

Culinary - Food Preparation

LECTURES

LABS-HANDS ON

Week 1 Class Orientation, equipment, Kitchen Basic Safety Skills

Week 2 Tools and Equipment

Week 3 Introduction to knife skill

Week 4 Introduction to food measurements

Week 5 Sanitation (Service Staff Test)

Week 6 Flavor and Seasoning

Week 7 Potatoes, Grains, Pasta and Vegetables

Week 8 Roasting and Baking

Week 9 Broiling, Grilling and Deep Frying

Week 10 Sautéing and Pan Frying

Week 11 Poaching and Steaming

Week 12 Braising and Microwaving

Week 13 Breakfast Cookery

Week 14 Salads and Dressing

Week 15 Sandwiches

Week 16 Salad and Sandwiches

Week 17 Resume and Interviews

Week 18 Exams



Classic Vegetable Cuts

Scaling and Measuring

Classroom

Hands on Herbs Tasting

Pasta and Vegetable Cooking

Roasting and Baking

Broiling, Grilling and Deep Frying

Sautéing and Pan Frying

Poaching and Steaming

Braising and Microwaving

Breakfast Cookery

Salads and Dressing

Sandwiches

Salad and Sandwiches

Classroom

Kitchen Cleaning

