



MASTER PROSPECTUS - DIPLOMA IN CULINARY ARTS – Online / Hybrid

Metro Institute of Culinary Arts Program in Collaboration with NCVTE

Program Title: DIPLOMA IN CULINARY ARTS – Online / Hybrid

Duration: 12 months (72 sessions) + 4 months Industrial Training

Delivery: Live online theory/demo + at-home practical's + optional in-kitchen practical's (Mumbai)

Final Assessment: 2 written papers + 1 practical viva

Certification: Professional Diploma in Culinary Arts & Global Cuisines

Program Overview

Feature	Details
Total duration	12 months (9 months coursework + 3 months industrial training)
Online sessions	72 (36 theory/demo + 36 guided practical cook-alongs)
In-kitchen practicals (Mumbai – optional extra)	12 hands-on sessions (1 per month) at our training center
Industrial training	3 months (minimum 300 hours) at partner hotels/restaurants
Batch size	25 students max per instructor
Eligibility	10+2 (any stream) Working professionals can also apply
Language	English (Hindi/Marathi support for practical's)





Weekly Calendar Structure (Year 1 – 12 months)

Each month = 6 sessions (3 theory + 3 practical) – *except months with in-kitchen weeks*

Month	Focus	Theory Sessions (Online)	Practical Sessions (Online)	In-Kitchen (Mumbai – Optional)
1	Foundations: MEP, Knife Skills, Garde Manger	3	3	Kitchen tour + Knife sharpening workshop
2	Soups, Stocks & Appetizers	3	3	Make 3 stocks + 2 soups (in-kitchen)
3	Cooking Methods: Blanch, Roast, Stew, Fry	3	3	Pan-searing & roasting workshop
4	North Indian Cuisine	3	3	Tandoori cooking (tandoor demo)
5	South Indian Cuisine	3	3	Dosa & sambar from scratch
6	Hakka Chinese	3	3	Wok cooking & momo making
7	Italian Cuisine	3	3	Fresh pasta & risotto workshop
8	Mediterranean Cuisine	3	3	Pita, hummus & tagine cooking
9	European (French/German)	3	3	Mother sauces & schnitzel
10	Continental (American/Brunch)	3	3	Eggs Benedict & steak techniques
11	Fusion & Plating	3	3	Plating competition (in-kitchen)
12	Review & Final Assessments	3 (mock exams)	3 (practical prep)	Final practical exam

Weekly Schedule Example (Typical Week):

Day	Time (IST)	Session Type	Topic
Tuesday	1:00 PM – 5:30 PM	Theory/Demo	New technique introduction
Thursday	1:00 PM – 5:30 PM	Theory / Online cooking or Practical (cook-along)	Students cook with instructor
Saturday	10:00 AM – 12:30 PM	Theory / Online cooking or Practical (cook-along)	Second dish of the week

In-Kitchen Saturdays (once per month): 10:00 AM – 2:00 PM at our Mumbai kitchen

Detailed 72-Session Syllabus (Combined Foundations + Global Cuisine)

Phase 1: Foundations (Months 1–3) – 18 sessions

Session	Type	Topic
1	Theory	Mise en place principles, workstation setup, timing charts
2	Practical	MEP setup for a 4-dish meal (live assessment)
3	Theory	Knife anatomy, claw grip, cuts: brunoise, julienne, batonnet, dice, chiffonade
4	Practical	Cut practice: potato batonnet, carrot julienne, onion dice (submit photo with ruler)
5	Theory	Garde manger: salads, emulsions, vinaigrette ratio (3:1 oil:acid)
6	Practical	Classic vinaigrette + simple green salad
7	Theory	Garde manger: cold marinades, quick pickling, basic curing
8	Practical	Quick-pickled red onions + lemon-oregano marinated olives
9	Theory	Clear soups & broths: stocks, consommé clarification
10	Practical	Clear vegetable broth + noodle soup
11	Theory	Thick & pureed soups: roux, velouté, pureed soups
12	Practical	Potato & leek soup (vichyssoise-style)
13	Theory	Bisques & chowders: shellfish stock, cream finishes
14	Practical	Corn chowder (vegetarian option)
15	Theory	Cold soups: gazpacho, chilled cucumber-yogurt
16	Practical	Chilled cucumber-yogurt soup
17	Theory	Hot appetizers: canapés, bruschetta, breading procedure
18	Practical	Bruschetta with 2 toppings + crumb-fried zucchini sticks

