

# Baking to reality by Chef Zurah



## Module 1

Colour coding , Cutting Boards ,knives ,Using knives

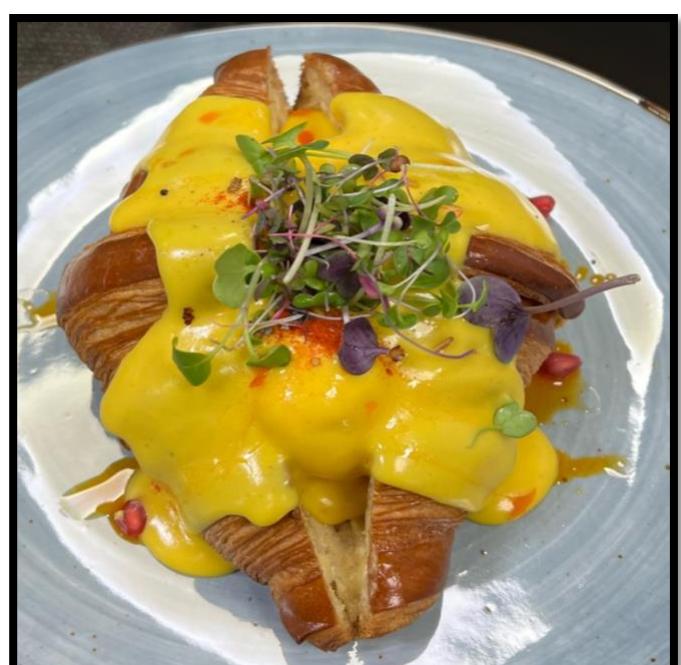
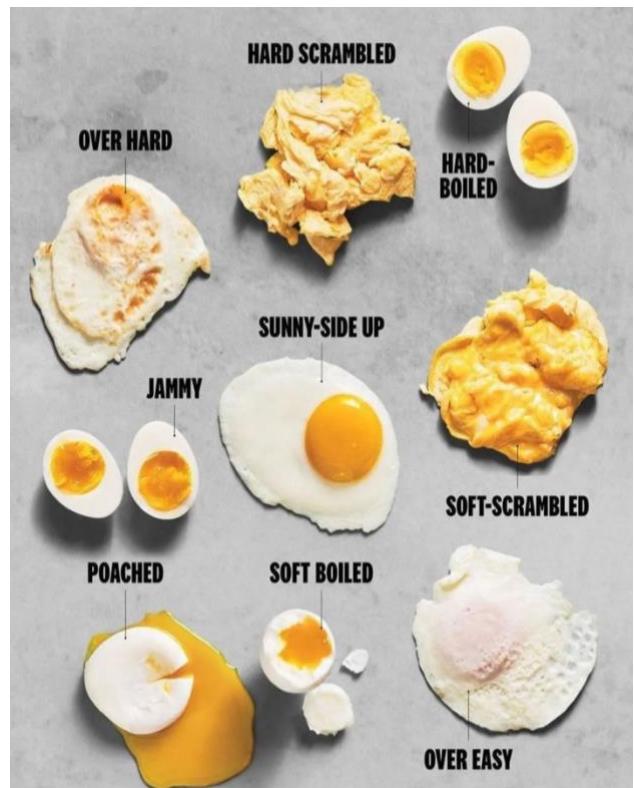
differently.

Slicing ,dicing , Chopping

Fruit, shapes and sizes

### COOKING & BREAKFAST PREPARATIONS

1. Poaching Eggs
2. Egg mix
3. Making Omelette & Scrambled eggs
4. Mother sauce(Hollandaise)
5. Muffin Benedict & Eggs Benedict (With Bacon ,eggs and plating)
6. Cutting and slicing of fruits and vegetables in different shapes(Onion ,Garlic ,tomatoes and Mangoes)
7. Zataar Labneh toast,Cheese & Chips toast (using bread ,turkish labneh & palastinian Zataar mix
8. Cutting Bread , using Bread knife
9. Toasting Bread and Bread storage for day
10. Using Two hands On fire ,toasting or cooking.





## Module 2

### Cold & Hot dessert Preparation

1. French toast {Preparing the Custard for dipping, Bread slicing ,toasting and plating}
- 2.Scooping Ice creams
- 3.Whipping Creams and piping to do design
- 4.Molten Chocolate Cake (mixing ,Baking and plating ideas)
- 5.Handling oven for hot desserts and temperatures for cooking,toasting and warming the desserts
- 6.Vanilla Sponge cake (Mixing and baking the basic Cake)
- 7.Tres-Leche (making spanish milk cake using our vanilla



cake with the special milk mix)

8. Acai Bowl (Scooping ,And topping the acai purée as desired) and description of different ingredients
- 9.Mango Trifle(Preparing cold dessert with mango ,Creams and topping with Berries and pistachio)  
Along with shelf life, cooling temperatures and more
- 10.Chocolate Brownie Cookies(Mixing ,Baking and plating cookies for different occasions.



