

Advanced Professional Chef Course Training Programme (700 hours)

Basic Training (100 hours)

- HACCP certification
- Kitchen introduction
- Kitchen machines and utensils
- Knives explanation
- Knife skills
- Mise en place and kitchen sections
 - mise en place for stocks, sauces, and soups
 - mise en place for meats, poultry, fish and shellfish
 - mise en place for vegetables and fresh herbs
- Flavours (sour, sweet, salty, acid)
- Differences between starters, mains, sides and desserts (portions and timing etc)
- Meat, poultry and game
- Fish and shellfish
- Sauces and soups
- Pasta and risotto
- Stew
- Stocks and dressings
- Cooking techniques (grilling, broiling, roasting, sautéing, pan frying, deep frying, steaming, submersion cooking, braising and stewing)
- Presentation skills
- Bakery and yeast products
- Pastry (pastries, desserts and confectionery)

Advanced Training (100 hours)

- Professional kitchen introduction
- Ingredients and techniques of fabrication
- Advanced cooking techniques
- Contemporary topics in culinary arts
- Molecular cooking techniques:
 - sous-vide
 - spherification
 - carbonation
 - films and gels
 - airs and foams
 - rapid freezing with liquid nitrogen.
- Baking and pastry advanced techniques
- Contemporary restaurant cooking and service
- Meat, poultry and game
- Fish and shellfish
- Sauce and soups
- Stew
- Stocks and dressings

Live Training (500 Hours)

- **Stock. sauces and soups**

- **Pasta**

- fresh pasta and dried pasta
- production
- storage and recipes

- **Vegetables**

- vegetables
- potatoes
- grains and legumes

- **Meat**

- classification and cleaning
- white and red meats
- storage and cooking techniques
- grilling, broiling and roasting
- sauteing, pan frying and deep frying
- steaming and submersion cooking
- braising and stewing
- alternative cooking techniques (sous vide etc)
- bases and broths of white and red meat
- storage and recipes

- **Fish**

- classification, cleaning, white fish and shellfish, storage and cooking techniques
- sauteing, pan frying and deep frying
- steaming and submersion cooking
- braising and stewing
- fish broths and shellfish bisque
- storage and recipes
- alternative cooking techniques (sous vide etc)

- **Garde manger**

- salad dressings and salads
- hors d'oeuvre and appetizers
- charcuterie and garde manger

- **Baking and pastry**

- baking mise en place
- breads
- pastry dough and batters
- custard, creams and mousses
- fillings, frosting and dessert sauces
- plated desserts