



# CHEF ACADEMY

## *London*

**Professional Chef - Italian Cuisine Course**

***325 hours***

## **Development Training (75 hours)**

- Online HACCP training to be completed before you begin the course.
- Introduction to a professional kitchen with our executive development trainer.
  - Kitchen tour
  - Fire safety
  - Health and safety
  - Rules of the kitchen
  - Manual handling
- Kitchen machines, utensils and knives
- Cutting techniques
- Mise en place and kitchen sections
  - mise en place for stocks, sauces, and soups
  - mise en place for meats, poultry, fish and shellfish
  - mise en place for vegetables and fresh herbs
- Flavours (bitter, sour, sweet, umami, salty)
- Differences between starters, mains, sides and desserts (portions and timing etc)
- Meat, poultry and game
- Fish and shellfish
- Sauces and soups
- Pasta and risotto
- Stew
- Stocks and dressings
- Cooking techniques (grilling, broiling, roasting, sautéing, pan frying, deep frying, steaming, submersion cooking, braising and stewing)
- Presentation skills
- Bakery and yeast products
- Pastry (Pastries, desserts and confectionery)

## **Live Training (250 hours)**

- The use of the Italian extra virgin oils from different Italian regions in different dishes; aromatic and balsamic vinegars, condiments, herbs and spices.
- Stock, sauces and soups
- Vegetables
  - vegetables
  - potatoes
  - grains and legumes
- Italian starters hot and cold
- Pasta
  - fresh pasta in different shapes

- filled and baked pasta from different Italian regions
- fried pasta with traditional sauces
- gnocchi, polenta and timbales
- rice and risotti
- Meat
  - classification, cleaning, white and red meats, storage and cooking techniques
  - grilling, broiling and roasting
  - sauteing, pan frying and deep frying
  - steaming and submersion cooking
  - braising and stewing
  - alternative cooking techniques (sous vide etc)
  - bases and broths of white and red meats
  - storage and recipes
- Fish
  - classification
  - cleaning, white fish and shellfish
  - storage and cooking techniques
  - sauteing, pan frying and deep frying
  - steaming and submersion cooking
  - braising and stewing
  - alternative cooking techniques (sous vide etc)
  - fish broths and shellfish bisque
  - storage and recipes
- Garde manger
  - salad dressings and salads
  - hors d'oeuvre and appetizers
  - cold cuts, salami and cheeses
- Bakery
  - rising and baking techniques
  - bread sticks, focaccia and pizza
  - speciality breads and different doughs
  - bakery products
- Pastry
  - dry and yeast doughs, basic creams, meringues, chocolate works
  - preparation of cakes, sweets and traditional small pastries
  - spoon desserts for restaurants
  - cream based desserts
  - Italian small pastries
  - chocolate desserts
  - Italian style ice-creams and sorbets