CHEF ACADEMY
London

Professional Chef Course in Italian Cuisine (325 hours)

Development Training (75 hours)

- Online HACCP training to be completed before the course begins.
- **Introduction to a professional kitchen with our executive development trainer:**
  - Kitchen tour.
  - Fire safety.
  - Health and safety.
  - Kitchen rules.
  - Manual handling.
- Kitchen equipment, utensils and knives.
- Cutting techniques.
- **Mise en place and kitchen sections:**
  - Preparation for stocks, sauces and soups.
  - Preparation of meat, poultry, fish and shellfish.
  - Preparation of vegetables and fresh herbs.
- Flavours: bitter, sour, sweet, umami and salty.
- Differences between starters, main courses, side dishes and desserts, including portion sizes and timing.
- Meat, poultry and game.
- Fish and shellfish.
- Sauces and soups.
- Grains.
- Pasta and Risottos.
- Stocks and dressings.
- Cooking techniques, including grilling, broiling, roasting, sautéing, pan-frying, deep-frying, steaming, cooking in liquid, braising and stewing.
- Food presentation skills.
- Bakery and yeast-based products.
- Pastry, desserts and confectionery.

Live Training (250 hours)

- Regional Italian extra virgin olive oils, flavoured and balsamic vinegars, condiments, herbs and spices.
- Stocks, sauces and soups.
- Vegetables.
- Grains and legumes.
- Hot and cold Italian starters.
- Italian cured meats and cheeses.
- **Pasta, rice and Italian specialities:**
  - Fresh pasta in different shapes.
  - Regional filled and baked pasta.
  - Fried pasta with traditional sauces.
  - Gnocchi, polenta and timbales.
  - Rice and risottos.
- **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.
- **Bakery:**
  - Dough proving and baking techniques.
  - Breadsticks, focaccia and pizza.
  - Speciality breads and doughs.
- **Pastry:**
  - Pastry doughs and yeast-based products.
  - Basic creams and meringues.
  - Traditional Italian cakes, sweets and small pastries.
  - Spoon desserts and cream-based desserts.
  - Chocolate work and chocolate desserts.
  - Italian gelato and sorbets.