



CHEF ACADEMY

London

Introduction to the Professional Chef Course

80 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
 - 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)