



NAIROBI BAR SCHOOL

"DEVELOPING SKILLS FOR EXCEPTIONAL SERVICES"

Baking and Confectionery Skills

LEVEL ONE

Unit 1: CAKE MAKING TECHNIQUES

Duration: 2 Weeks.

Fees: Ksh. 13,000/=

Types of cakes:

- Queen Cake
- Marble cake
- Swiss roll
- Black forest
- Madeira cake
- Wedding cake

Methodology:

- Sugar Batter Method
- Flour Batter Method
- Mechanical Aeration
- Chemical Aeration
- Combination of Methods

Unit 2: CAKE DECORATION

Duration: 2 Weeks.

Fees: Ksh. 13,000/=

- Birthday Cake Decoration
- Basket weaving
- Cartoon character
- Anniversary Cake Decortaion
- Wedding Cake Decoration
- Barbie Doll

Methodology:

- a. Principles of Cake decoration
- b. Decorating media
- c. Icing and piping
- d. Coating and Masking



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- a. Styles in Cake Decoration
- b. Wrapping and Packing

Unit 3: PUFF PASTRY

Duration: 2 Weeks

Fees: Ksh. 13,000/=

- Meat pies
- Chicken pies
- Shepherd's Pie
- Apple Pie
- Sausage Rolls
- Samosa

Methodology:

- a. Basic formula
- b. Principles of manufacture
- c. French method
- d. English method
- e. Diagnosis of faults
- f. Turns

Unit 4: BREAD MAKING

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Plain bread
- Sweet bread
- Currant bread
- Brown bread
- Honey bread
- Doughnuts

Methodology:

- a. Straight dough
- b. Fermented and dough Method
- c. Proofing
- d. Baking Temperatures
- e. Reasons for Ferment



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- f. Cooling
- g. Wrapping

Unit 5: CONFECTIONERY PRODUCTS

Duration: 2 Weeks

Fees: Ksh 13,000/=

- Cookies
- Biscuits
- Sweets
- Toffee
- Asian Sweets
- Chocolate

Methodology:

- a. Rubbing –In
- b. Crumbing
- c. Creaming
- d. Sugar Boiling
- e. Flavorings And Coloring
- f. Cooling
- g. Wrapping

NB: FEES WILL BE REDUCED TO KSH. 55,000 FOR CLIENTS WHO CHOOSE TO DO ALL THE FIVE COURSES IN LEVEL ONE

LEVEL TWO

Unit 1: CAKE MAKING - INTERMEDIATE

Duration: 2 Weeks

Fees: Ksh 13,000/=

- Red Velvet
- Sponge Cake
- Chocolate Fudge Cake
- white Forest
- Carrot Cake
- Coconut Cake

Methodology:

- a. Sugar butter method



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- b. Flour butter method
- c. Mechanical Aeration
- d. Chemical Aeration
- e. Combination of Methods
- f. Whipping Method

Unit 2: SUGAR FLOWERS

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Carnations
- Drapes
- Roses
- Sweet pea
- Fondant Making
- Blossoms

Methodology:

- a. Frilling
- b. Assembling flowers
- c. cutting

Unit 3: PUFF PASTRY - ADVANCED

Duration: 2 Weeks

Fees: Ksh 13,000/=

- Sugar shells
- Jam turnover
- Sweet palmer
- Vegetable pie
- Butterfly
- Vol-au-vent

Methodology:

- a. French method
- b. Principles of manufacture
- c. English method
- d. Diagnosis of faults
- e. Turns



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Unit 4: BREAD MAKING - INTERMEDIATE

Fees: 2 Weeks.

Fees: Ksh 13,000/=

- Cinnamon Bread
- Milk Bread
- Cheese Bread
- Rye Bread
- Vienna Bread
- Plaited Bread

Methodology:

- a. Straight dough method
- b. Ferment & dough method
- c. Proofing
- d. Baking temperatures
- e. Reasons for ferment

NB: FEES WILL BE REDUCED TO KSHS. 45,000 FOR CLIENTS WHO CHOOSE TO DO ALL THE FOUR COURSES IN LEVEL TWO

LEVEL THREE

Unit 1: CAKE MAKING - ADVANCED

Duration: 2 Weeks

Fees: Ksh 13,000/=

- Eggless cake
- Cheese cake
- Royal cake
- Chocolate fudge cake
- Sugarless cake
- Pound cake

Methodology:

- a. Sugar butter method
- b. Flour butter method
- c. Mechanical aeration
- d. Chemical aeration
- e. Combination of methods