Phase 2: Cooking Methods (Month 3 continued – 6 sessions)

Session	Type	Topic
19	Theory	Dry-heat: roasting & sautéing (Maillard, deglazing)
20	Practical	Roasted broccoli + pan-sautéed tofu/chicken with lemon pan sauce
21	Theory	Moist-heat & combination: blanching, stewing, deep-frying
22	Practical	Blanched green beans + small beef/vegetable stew
23	Theory	Oil management, frying temps (175-190°C), double-fry method
24	Practical	Twice-fried french fries + garlic aioli

Phase 3: Indian Cuisines (Months 4–5) – 12 sessions		
Session	Type	Topic
25	Theory	North Indian: spice theory (whole vs. ground), tadka, base gravies
26	Practical	Butter Chicken + Tandoori Roti (stovetop)
27	Theory	Dum cooking, biryani, stuffed parathas, raita
28	Practical	Chicken/Lamb Biryani + Boondi Raita
29	Theory	South Indian: fermentation (dosa/idli), tempering
30	Practical	Masala Dosa + Sambar
31	Theory	South Indian: coconut-based curries, Chettinad masala
32	Practical	Appam + Vegetable/Chicken Chettinad
33	Theory	Indo-Chinese: wok hei, sauces, velveting
34	Practical	Veg Hakka Noodles + Chilli Paneer
35	Theory	Dumplings & dim sum: wrappers, fillings, steaming
36	Practical	Steamed or Pan-fried Momos + Sichuan sauce

Phase 4: Italian & Mediterranean (Months 6–7) – 12 sessions		
Session	Type	Topic
37	Theory	Italian: fresh pasta dough (egg/semolina), sauce types
38	Practical	Fresh pasta dough + Spaghetti Aglio e Olio
39	Theory	Risotto technique, ossobuco, pizza al taglio
40	Practical	Mushroom Risotto
41	Theory	Mediterranean : hummus, falafel
42	Practical	Hummus + Tzatziki + Warm Pita from scratch
43	Theory	Mediterranean (Moroccan): ras el hanout, preserved lemon, tagine
44	Practical	Chicken Tagine with apricots + Couscous
45	Theory	European: French mother sauces (5 sauces)
46	Practical	Béchamel-based lasagna or moussaka
47	Theory	
48	Theory	

Phase 5: Continental & Fusion (Months 8–10) – 12 sessions		
Session	Type	Topic
49	Theory	Continental brunch: eggs Benedict, hollandaise, poaching
50	Practical	Eggs Benedict with Blender Hollandaise
51	Theory	Grilling & pan-searing: steaks, compound butters, pan sauce
52	Practical	Pan-seared Chicken Breast + Lemon Butter Sauce
53	Theory	Fusion 1: Indo-Chinese (Gobi Manchurian, schezwan rice)
54	Practical	Schezwan Fried Rice + Gobi Manchurian (dry)
55	Theory	Fusion 2: Italian-Indian (tandoori pizza, butter chicken lasagna)
56	Practical	Tandoori Paneer Pizza (tawa/pizza stone)
57	Theory	Plating fundamentals: 5 styles (stack, smear, swoosh, garden, minimal)
58	Practical	Recreate one previous dish with fine-dining plating
59	Theory	Menu design, costing, food safety (HACCP basics)
60	Practical	Design a 3-course menu with plating sketches (submission)

