. This ApL course allows students to learn to prepare different types of western food commodities in training kitchens with industry-standard equipment and tools, and fosters their development of self-esteem, team work and communication skills."

## Articulation Pathways

### Further Studies

Courses related to food production and services, leisure and tourism, hotel management, etc.

For example, there are some related courses offered by the Technological and Higher Education Institute of Hong Kong (THEi) / the Hong Kong Institute of Vocational Education (IVE) / International Culinary Institute (ICI) :

- Bachelor of Arts (Honours) in Culinary Arts and Management
- Higher Diploma in Culinary Arts
- Higher Diploma in International Theme Park and Event Management
- Higher Diploma in Hotel and Catering Management
- Higher Diploma in International Hospitality and Tourism Management
- Diploma in Bakery, Pastry and Confectionery
- Diploma in European Cuisine
- Diploma in Western Food Preparation

### Employment

Careers in the fields of catering services, airline catering, fast food production, bakery and dessert production, hotel services, etc.



## Class Arrangement

### Mode 1

Every Saturday 9:00 - 13:00 OR  
Every Saturday 14:00 - 18:00

### Venue:

- ICI (Pokfulam)  
145 Pokfulam Road, Pokfulam, H.K. OR
- HTI (Kowloon Bay)  
46 Tai Yip Street, Kowloon Bay, KLN. OR
- HTI (Tin Shui Wai)  
11 Tin Ho Road, Tin Shui Wai, Yuen Long, N.T. OR
- IVE (Haking Wong)  
702 Lai Chi Kok Road, Cheung Sha Wan, KLN. OR
- Integrated Vocational Development Centre (Ma On Shan) Area 92 Yiu on Estate, Shatin, N.T. OR
- Youth College (Yeo Chei Man)  
11 To Lok Road, Tseung Kwan O, N.T.

(Remark: Final arrangement may be subject to change with respect to the confirmed number of enrolment.)

### Mode 2

Subject to mutual agreement between the school and the VTC.

## Selection Arrangement

Students are required to attend a group interview. Selection is based on student's interest in the course and the industry, grooming standard, attitude and enthusiasm, communication and language skills. Assignment of class (including lesson time and location) is based on students' performance in the interview.

## Course Fee

\$15,100 (Course fee is fully subsidised by the EDB and secondary schools.)