



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