

COURSE SYLLABUS

DAY ONE: SHARPENING YOUR KNIFE SKILLS & CULINARY FUNDAMENTALS

- Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Dry-Heat Cooking Methods
 - Moist-Heat Cooking Methods
 - Combination Cooking Methods
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Knife Skills
 - Pounding Meat
 - Preparing Beurre Blanc Sauce
 - Pan-Frying
 - Grilling
 - Pilaf Method
 - Piping Pommes Duchesse
 - Review and Critique

DAY TWO: THE ITALIAN TABLE

- Lecture
 - Regional Italian Cuisine
 - Northern
 - Central
 - Southern
 - Pasta
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Preparing Risotto
 - Preparing and Shaping Fresh Egg Pasta
 - Preparing and Shaping Gnocchi
 - Butterflying and Rolling Pork Loin
 - Preparing and Shaping Fresh Mozzarella Cheese
 - Review and Critique

DAY THREE: BISTROS & BRASSERIES

- ☑ Lecture
 - Bistros and Brasseries
 - Quickbreads, Pastries, Crepes and Other Griddled Items
 - Specialty Egg Dishes
 - Soups
 - Salads and Dressings
 - Sandwiches, Quiche, and Pizza
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Rolling and Blind-Baking Pie Dough
 - Preparing and Shaping Pâte à Choux
 - Preparing French Fries
 - Preparing Crêpes
 - Cleaning Mussels
 - Poaching Eggs
 - Preparing Hollandaise Sauce
 - Preparing Poolish for Ciabatta- Day Four
 - Review and Critique

DAY FOUR: BAKING & PASTRY

- ☑ Lecture
 - Baking and Pastry
 - Basic Ingredients
 - Basic Mixing Methods
 - Ratios
- ☑ Kitchen Production Exercise (note: class *will not* prepare their own meal today)
 - Group and/or Station Demonstrations
 - Pie Dough
 - Challah
 - Ciabatta
 - Review and Critique