CHEF ACADEMY
London

Advanced Molecular Gastronomy (400 hours)

Advanced Training

- Introduction to a professional kitchen.
- Ingredients and preparation techniques.
- Advanced cooking techniques, such as sous-vide cooking, cryogenic cooking, food dehydration, and hot and cold smoking.
- Contemporary topics in the culinary arts.
- Introduction to molecular cuisine, with examples such as foams, gels, emulsions and spherification.
- Advanced baking and pastry techniques.
- Contemporary restaurant cooking.
- Contemporary restaurant service.
- Meat, poultry and game.
- Fish and shellfish.
- Sauces and soups.
- Food presentation skills.

Live Training (325 hours)

- Stocks, sauces and soups.
- **Pasta:**
  - Fresh and dried pasta.
  - Pasta production.
  - Coloured pasta.
  - Storage and recipes.
- Vegetables.
- Grains and legumes.

- **Meat:**
  - Classification and preparation.
  - White and red meat.
  - Storage and cooking techniques.
  - Grilling, broiling and roasting.
  - Sautéing, pan-frying and deep-frying.
  - Steaming and cooking in liquid.
  - Braising and stewing.
  - Alternative cooking techniques.
  - Meat stocks and broths.
  - Recipes.
- **Fish and shellfish:**
  - Classification and preparation of fish and shellfish.
  - Storage and cooking techniques.
  - Sautéing, pan-frying and deep-frying.
  - Steaming and cooking in liquid.
  - Braising and stewing.
  - Fish broths and shellfish bisques.
  - Alternative cooking techniques.
  - Recipes.
- **Baking and pastry:**
  - Baking mise en place.
  - Breads.
  - Pastry doughs and batters.
  - Custards, creams and mousses.
  - Fillings, icings and dessert sauces.
  - Plated desserts.