Chef Module: Menu & Recipes

Lesson Proper

This module introduces the fundamentals of menu planning and recipe creation. Students will learn how to balance nutrition, flavor, presentation, and cost-effectiveness. The lesson will cover types of menus, recipe standardization, and practical exercises in creating meals that are both appealing and feasible for various food service settings.

Sample Menu

Course	Dish
Appetizer	Caesar Salad with Garlic Croutons
Soup	Creamy Pumpkin Soup
Main Course	Grilled Chicken with Mashed Potatoes & Steamed Vegetables
Dessert	Classic Tiramisu
Beverage	Freshly Squeezed Orange Juice

Recipes

Caesar Salad with Garlic Croutons

- Romaine lettuce, chopped
- Caesar dressing
- Parmesan cheese, grated
- Croutons (toasted garlic bread cubes)

Creamy Pumpkin Soup

- Pumpkin, peeled and cubed
- Onion, chopped
- Garlic, minced
- Vegetable stock
- Cream
- Salt & pepper to taste

Grilled Chicken with Mashed Potatoes & Steamed Vegetables

- Chicken breast, marinated
- Potatoes, boiled and mashed with butter & milk
- Mixed vegetables (carrots, broccoli, beans), steamed
- Salt & pepper to taste

Classic Tiramisu

- Ladyfinger biscuits

- Espresso coffee
- Mascarpone cheese
- Eggs
- Sugar
- Cocoa powder