This unique program provides students with training on the foundational skills to be successful in a professional kitchen. Hands-on, practical learning experience prepares students to launch or advance their career through the same principles taught in professional culinary schools around the world.

**WHO SHOULD ATTEND:**
This program prepares future chefs and assistants, provides courses for students desiring personal enrichment, and enhances the skills and professional qualifications of chefs and cooks currently employed in the industry.

**FEATURES:**
- Small class size
- Professional kitchen facilities
- Complete program quickly – 6 months part-time in the evening
- Optional externship opportunities
- Chef uniform and knife kit included

**Program Curriculum:**
- Understand basic food and kitchen safety and sanitation
- Select, handle and maintain a knife and demonstrate knife cuts
- Identify, describe and apply dry-heat and moist-heat cooking methods
- Explain and demonstrate stock, short stock, and broth production
- Demonstrate knowledge and application of seasoning and flavoring
- Explain and apply principles of plating
- Determine and evaluate basic nutrition in foods and specialty diets
- Explain and demonstrate principles of egg cookery, salad production and vegetable cookery
- Prepare and present a variety of classic and contemporary sauces
- Explain and demonstrate principles of meat/poultry/fish and pasta/legume/grain cookery
- Demonstrate knowledge of basic bread, baking, and gluten functions
- Demonstrate knowledge and application of basic pastry and chocolate use
- Demonstrate and apply knowledge of plant-based and dairy-free diets