

# Professional Chef Course - Italian Cuisine Training Programme (400 hours)

## Basic Training (100 hours)

- HACCP certification
- Kitchen introduction and uniforms
- 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 (sweet, sour, bitter, salty & umami)
- 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)

## Live Training (300 hours)

- The use of the Italian extra virgin oils from different Italian regions in different dishes; aromatic and balsamic vinegars, condiments, herbs and spices.
- Stock, sauces and soups
- Vegetables
  - vegetables
  - potatoes
  - grains and legumes
- Italian starters hot and cold
- **Pasta**
  - fresh pasta in different shapes
  - filled and baked pasta from different Italian regions
  - fried pasta with traditional sauces
  - gnocchi, polenta and timbales
  - rice and risotti
- **Meat**
  - classification, 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 meats
- 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
- alternative cooking techniques (sous vide etc)
- fish broths and shellfish bisque
- storage and recipes

- **Garde manger**

- salad dressings and salads
- hors d'oeuvre and appetizers
- cold cuts, salami and cheeses

- **Bakery**

- rising and baking techniques
- bread sticks, focaccia and pizza
- speciality breads and different doughs
- bakery products

- **Pastry**

- dry and yeast doughs, basic creams, meringues, chocolate works
- preparation of cakes, sweets and traditional small pastries
- spoon desserts for restaurants
- cream based desserts
- Italian small pastries
- chocolate desserts
- Italian style ice-creams and sorbets