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
- Cleaning Up
- Kitchen Safety Basics
- Preparing Food

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
SEASONING
Basic Seasoning
Brining
Herbs
Marinades

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
PROFESSIONAL TRAINING
CURRICULUM

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
PROFESSIONAL TRAINING CURRICULUM

PASTA
How to Select Pasta
How to Cook Pasta
How to Make Fresh Pasta | Laminated Pasta

MEAT
How Heat Affects Protein
Premium Cuts of Steak
Prepping Steaks
How to Cook Steaks
How to Roast Prime Rib

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
Wheat & Gluten
Quick Breads
Making Bread
Stages of Bread Making
How to Shape an Epi
PROFESSIONAL TRAINING
CURRICULUM

PAstry Basics
How to Make Pâte
Brisée
Pâte Sucrée
Pâte à Choux

CHOCOLATE
Basics of Quality Chocolate

Crêpes
Custards
Soufflés