

# 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.

### Diversified Learning and Teaching Activities

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

## 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
- Appetisers 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

### 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

### Professional Qualifications

Students will obtain a Qualifications Framework (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.

### 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.



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, food nutrition and safety, hotel management, etc. For example, there are several 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 / Baking and Pastry Arts / Classic Western Cuisine / International Theme Park and Event Management / Hotel and Catering Management / International Hospitality and Tourism Management / Wine and Beverage Business Management
- Diploma in Bakery, Pastry and Confectionery / International Culinary Arts
- Diploma of Foundation Studies – Hospitality

### 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

### Mode 2

Subject to mutual agreement between the school and the VTC.

### Venue:

- International Culinary Institute (Pokfulam)  
145 Pokfulam Road, Pokfulam, H.K. OR
- Hotel and Tourism Institute (Kowloon Bay)  
46 Tai Yip Street, Kowloon Bay, KLN. OR
- Hotel and Tourism Institute (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)  
2 Hang Hong Street, Yiu On Estate, Ma On Shan, Shatin, N.T. OR
- Youth College (Yeo Chei Man)  
11 To Lok Road, Tseung Kwan O, N.T.

Remark: Final class venue / time may be subject to change with respect to the confirmed number of enrolment and other special circumstances.

## 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.)



Highlights of Western Cuisine  
Skills Competition 2019