FOUNDATIONAL TRAINING
CURRICULUM

KNIVES, KNIFE CUTS & KNIFE SHARPENING
Proper Knife Handling
Cutting with a Chef’s Knife
Sharpening Your Knife

SALADS & VINAIGRETTES
Selecting and Preparing Salad Greens
Vinaigrette Basics

SOUPS
Broth-based Clear Soup
Stock-based Clear Soup
Roux-based Soup
Starch-based Thick Soup

VEGETABLES
Preserving Vegetable Pigments
Cooking Vegetables in Water
Roasting Vegetables

RICE, GRAINS & PASTA
Rice
Grains
Polenta
Pasta
SEASONING & PLATING
Seasoning Basics
Plating

DRY-HEAT COOKING METHODS
- Pan Fry
- Saute
- Sear
- Stir-fry
- Bread and Batter
- Shallow Fry & Deep Fry

MEAT AND POULTRY
- Premium Steaks
- Combination Cooking
- Roasting a Whole Chicken

FISH
- Broth-based Clear Soup
- Stock-based Clear Soup
- Roux-based Soup
- Starch-based Thick Soup