



CHEF ACADEMY

London

Professional Kosher Chef Course

400 hours

Development Training (80 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/meeting point
 - Health and safety
 - Rules of the kitchen/Kitchen Safety
 - Manual handling
 - Kosher rules
 - Conversion tables and explanation
- 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 meat, poultry & Fish
 - mise en place for vegetables and fresh herbs
- Flavours (bitter, sour, sweet, umami, salty)
- Definition of canapes, starters, mains, sides and desserts
- Canapes
- Meat & poultry
- Fish
- Vegetables and grains
- Rice & Lentils
- Fresh pasta
- Sauces, soups, Stocks and dressings
- Cooking techniques (grilling, roasting, sautéing, pan frying, deep frying, steaming, submersion cooking, braising, stewing & sous vide)
- Presentation skills
- Bread
- Pastry
- Cakes
- Sugar & Caramel

Live Training (320 hours)

- Stock, sauces and soups
- Pasta
 - fresh pasta and dried pasta
 - production

- storage and recipes
- Vegetables
 - vegetables
 - potatoes
 - grains and legumes
- Meat- All Kosher
 - classification and cleaning
 - white and red meat
 - storage and cooking techniques
 - grilling and roasting
 - sautéing, 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 meat
 - storage and recipes
- Fish- All Kosher
 - classification, cleaning, fish storage and cooking techniques
 - sautéing, pan frying and deep frying
 - steaming and submersion cooking
 - braising and stewing
 - fish broths
 - storage and recipes
 - alternative cooking techniques (sous vide etc)
- Canapes
- Garde manger
 - salad dressings and salads
 - hors d'oeuvre and appetizers
 - charcuterie and garde manger
- Baking and pastry
 - baking mise en place
 - breads
 - pastry dough and batters
 - custard, creams and mousses
 - fillings, frosting and dessert sauces
 - plated desserts