Phase 6: Review & Assessment (Months 11–12) – 12 sessions		
Session	Type	Topic
61	Theory	Mock theory exam – Paper 1 (Foundations + Indian + Chinese)
62	Practical	Mock practical: Cut skills + Soup
63	Theory	Mock theory exam – Paper 2 (Italian + Mediterranean + European + Continental + Fusion)
64	Practical	Mock practical: Main course + Plating
65	Theory	Q&A review session (all topics)
66	Practical	Final practical practice (students choose cuisine)
67	Theory	Viva preparation (common questions)
68	Practical	Final practical exam (live, 90 min – see assessment section)
69	Theory	Written Exam – Paper 1 (2 hours)
70	Theory	Written Exam – Paper 2 (2 hours)
71	Viva	Oral examination (15 min per student)
72	Graduation	Certificate distribution + Industrial training briefing

Optional In-Kitchen Practicals (Mumbai)

Location: MICATraining Kitchen.

Schedule: One Saturday per month, 10:00 AM – 2:00 PM

Cost: ₹3,000 per session (or ₹30,000 for all 12 sessions) – *separate from online tuition*

Month	In-Kitchen Focus
Month 1	Knife sharpening & cutting drills (brunoise, julienne timed challenge)
Month 2	Stock making (chicken, veg, fish) & consommé clarification
Month 3	Pan-searing & roasting (steak doneness test with thermometer)
Month 4	Tandoor cooking (tandoori chicken, naan on tandoor)
Month 5	Dosa & sambar – full breakfast setup
Month 6	Wok cooking – high heat safety & momo folding competition
Month 7	Fresh pasta from scratch + risotto stirring technique
Month 8	Pita, falafel frying, and tagine cooking
Month 9	Mother sauces (béchamel, velouté, espagnole, tomato, hollandaise)
Month 10	Plating competition (students judged by chef panel)
Month 11	Final practical exam (in-kitchen)
Month 12	Industrial training briefing & portfolio review

Industrial Training (4 Months)

Duration: Immediately after coursework (months 13–16)

Minimum hours: 400 hours

Placement support: Yes (partner hotels/restaurants in Mumbai, Pune, Goa, Bangalore)

Partner establishments (sample):

- ✓ 4 to 5-star hotels
- ✓ Fine dining restaurants
- ✓ Cloud kitchens / Catering Institutions

Training logbook: Students must document daily tasks, recipes learned, chef signatures.

Industrial training evaluation: Submitted logbook + employer feedback form + 1,000-word reflection report.

Assessment Materials

- ✓ **Question Paper 1: Foundations, Indian & Chinese Cuisines**
- ✓ **Duration: 2 hours | Total marks: 100**

Section A: Multiple Choice Questions (20 marks – 1 mark each)

Circle the correct answer.

- 1. What is the correct ratio for a classic vinaigrette?**
 - a) 1:1 oil:acid
 - b) 3:1 oil:acid
 - c) 1:3 oil:acid
 - d) 2:1 oil:acid

- 2. Which knife cut measures 1.5mm x 1.5mm x 1.5mm?**
 - a) Julienne
 - b) Brunoise
 - c) Batonnet
 - d) Chiffonade

- 3. What is the ideal temperature range for deep-frying?**
 - a) 120-150°C
 - b) 175-190°C
 - c) 200-220°C
 - d) 100-120°C

- 4. Which spice is typically added at the end of cooking in tadka?**
 - a) Cumin seeds
 - b) Turmeric powder
 - c) Garam masala
 - d) Asafoetida (hing)

- 5. What is the primary leavening agent in dosa batter?**
 - a) Yeast
 - b) Baking soda
 - c) Fermentation (natural)
 - d) Eggs

(Questions 6–20 follow similar pattern – available on request)

Section B: Short Answer Questions (40 marks – 10 marks each)

Answer any 4 of the following (150–200 words each).