## Module 3

### Salads and Pasta Preparation and Plating

1. **Green Salad**  
(with Lettuce, tomatoes, Feta Cheese, olives and Pesto sauce)
2. **How to wash and preserve salads**
3. **Salad shelf life and seasoning**
4. **Making the Mother sauce (Bechamel)**
5. **Alfredo Pasta preparation and serving**





production date, batch number, and any other identifying information.

2. Storage Conditions: Ensure the fridge maintains a consistent temperature appropriate for the type of food being stored. This is typically below 4°C (40°F) for refrigerated items.

3. Sample Size and Duration: Retain an adequate amount of each sample and store it for a period that complies with your regulatory requirements and company policies.

4. Documentation: Keep a log of all samples stored, including the dates they were produced and stored, and any test results obtained from them.

5. Separation from Regular Food Items: Use a dedicated fridge to avoid cross-contamination with other items, and to maintain the integrity of the samples.

By implementing these practices, you can better ensure food safety, improve your quality control processes, and comply with regulatory requirements.

#### THE CAUSE AND EFFECT DIAGRAM

It consists of asking five "why" questions, starting from the first cause of the identified malfunction and repeating the question "why?". This technique ensures that all possible causes will be identified. After reflection and verification, only the main causes of the problem will be retained to implement the corrective action.

#### HOW DOES IT WORK?

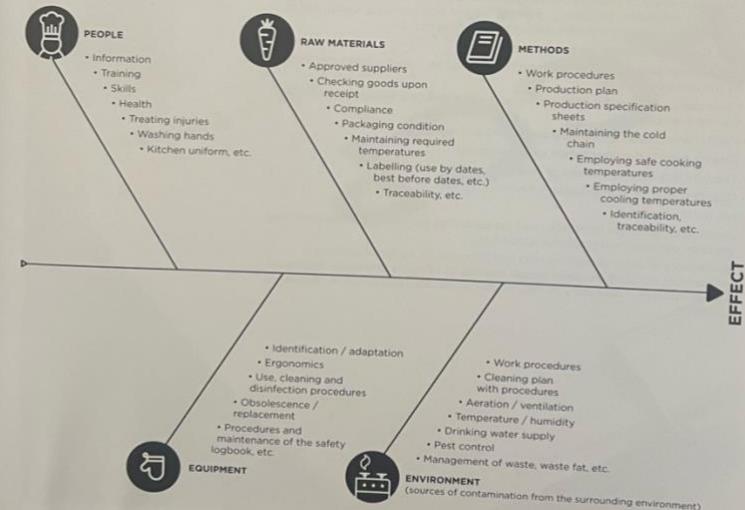
After the occurrence of an undesirable event (workplace accident, production process failure, foodborne illness, etc.), the person in charge of the establishment organises a multidisciplinary brainstorming meeting. Using the diagram and through a process of elimination, participants reflect and look for the possible cause(s) of the problem. All comments are analysed, ideas are sorted and arranged in a coherent and logical way.

The principle is to evaluate undesirable events and to find solutions so that they do not happen again. This technique is not about judging or finding a culprit, but identifying all causes of the incident.

#### THE 5 WHYS TECHNIQUE

To go back in the cause and effect diagram to refine the search, we can use the 5 Whys technique.

#### CAUSE AND EFFECT DIAGRAM



## Module 3

### EFST training review & Labelling Food handling & kitchen Operation

1. Production & Expiry update on all opened and newly stocked products
2. Efst book
3. Washing utensils on service
4. Preparation if orders on the line
5. Proper use of kitchen appliances and the difference between blenders and mixers
6. How to store food in bulk for commercial use on a busy store
7. Hygiene and organisation on the line



## ZURA'S FOOD HOUSE

Indulge in the delightful combination of sweet ,light and warm,Aromatic spices with a touch of heavenly goodness .Our moist and flavorful products are a perfect treat for any occasion.

### **About Baking to Reality**

It's a project by Chef Zulaika Namwase to assist on the upcoming cooks inspiring to be Chefs

#### **Who is She?**

Chef Zurah is a Ugandan,self Taught person with an outstanding ability to cook , Create and Bake .  
She is a passionate Person who started in a home kitchen within Alain Abudhabi.

She is a Certified ECGYC Senior Member, Certified Artisanal Baker , World Food Championship Qualifier (Pasta & Noodles) 2024  
With On hands Pastry Training Certificate  
EFST Certification  
Hospitality Management- Health & Safety in Food Service through Alison UK  
She runs a food project in the names of  
Zuras Food House since 2021  
Specialising in Arabic cuisine ,Italian and Continental cuisine for Home service.-  
Exclusive Menu Creation and Kitchen Staff Training



**Baking to reality**  
By Chef zurah

**SERVICES**

Recipe Creator  
Menu Development  
Kitchen staff training  
Hot & Cold Desserts  
Bread making  
Sweet and savoury sauces  
Cheese Cakes & Bites  
Organic Flavoring  
Product Consultation

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**instagram: zuraeq.Chef**

**Location: Dubai , Abudhabi (UAE)**

**SERVICE FEE**  
**AVAILABLE UPON REQUEST**