



NEWSLETTER



Culinary and Housekeeping Course for "Expats" maids



Duration: 10 days (Mondays to Fridays)



33 main dishes ready to be served

NTC-Manila is inviting everybody to enroll their household personnel like Maids and/or Cooks to our Culinary / Housekeeping course. This is an unique opportunity of providing proper training to your household helps to prepare nutritious meals and provide proper care for your homes. Likewise, this will motivate your Maids / Cooks to serve and prepare better , since all participants will receive their diploma / certificate after the course. They will be thought 2-3 course planning, cycle menus, proper care of perishable items such as seafood, poultry, diary products, vegetables and fruits. Correct Fridge and freezer temperature for all products. Further on hands on cooking for 33 different European Specialties, bakery products such as cakes, breads, pies and other desserts. Good housekeeping, sanitation and pest control will be conducted through our Lilleborg (cleaning company from Norway) Cleaning and Maintenance course. The scope of this course is varied from proper handling of cleaning chemicals for different kinds of fixture as bathrooms tiles, lavatory, bathtubs, kitchen floor, tiles and carpets. Proper handling and care for fabrics.

Contents:

- § Menu Planning § Menu Samples § 2 & 3 courses Meal planning
- § Recipes for cakes, pastries, pies, bread & rolls, desserts, cookies, yeast dough, porridge, soups, fish & shellfish
- § European specialities as ground meat, poultry & potatoes, soups & puddings,sausages, preserved meat, meat cuts
- § Freezing of food § Dairy products § Fish & Seafood § Fruit & Vegetables

Good housekeeping :

storage of food, cleaning, equipments, use of chemicals, washing symbols, spot removing, polishing, brass cleaning, table settings, table service, wood and parquet floor care, window & furniture cleaning.

Sanitation and pest control:

- § Bathrooms § Showers § Kitchens § Fridges § Cleaning manual



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QUALITY is our product

We are on the WEB!

www.ntcm.com.ph



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Project Manager Helge Oliverson



Chef Carlos D. Polonan
Head of Culinary Department



Mrs. Maryjo V. Posidio
Buying and Purchase



Mr. Arnolfo A. Docot
Utility and Messboy

BACKGROUND

The Norwegian Training Center-Manila (NTC-M) was established by the [Norwegian Shipowners' Association \(NSA\)](#) in order to provide relevant upgrading training for Filipino seafarers serving on the ships of its members. NTC-M came into operation in February 1990 and was shortly after made part of Norwegian Maritime Foundation of the Philippines, Inc. (NMFPI), chartered in May 1990. Improving the human factor in ship operation was a key objective and the establishment of NTC-M constituted an important element of this challenge.



33 Main Dishes :

SEAFOOD

Steamed Fish
Shrimp Tempura

CHICKEN

A la Kiev - Stuffed Lollipop - Galatine w/
Provincial Souse—Fricassee - Cordon Bleu

BEEF

Wellington - Corned Beef Brisket - Beef roulade in
Burgundy Souse - Beef Bird - Stroganoff - Sauerbraten -
Estouffade of Beef

LAMB

Lamb and Cabbage stew -
Lamb Casserole - Lamb
Stew - Roast Lamb

PORK

Roast Ribs - Baked stuffed chops - Stuffed Pork
Loins with Prunes - Petite Pork BBQ - Sweet &
Sour Pork

VEAL

Wiener Schnitzel -
Veal Scaloppini

ITALIAN

Pizza
Lasagna

GROUND BEEF AND PORK

Meat Loaf - Swedish Meatballs - Shanghai Beef Rolls -
Norwegian Burger - Cabbage Rolls - Meat Cakes

More info

PRICE :

Only 275 US Dollars for 2 weeks course which includes free manual, recipes, apron and hat. All costs such as ingredients etc, are free. NTC-Manila is offering this from time to time, to fill up available space

SCHEDULE :

New courses start every 14th day, call or email NTC-Manila to find out more. EMAIL : ntcm.registrar@ntcm.com.ph

Additional.

We also conduct a two day course for Cleaning and Maintenance in Accommodation, especially developed by Lilleborg of Norway. Please see our newsletter about this course at :

<http://www.ntcm.com.ph/newsletters/NTCMvol2issue3.pdf>