



Professional Culinary Program Semester 1

<b>Week 1</b>	<b>Introduction</b> <i>Welcome &amp; Introduction What to expect, daily operations, grading procedures, etc.</i>	<b>Professionalism</b> <i>Brief overview of the restaurant industry's history, job outlook &amp; career paths</i>	<b>Kitchen Equipment</b> <i>Overview of basic culinary equipment</i>	<b>Measuring &amp; Mise</b> <i>Weight &amp; volume measurements</i>	<b>Intro to Knife Skills</b> <i>Proper use, care, &amp; handling</i>
<b>Week 2</b>	<b>Knife Skills 1</b> <i>Proper knife control &amp; classic knife cuts</i>	<b>Knife Skills 2</b> <i>Accuracy &amp; uniformity</i>	<b>Intro to Culinary Math</b> <i>Calculating yield percentages &amp; introduction to sustainability &amp; recycling food scraps</i>	<b>Knife Skills 3</b> <i>Specialty knife cuts</i>	<b>Knife Skills Evaluations</b> <i>Produce the classic knife cuts &amp; calculations of yield percentages for evaluation</i>
<b>Week 3</b>	<b>Prep Cookery 1</b> <i>Mise en Place &amp; white stocks</i>	<b>Prep Cookery 2</b> <i>Mise en Place &amp; brown stocks</i>	<b>Principles of Mise en Place</b> <i>Time management, prep lists, &amp; fire times</i>	<b>Flavors &amp; Flavorings</b> <i>Flavor profiles around the world &amp; balancing flavors in a dish.</i>	<b>Prep Cookery Evaluations</b> <i>Mise en Place items, producing stock &amp; prep lists for evaluation</i>
<b>Week 4</b>	<b>Major Cooking</b> <i>Dry heat cooking: Sear &amp; Saute</i>	<b>Major Cooking</b> <i>Dry heat cooking: Grilling &amp; Roasting</i>	<b>Principles of Cooking</b> <i>Dry heat cooking: Proper cooking temperatures</i>	<b>Major Cooking Frying Methods</b> <i>Butter basting &amp; deep frying</i>	<b>Major Cooking Evaluations</b> <i>Perform each of the dry heat cooking techniques for evaluation.</i>
<b>Week 5</b>	<b>Major Cooking</b> <i>Moist heat cooking: Poaching &amp; Simmering</i>	<b>Major Cooking</b> <i>Moist heat cooking: Boiling &amp; Steaming</i>	<b>Principles of Major Cooking</b> <i>Moist heat cooking: Seasonality of fruits &amp; vegetables.</i>	<b>Major Cooking</b> <i>Moist heat cooking: Braising &amp; Stewing</i>	<b>Major Cooking Evaluations</b> <i>Perform each of the moist heat &amp; combination cooking methods for evaluation.</i>
<b>Week 6</b>	<b>Vegetable Cookery</b> <i>Major cooking techniques: Vegetables</i>	<b>Salad Prep</b> <i>Salad preparation methods with emulsified dressings &amp; vinaigrettes</i>	<b>Intro to Nutrition</b> <i>Fundamentals of nutrition: Dietary guidelines &amp; essential nutrients</i>	<b>Fruit Cookery</b> <i>Classes of fruit, cooking methods, &amp; preservation techniques</i>	<b>Vegetable &amp; Fruit Evaluations</b> <i>Prepare a composed salad with specified knife cuts &amp; cooking techniques; present the nutrition specifications for evaluation.</i>
<b>Week 7</b>	<b>Major Cooking Review</b> <i>Dry heat cooking</i>	<b>Major Cooking Review</b> <i>Moist heat cooking</i>	<b>Written Final &amp; Field Trip</b> <i>Semester 1 written final &amp; field trip</i>	<b>Final Review</b> <i>Review for Semester 1 final exam practical</i>	<b>Final Exams</b> <i>Practical</i>



