

BASIC CULINARY SKILLS

Duration : 30 hrs

Course Objectives:

Lead Sauces: Demonstrate one of the five lead sauces

Safety and Sanitation: Demonstrate basic sanitation and safety practices

Knife Cuts: Perform the main knife cuts

Conversions and Measurements: Compute basic conversion of measurements

Syllabus:

Chapter 1: The Food Service Industry

Chapter 2: Sanitation and Safety

Lab: Kitchen Tour, Applied Sanitation, Food Labels, Knife ID, Cutting Boards, Knife Cuts
(Batonnet, Small Dice, Large Dice, Julienne, Brunoise, Fine Julienne, Fine Bruinoise)

Chapter 3: Tools and Equipment

Lab: Tomato Sauce, Smallwares, Pots, and Pans ID

Chapter 4: Basic Principles of Cooking and Food Science

Lab: Knife Cuts (Medium Dice, Rondelle, Paysanne, Chiffonade, Supreme, Parsley)

Chapter 5: Menus, Recipes, and Cost Management

Lab: Practice Knife Cuts & Kitchen Conversions Clarified Butter, Roasted Pepper, Concasse
Tomato

Chapter 6: Nutrition

Lab: Herbs and Spices, Hollandaise Lead Sauce, Practice Knife Skills

Chapter 7: Mise en Place

Chapter 8: Stocks and Sauces

Lab: Rue, Bechamel and Veloute Lead Sauce