1. Explain the difference between a roux-thickened soup and a pureed soup. Give one example of each.
2. Describe the process of making a proper consommé, including the role of the egg white raft.
3. What is the difference between garam masala and a curry powder? How are they used differently in North Indian cooking?
4. Explain the fermentation process for dosa/idli batter. What environmental conditions are ideal, and how can a student achieve this in a Mumbai home kitchen?
5. Describe the velveting technique used in Hakka Chinese cooking. Why is it used for meat and poultry?
6. List the 5 French mother sauces, their key ingredients, and one small derivative sauce for each.

Section C: Long Answer / Practical Description (40 marks – 20 marks each)

Answer both questions.

Question 1 (20 marks)

You are preparing a 3-course North Indian meal: *Dal Makhani, Butter Chicken, and Garlic Naan*.

- ✓ Describe your mise en place (list all prep with quantities for 4 covers).
- ✓ Write the step-by-step cooking method for Dal Makhani (overnight cooking included).
- ✓ How would you make tandoori roti on a stovetop (no tandoor available)? Provide a makeshift technique.

Question 2 (20 marks)

A customer has a gluten allergy and a dairy allergy. Design a 2-course meal (starter + main) using only the following cuisines: *South Indian or Mediterranean*.

- ✓ List the dishes with full ingredient lists (ensure no gluten/dairy).
- ✓ Explain your substitutions (e.g., what replaces ghee/cream, what replaces wheat).
- ✓ Provide a plating sketch description.

Question Paper 2: Italian, Mediterranean, European, Continental, Fusion & Plating

Duration: 2 hours | **Total marks:** 100

Section A: Multiple Choice Questions (20 marks – 1 mark each)

1. What type of rice is traditionally used for risotto?
 - a) Basmati
 - b) Jasmine
 - c) Arborio or Carnaroli
 - d) Sushi rice

2. Which mother sauce is made from milk and white roux?
 - a) Velouté
 - b) Béchamel
 - c) Espagnole
 - d) Tomate

3. What is the ideal internal temperature for a medium-rare steak (rested)?
 - a) 50-52°C
 - b) 57-60°C
 - c) 63-68°C
 - d) 71°C+

4. Which of these is NOT a key ingredient in classic hummus?
 - a) Chickpeas
 - b) Tahini
 - c) Cumin
 - d) Sumac

5. What is the purpose of deglazing a pan after searing meat?
 - a) To cool the pan quickly
 - b) To dissolve the fond into a sauce
 - c) To remove stuck spices
 - d) To add salt evenly

(Questions 6–20 follow similar pattern)

Section B: Short Answer Questions (40 marks – 10 marks each)

Answer any 4 of the following.

1. Explain the difference between *pâte brisée* and *pâte sucrée*. What is each used for?
2. Describe how to make an emulsion hollandaise sauce without breaking it. What is the maximum temperature you should not exceed?
3. You are making risotto but realize you have no white wine. What can you substitute, and how does the flavor change?
4. Define the 5 classic plating styles. Give one dish example for each.
5. What is the difference between *fusion* cuisine and *contemporary* cuisine? Provide one successful Indian-Italian fusion dish example.
6. Explain the concept of *umami* in Mediterranean cooking. Name 3 umami-rich ingredients commonly used.

Section C: Long Answer / Practical Description (40 marks – 20 marks each)

Answer both questions.

Question 1 (20 marks)

You are designing a 5-course tasting menu for a European/Continental dinner. Courses: Amuse-bouche, Appetizer (seafood), Soup, Main (lamb), Dessert.

- Name each dish.
- For the Main course, write full recipe (ingredients + method) for a lamb dish using a moist-heat method.
- Describe the plating for the dessert (including sauce work, garnish, texture contrast).

Question 2 (20 marks)

A customer orders a *Margherita pizza* but has no oven – only a stovetop and a tawa (flat griddle).

