



CHEF ACADEMY

London

Advanced Professional Chef Course

550 hours

Development Training (150 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)

Advanced Training Programme

- Professional kitchen introduction
- Ingredients and techniques of fabrication
- Advanced cooking techniques
- Contemporary topics in Culinary Arts
- Introduction to molecular cuisine
- Baking and pastry advanced techniques
- Contemporary restaurant cooking
- Contemporary restaurant service
- Meat, poultry and game
- Fish and shellfish
- Sauce and soups
- Presentation skills

Live Training (400 Hours)

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