Professional Culinary Program Semester 2

<b>Week 1</b>	<b>Chicken Fabrication</b> <i>Muscle composition &amp; fabrication of poultry</i>	<b>Chicken Cookery 1</b> <i>Chicken fabrication &amp; moist heat cooking</i>	<b>Principles of Poultry Cookery</b> <i>Grading, classes &amp; farming standards for poultry. Study sanitation &amp; anatomy</i>	<b>Chicken Cookery 2</b> <i>Chicken fabrication &amp; dry heat cooking</i>	<b>Chicken Evaluations</b> <i>Fabricate a chicken: Moist &amp; dry heat methods for evaluation</i>
<b>Week 2</b>	<b>Egg Cookery 1</b> <i>Sunny side, over easy, omelets, poached, hard &amp; soft boil</i>	<b>Egg Cookery 2</b> <i>Whip egg yolks, aialis, sabayon &amp; quiche</i>	<b>Principles of Egg Cookery</b> <i>The chemical, magical ingredient: Nutrition, sanitation &amp; coagulation temperatures</i>	<b>Egg Cookery 3</b> <i>Whip egg whites, souffles, meringues &amp; egg cookery methods.</i>	<b>Egg Evaluations</b> <i>Prepare eggs with various cooking techniques for evaluation</i>
<b>Week 3</b>	<b>Meat Fabrication</b> <i>Muscle composition &amp; fabrication of Beef &amp; pork</i>	<b>Meat Cookery 1</b> <i>Cookery &amp; fabrication: Beef</i>	<b>Principles of Meat Cookery</b> <i>Anatomical structure &amp; related cooking methods.</i>	<b>Meat Cookery 2</b> <i>Cookery &amp; fabrication: Pork</i>	<b>Meat Fabrication &amp; Cookery Evaluations</b> <i>Perform the major cooking techniques on beef &amp; pork for evaluation.</i>
<b>Week 4</b>	<b>Seafood 1</b> <i>Fabrication &amp; cooking methods: Fish &amp; shrimp</i>	<b>Seafood 2</b> <i>Moist &amp; dry heat cooking: Seafood</i>	<b>Principles of Seafood Cookery</b> <i>Types of fish, seafood &amp; fabrication methods</i>	<b>Pasta</b> <i>Fresh pasta: Flat rolled, extruded &amp; filled pastas</i>	<b>Seafood &amp; Pasta Evaluations</b> <i>Prepare two seafood pasta dishes for evaluation</i>
<b>Week 5</b>	<b>Intro to Sauces</b> <i>Thickening &amp; reducing</i>	<b>Mother Sauces</b> <i>Bechamel, Veloute, Espagnol, Tomate &amp; Hollandaise</i>	<b>Principles of Sauces</b> <i>Review of the mother sauces &amp; sauce plating techniques</i>	<b>Small Sauces</b> <i>Making the perfect sauce</i>	<b>Sauce Evaluation</b> <i>Prepare dishes using mother &amp; small sauces for evaluation</i>
<b>Week 6</b>	<b>Healthy Cooking 1</b> <i>Dietary guidelines &amp; healthy cooking techniques</i>	<b>Healthy Cooking 2</b> <i>Nutrient dense &amp; seasonal products</i>	<b>Advanced Nutrition</b> <i>Macronutrient calculations &amp; recommended daily allowances for special dietary requirements</i>	<b>Special Diets</b> <i>Vegan &amp; vegetarian diets, gluten free cooking, &amp; the big eight allergens</i>	<b>Healthy Cooking Evaluations</b> <i>Prepare a dish from a set menu &amp; submit macronutrient calculations for evaluation</i>
<b>Week 7</b>	<b>Knife Skills &amp; Fabrication Review</b> <i>Classic knife cuts &amp; fabrication methods of chicken, beef, &amp; pork</i>	<b>Major Cooking Review</b> <i>Chicken, beef &amp; pork dishes using major cooking techniques</i>	<b>Written Final &amp; Field Trip</b> <i>Semester 2 written final &amp; field trip</i>	<b>Final Review</b> <i>Review for Semester 2 final exam practical</i>	<b>Final Exams</b> <i>Practical</i>



