Recipe: Culinary Foundations Training

Time: 3 or 6 months
Total: $7,450

This program provides strong culinary foundations training with a hands-on externship. Students acquire intensive professional and practical experience through hands-on approach to the daily culinary preparations and operation of a professional kitchen alongside professional chef instructors.

Who Should Attend
This program prepares current or aspiring professional cooks with the foundational techniques and methods used in the food-service industry.

Skills Ingredients:
- Foundations of cookery: stocks, soups, sauces, knife skills
- Production cookery: sautéing, roasting, frying, stewing, braising, simmering, poaching, grilling
- Bread and pastry: cakes, pastries, tarts, cookies, breads
- Sanitation and the proper handling of food
- Plant-Based cooking
- Culinary Nutrition
- Artistic Plating Techniques
- Advanced Cooking Techniques

Preparation:
- Blend of online and in-person training
- Professional kitchen facilities
- Complete program quickly – 3 months full-time or 6 months part-time
- 510 instructional hours, including externship in professional kitchen
- The online portion of the course is taught in partnership with Rouxbe Online Culinary School, and has been recognized for quality education by the American Culinary Federation Education Foundation

Accoutrements:
Each student will receive:
- Chef uniform
- Knife set
- Cookware set

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