



CHEF ACADEMY
London

Professional Chef 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)

- Stock, sauces and soups
- Pasta
 - fresh pasta and dried pasta
 - production
 - storage and recipes
- Vegetables
 - vegetables
 - potatoes
 - grains and legumes
- Meat

- classification and 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 meat
- 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
 - fish broths and shellfish bisque
 - storage and recipes
 - alternative cooking techniques (sous vide etc)
- 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