Professional Culinary Program Semester 3

<b>Week 1</b>	<b>Introduction to Pastry</b> <i>Batters &amp; doughs</i>	<b>Bakeshop Ingredients</b> <i>Food Science of pastry</i>	<b>Principles of Pastry</b> <i>Baking process, leaveners &amp; other reactions that occur in pastry preparations</i>	<b>Pastry Techniques</b> <i>Techniques of whipping, beating, kneading, creaming</i>	<b>Pastry Mise</b> <i>Piping skills, preparing glazes, infusing flavors, preparing meringues</i>
<b>Week 2</b>	<b>Quick Breads 1</b> <i>Biscuit method: Biscuits, scones and pie crusts</i>	<b>Quick Breads 2</b> <i>Creaming method: Cupcakes, breads &amp; simple buttercream</i>	<b>Quick Breads 3</b> <i>Muffin method: Muffins &amp; cakes</i>	<b>Quick Breads 4</b> <i>Egg foam method: European style cakes; Genoise &amp; Spongecake</i>	<b>Quick Breads Evaluation</b> <i>Perform one of each mixing method for evaluation.</i>
<b>Week 3</b>	<b>Cookies &amp; Bars</b> <i>Cookies, brownies &amp; mousse bars</i>	<b>Pies</b> <i>Pie crusts: mealy, flaky, crumb crust</i>	<b>Tarts</b> <i>Classic tart crusts: Pate sucree, sablee</i>	<b>Fillings</b> <i>Custards, creams &amp; fruit fillings</i>	<b>Pie and Tart Evaluation</b> <i>Baking cookies, pies &amp; tarts with fillings for evaluation.</i>
<b>Week 4</b>	<b>Stirred Custards</b> <i>Stirred custards: pastry cream, lemon curd &amp; crème anglaise</i>	<b>Creams</b> <i>Chantilly cream, Bavarian cream &amp; mousse</i>	<b>Frozen Desserts</b> <i>Still frozen &amp; churned desserts</i>	<b>Baked Custards</b> <i>Crème brulee, cheesecake &amp; quiche</i>	<b>Custards &amp; Creams Evaluation</b> <i>Produce ille flottante &amp; quiche lorraine for evaluation.</i>
<b>Week 5</b>	<b>Pastry Dough 1</b> <i>Pate a choux cream puffs &amp; crepe flambees</i>	<b>Pastry Dough 2</b> <i>Eclairs &amp; quick puff pastry</i>	<b>Bread Mixing</b> <i>Stages of baking breads</i>	<b>Bread Shaping/Baking</b> <i>Shape &amp; fire doughs: Baguette, cinnamon rolls, sandwich, focaccia.</i>	<b>Pastry Dough Evaluation</b> <i>Produce cream puffs, palmiers &amp; French baguettes for evaluation</i>
<b>Week 6</b>	<b>American Style Cakes</b> <i>High-fat cakes &amp; American buttercream.</i>	<b>European Style Cakes</b> <i>Low fat, sponge method cakes &amp; Italian buttercream.</i>	<b>Cake Assembly</b> <i>Layers, fillings, &amp; tiers</i>	<b>Cake Decoration</b> <i>Piping skills &amp; finishing techniques</i>	<b>Cake Evaluation</b> <i>Create petit fours for evaluation.</i>
<b>Week 7</b>	<b>Dessert Sauces</b> <i>Proper sauce viscosity &amp; plating techniques</i>	<b>Dessert Plating</b> <i>Composed dessert plating</i>	<b>Written Exam &amp; Field Trip</b> <i>Semester 3 written final &amp; field trip</i>	<b>Final Review</b> <i>Review for Semester 3 final exam practical</i>	<b>Final Exams</b> <i>Practical</i>



Professional Culinary Program Semester 4

<b>Week 1</b>	<b>Introduction to Garde Manger</b> <i>Food preservation techniques, pickling, mustards &amp; relishes</i>	<b>Charcuterie</b> <i>Fresh sausage &amp; smoking meats.</i>	<b>Career Development</b> <i>Resume writing, Personality assessment &amp; interview skills</i>	<b>Cheese</b> <i>Mozzarella, buratta, herbed cheese spreads &amp; crème fraiche</i>	<b>Boards</b> <i>Cheese boards evaluations</i>
<b>Week 2</b>	<b>Introduction to Buffet Production</b> <i>Catering equipment, timelines, &amp; Banquet Equipment Orders</i>	<b>Buffet Menu</b> <i>Collaborate to create a menu for the Friends &amp; Family buffet event</i>	<b>Servsafe 1</b> <i>Servsafe Manager review</i>	<b>Buffet Prep</b> <i>Prep for Friends &amp; Family Event</i>	<b>Buffet Event</b> <i>Friends &amp; Family Event</i>
<b>Week 3</b>	<b>Introduction to Line Cooking</b> <i>Tickets, stations, fire times, cooking to order</i>	<b>Line Event Menu</b> <i>Collaborate to create a menu for the Friends &amp; Family line order event</i>	<b>Servsafe 2</b> <i>Servsafe Manager exam</i>	<b>Line Event Prep</b> <i>Prep for Friends &amp; Family Event</i>	<b>Line Event</b> <i>Friends &amp; Family Event</i>
<b>Week 4</b>	<b>Plating 1</b> <i>Plated entrees</i>	<b>Plating 2</b> <i>Individually plated entrees</i>	<b>Ordering &amp; Costing</b> <i>Wholesale food ordering, kitchen management procedures, &amp; recipe costing</i>	<b>Sauces Review</b> <i>Saucing techniques: Mother &amp; contemporary sauces</i>	<b>Evaluation</b> <i>Preparing a plated dish with classic cuts, cooking technique &amp; sauce</i>
<b>Week 5</b>	<b>Knife Skills Review</b> <i>Classic cuts, speed &amp; accuracy drills</i>	<b>Major Cooking Review</b> <i>Moist &amp; dry heat cooking review</i>	<b>Pastry Review</b> <i>Review for the Semester 4 Pastry Final</i>	<b>Savory Review</b> <i>Review for the Semester 4 Savory Final</i>	<b>Field Trip</b> <i>Field Trip</i>
<b>Week 6</b>	<b>Pastry Final</b> <i>Pastry Practical</i>	<b>Savory Final</b> <i>Savory Practical</i>	<b>First Day of Externship</b>	<b>Externship</b>	<b>Externship</b>
<b>Week 7-13</b>	<b>Externship</b>	<b>Externship</b>	<b>Externship</b>	<b>Externship</b>	<b>Externship</b>
<b>Week 14</b>	<b>Externship</b>	<b>Externship</b>	<b>Externship</b>	<b>Externship</b>	<b>Graduation Prep</b>