- Provide a step-by-step method to cook the pizza on a tawa with a lid.
- Also, they want a *croissant* but have no butter for lamination. Suggest an alternative laminated dough (e.g., margarine or oil-based) and explain how the result differs.
- Write a short troubleshooting guide for: soggy pizza middle, and butter leakage in croissant.

Viva Voce (Oral Examination)

Duration: 15 minutes per student

Total marks: 100 (converted to 20% of final grade)

Structure:

Section	Duration	Marks	Description
Section A: Identification	3 min	20	Student identifies 5 ingredients/spices/knives shown by examiner (via camera)
Section B: Technique explanation	5 min	30	Examiner asks 2 technique questions (e.g., "Show me how you would hold a knife to julienne a carrot" or "Explain how to tell if oil is ready for deep-frying without a thermometer")
Section C: Problem-solving	4 min	30	Student given a cooking failure scenario (e.g., "Your béchamel is lumpy – what went wrong and how do you fix it?")
Section D: Industrial training reflection	3 min	20	Student summarizes one key lesson from industrial training (if completed) OR career goals

Sample Viva Questions:

1. *Hold your chef's knife and show me the claw grip. Now demonstrate a brunoise cut on an onion (pantomime allowed).*
2. *Your croissants came out of the oven with butter pooled on the baking tray. What likely happened?*
3. *You are making mayonnaise and it splits (separates). How do you rescue it?*
4. *Name 3 Indian spices that are also used in Mediterranean cooking.*
5. *If a customer sends back a steak saying it's "overcooked and dry," how would you handle the situation as a chef?*

Viva Grading Rubric:

Criteria	Excellent (80-100%)	Satisfactory (60-79%)	Needs improvement (<60%)
Accuracy of knowledge	Correct, detailed answers	Mostly correct, minor errors	Major errors or guessing
Communication	Clear, confident, uses culinary terms	Understandable, some hesitation	Unclear, no terminology
Problem-solving	Logical, creative fix	Basic fix but works	No solution or wrong fix

Final Grading & Certification

Component	Weight	Passing mark
Weekly practical submissions (36)	25%	60% average
In-kitchen practicals (if opted)	5% (bonus)	–
Theory Paper 1	20%	40/100
Theory Paper 2	20%	40/100
Final practical exam (Session 68)	20%	60/100
Viva voce	15%	60/100
Industrial training report & logbook	Pass/Fail	Required for certificate

Overall passing requirement: Minimum 60% aggregate + Industrial training completion.

Certificate issued:

Professional Diploma in Culinary Arts (Global Cuisines & Industrial Training)

- Sealed by MICA Academy & NCVTE
- Includes transcript with grades for each module
- QR code for verification

Tuition & Fees

Component	Amount (INR)
Online tuition (full 72 sessions + materials + certification)	₹69,999
In-kitchen practicals (Mumbai – 12 sessions, optional)	₹30,000
Industrial training placement assistance fee	₹5,000 (one-time)
Examination fee (2 papers + viva)	Included
Total (online only)	₹69,999
Total (online + in-kitchen)	₹99,999

Payment plans:

Upfront full payment : 5% discount

Quarterly before semester begins : ₹17,500/ (online only)

Refund policy: Full refund before first session within 15 days of enrolment ; 50% refund before 60 days ; no refund after month 60 Days.

Enrollment Form

Course : *DIPLOMA IN CULINARY ARTS – Online / Hybrid*

Batch starting: First Monday of every month

Student name: _____

Email: _____

Phone: _____

Address: _____

- Kitchen setup.
- Home kitchen.
- Access to commercial kitchen

Select package:

- Online only (₹69,999)
- Online + In-kitchen Mumbai (₹99,999)

Industrial training:

- I require placement assistance (₹5,000)
- I have my own arrangement

Payment method:

- Upfront (5% discount)
- Quarterly installments

Declaration: I have a basic set of knives, a digital scale, and a reliable internet connection.

Signature: _____ Date: _____