

Professional Chef Course 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 (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)

Live Training (300 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