

PROFESSIONAL TRAINING

C U R R I C U L U M



KNIVES, KNIFE CUTS & KNIFE SHARPENING

- Selecting a Knife Set
- Proper Knife Handling
- Handling a Chef's Knife
- Cutting with a Chef's Knife
- Sharpening Your Knife



FOOD & KITCHEN SAFETY

- Food Safety
- Handwashing
- Buying & Storing Food
- Preparing Food
- Cleaning Up
- Kitchen Safety Basics



DRY-HEAT COOKING METHODS

- How to Pan Fry
- Pan Tossing
- How to Sweat
- How to Sauté
- Searing
- Breading & Battering
- Shallow Fry & Deep Fry
- How to Stir-Fry



MOIST-HEAT COOKING TECHNIQUES

- Submersion
- Braising
- Stewing
- Pot Roasting
- Steaming
- Pressure Cooking



STOCK FUNDAMENTALS

- Fundamentals
- Dark Stock
- Short Stock
- How to Make Broth
- Veal & Beef Stock
- Plant-Based Stocks

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SEASONING

Basic Seasoning

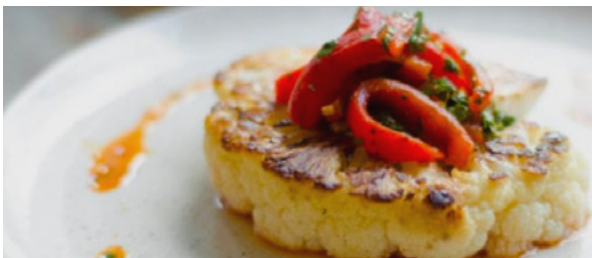
Brining

Herbs

Marinades

Fats & Oils

Acids: vinegars, alcohol
and citrus



PLATING

The Basics of Plating



NUTRITION IN THE KITCHEN

Basic Nutrition

Diets and Dietary
Restrictions

Basics of Cooking for
Health Support



SALADS & VINAIGRETTES

Salad Greens

Selecting & Preparing

Vinaigrette Basics



VEGETABLES

Vegetable Pigments

Cooking in Water

Steaming Vegetables

How to Roast Vegetables

How to Purée Vegetables

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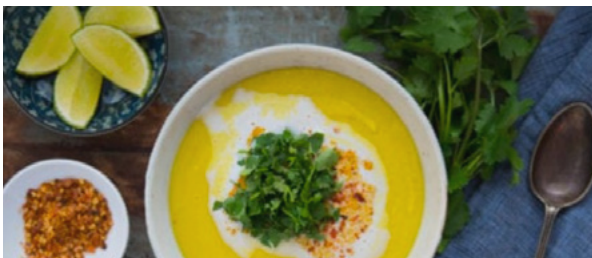
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EGGS

Boiling & Scrambling
Frying, Basting &
Poaching

How to Make an Omelet
How to Make a Frittata
How to Steam Eggs



SOUPS

Broth-Based Clear Soup
Stock-Based Clear Soup
Roux-Based Soup

Starch-Based Thick Soup
Consommé



SAUCES

Béchamel Sauce
Velouté Sauce
Tomato Sauce
Butter Sauce

Hollandaise Sauce
Demi-Glace
Pan Sauce
Plant-Based Sauces



RICE & GRAINS

Steaming & Boiling
Pilaf Method
Risotto Method

Varying Risotto
How to Cook Grains
How to Make Polenta



LEGUMES & PULSES

How to Cook Dried
Legumes and Pulses

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PASTA

How to Select Pasta

How to Cook Pasta

How to Make Fresh Pasta | Laminated Pasta



MEAT

How Heat Affects Protein

How to Cook Steaks

Premium Cuts of Steak

How to Roast Prime Rib

Prepping Steaks



POULTRY

Poultry Fundamentals

Roast a Whole Chicken

Enhanced Roast Chicken



FISH

How to Buy & Store Fish

Cooking Fish

How to Pan Fry Fish



BAKING BASICS & BREADS

Baking Basics

Making Bread

Wheat & Gluten

Stages of Bread Making

Quick Breads

How to Shape an Epi

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PASTRY BASICS

How to Make Pâte

Brisée

Pâte Sucrée

Pâte à Choux

Crêpes

Custards

Soufflés



CHOCOLATE

Basics of Quality Chocolate