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Unit 2: SUGAR FLOWERS - ADVANCED

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Lilies
- Winter jasmine
- Daisy
- Doris pink
- Fondant making
- Sun flower

Methodology:

- a. Frilling
- b. Assembling flowers
- c. cutting

Unit 2: BREAD MAKING - ADVANCED

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Folcacia bread
- Oat bread
- Double & single knot
- Figure of '8'
- 'c' scroll
- Pumpkin bread
- Fancy Shapes

Methodology:

- a. Straight dough method
- b. Proofing
- c. Baking temperatures
- d. Reasons for ferment

Unit 4: SCONES AND BUNS

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Plain buns
- Doughnuts



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- Ordinary Scones
- Dinner rolls
- Milk rolls
- Hot cross buns

Methodology:

- a. Straight dough method
- b. Proofing techniques
- c. Fermented and dough method
- d. Baking temperature
- e. Reasons for the ferment

NB: FEES WILL BE REDUCED TO KSH.55, 000 FOR CLIENTS WHO CHOOSE TO DO ALL THE FOUR COURSES IN LEVEL THREE

LEVEL FOUR

Unit 1: MODERN CAKE MAKING AND DECORATION

Duration: 4 Weeks.

Fees: Ksh 25,000/=

- Teddy bear
- Guitar cake
- African pot cake
- Football cake
- Baby doll cake
- Pumpkin cake

Methodology:

- a. Sugar butter method
- b. Flour butter method
- c. Mechanical aeration
- d. Chemical aeration
- e. Combination of methods
- f. Plastic icing
- g. Styles in cake decoration
- h. Pinning out
- i. Sticking and coating



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Unit 2: MILK & MILK PRODUCTS

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Yoghurt
- Ice cream
- Butter
- Fermented milk
- Milk shake
- Smoothie

Methodology:

- a. Formulae
- b. Pasteurization
- c. Homogenization
- d. Culturing
- e. Incubation
- f. Temperature control
- g. Viscosity

Unit 3: HOTEL PRODUCTS

Duration: 2 Weeks

Fees: Ksh 13,000/=

- Pan cakes
- Mandazi
- Mshikaki
- Samosa
- Chapati
- Beef burger

Methodology:

- a. Principles of manufacture
- b. Basic formulae
- c. Deep frying
- d. Shallow frying
- e. Filling

Unit 4: DANISH PASTRY

Duration: 2 Weeks.



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Fees: Ksh. 13,000/=

- Croissants
- Chelsea buns
- Cinnamon rolls
- Wind mill
- Rosette shapes
- Danish turnover
- Belgium buns
- Danish cussion

Methodology:

- a. Combination of panary and lamination
- b. Pinning out
- c. Turns

NB: FEES WILL BE REDUCED TO KSHS. 55,000 FOR CLIENTS WHO CHOOSE TO DO ALL THE FIVE COURSES IN LEVEL FOUR

LEVEL FIVE

Unit 1: MODERN CAKE MAKING AND DECORATION – INTERMEDIATE

Duration: 4 Weeks.

Fees: Ksh 25,000/=

- a. Butterfly cake
- b. Drum cake
- c. Shoes cake
- d. Micky mouse cake
- e. African hut cake
- f. Company logo

Methodology:

- a. Sugar butter method
- b. Flour butter method
- c. Mechanical aeration
- d. Chemical aeration
- e. Combination of methods
- f. Fondant making
- g. Pining out



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- h. Icing and piping
- i. Styles in cake decoration
- j. Sticking and coating

Unit 2: SWEET PASTRY

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Tarts
- Flans
- Biscuits
- Tartlets
- Cookies
- Éclair's

Methodology:

1. Crumbling method
2. Creaming method
3. Rubbing- in method

Unit 3: SAVOURY PRODUCTS & FILLINGS

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Short pastry
- Pork pies
- Potato pie
- Quiche
- Steak pie
- Kidney pie
- Strudel

Methodology:

- a. Combination of panary and lamination
- b. Pinning out
- c. Filling

Unit 4: HOTEL PRODUCTS - ADVANCED

Duration: 2 Weeks.

