



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