



CHEF ACADEMY  
*London*

Professional Kosher Chef Course

*400 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/meeting point
  - Health and safety
  - Rules of the kitchen/Kitchen Safety
  - Manual handling
  - Kosher rules
  - Conversion tables and explanation
- 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 meat, poultry & Fish
  - mise en place for vegetables and fresh herbs
- Flavours (bitter, sour, sweet, umami, salty)
- Definition of canapes, starters, mains, sides and desserts
- Canapes
- Meat & poultry
- Fish
- Vegetables and grains
- Rice & Lentils
- Fresh pasta
- Sauces, soups, Stocks and dressings
- Cooking techniques (grilling, roasting, sautéing, pan frying, deep frying, steaming, submersion cooking, braising, stewing & sous vide)
- Presentation skills
- Bread
- Pastry
- Cakes
- Sugar & Caramel

## **Live Training (320 hours)**

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

- storage and recipes
- Vegetables
  - vegetables
  - potatoes
  - grains and legumes
- Meat- All Kosher
  - classification and cleaning
  - white and red meat
  - storage and cooking techniques
  - grilling and roasting
  - sautéing, 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- All Kosher
  - classification, cleaning, fish storage and cooking techniques
  - sautéing, pan frying and deep frying
  - steaming and submersion cooking
  - braising and stewing
  - fish broths
  - storage and recipes
  - alternative cooking techniques (sous vide etc)
- Canapes
- 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