Fees: KShs 13,000/=

2nd flr Ghale House, Moi Avenue. Tel: 0722980400, 0721697222 Email: info@nairobiBarschool.com. :::WELCOME:::



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- Pizza
- Crisps
- Kebabs
- Bhajia
- Hamburgers
- Pan fried beef fillet

Methodology:

- a. Principles of manufacture
- b. Basic formulae
- c. Filling
- d. Deep frying
- e. Straight dough method
- f. Ferment & dough method
- g. Shallow frying

NB: FEES WILL BE REDUCED TO KSHS.55, 000 FOR CLIENTS WHO CHOOSE TO DO ALL THE FIVE COURSES IN LEVEL FIVE

LEVEL SIX

Unit 1: MODERN CAKE MAKING AND DECORATION – ADVANCED

Duration: 4 Weeks.

Fees: Ksh 25,000/=

- Baby shower
- Tie cake
- Car cake
- Shirt cake
- Edible paper cake
- Fondant making

Methodology:

- a. Sugar butter method
- b. Flour butter method
- c. Mechanical aeration
- d. Chemical aeration
- e. Combination of method
- f. Fondant making
- g. Pining out



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- h. Icing and piping
- i. Sticking and coating
- j. Styles in cake decoration

Unit 2: PROCESSED FOODS

Duration: 2 Weeks.

Fees: KShs 13,000/=

- Jam
- Tomato sauce
- Chilli sauce
- Squash and fresh fruit juice
- Marmalade
- Sweets

Methodology:

- a. Formulae
- b. The fruit pulp
- c. Sugar Boiling
- d. Blanching and mashing
- e. Tenderization of the peel
- f. Preservation

Unit 3: POWDER AERATED GOODS

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Raspberry buns
- Victoria scones
- Rock cakes
- Sultana and Finger scones
- Coffee buns
- Treacle scones

Methodology:

- a. Crumbing method
- b. Rubbing method
- c. Creaming method



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Unit 4: SCONES AND BUNS – ADVANCED

Duration: 2 Weeks.

Fees: Ksh 13,000/=

- Currant tea buns
- Chelsea buns
- Bath buns
- Enriched buns
- Sesame seed buns
- Whole meal buns

Methodology:

- a. Straight dough method
- b. Proofing techniques
- c. Ferment & dough method
- d. Baking temperature

NB: FEES WILL BE REDUCED TO KSHS. 55,000 FOR CLIENTS WHO CHOOSE TO DO ALL THE FIVE COURSES IN LEVEL SIX

SHORT COURSES

Course: Fruit Cakes

Duration: 6 hours

Fees: 4000/=

Course Specifics: Choose any of the following:

Black Forest

White Forest

Chocolate Fudge

Birthday Cake

Cartoon

Eggless Cake

Company Logo

Breads & Scones

Course: Sugar Flowers

Duration: 6 hours

Fees: 3000/=

Course Specifics: Choose any of the following:

Roses

Sweet Pea

Anthuriums

Basket

Azalea

Weaving

Frangipani

Lilly

Scallops

Course: Egg based Desserts

Duration: 6 hours

Fees: 5,000/=

Course Specifics: Covers the following:

Crème brulee'

Soufflé

Mousse

Meringue

Éclairs'

Profiterole

Course: African Theme Cakes

Duration: 6 hours

Fees: 5000/=

Course Specifics: Choose any of the following:

2nd flr Ghale House, Moi Avenue.

Tel: 0722980400, 0721697222

Email: info@nairobiBarschool.com.

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African Pot
Marimba

Guitar
Baby doll

Soccer
Cars

African Hut
Wedding Couple

Drum
Animal

Course: Cake Decoration

Duration: 6 hours Fees: 10,000/=

Course Specifics: Choose any of the following:

Royal Icing

Anniversary Cake

Birthday Cake

Butter Creaming

Basket Cake

Crush Courses:

Course 1: Pastries, Pies & Desserts

Duration: 10 hours Fees: 10,000/=

Course Specifics: Covers following:

Pies Puff Pastry

Sausage Rolls

Pizza

Samosa

Danish Pastry

Chocolate éclairs'

Doughnuts

Kebabs

Tarts

Tea Scones

Course 2: Pastries, Pies & Desserts

Duration: 5 days Fees: 15,000/=

Course Specifics: Covers following:

Breads

Croissant

Black forest Cake

Roses

Wedding Cake

Requirements:

- 1: All Training Materials will be provided by the School
- 2: No Registration fees
- 3: The Total fee covers both Tuition & Practical
- 4: Copy of National I.D Card
- 5: Nairobi City County Food Handler's Certificate
- 6: White Chef's Jacket, Black Trouser & Chef's hat
- 7: Kitchen Towel

Classes:

Morning: 8am-11am

Mid Morning: 11am-2pm

Afternoon: 2pm-5pm

Evening: 6pm-8pm

Saturday: 9am-2pm