

Week 1	Introduction <i>Welcome & Introduction</i> <i>What to expect, daily operations, grading procedures, etc.</i>	Professionalism <i>Brief overview of the restaurant industry's history, job outlook & career paths</i>	Kitchen Equipment <i>Overview of basic culinary equipment</i>	Measuring & Mise <i>Weight & volume measurements</i>	Intro to Knife Skills <i>Proper use, care, & handling</i>
Week 2	Knife Skills 1 <i>Proper knife control & classic knife cuts</i>	Knife Skills 2 <i>Accuracy & uniformity</i>	Intro to Culinary Math <i>Calculating yield percentages & introduction to sustainability & recycling food scraps</i>	Knife Skills 3 <i>Specialty knife cuts</i>	Knife Skills Evaluations <i>Produce the classic knife cuts & calculations of yield percentages for evaluation</i>
Week 3	Prep Cookery 1 <i>Mise en Place & white stocks</i>	Prep Cookery 2 <i>Mise en Place & brown stocks</i>	Principles of Mise en Place <i>Time management, prep lists, & fire times</i>	Flavors & Flavorings <i>Flavor profiles around the world & balancing flavors in a dish.</i>	Prep Cookery Evaluations <i>Mise en Place items, producing stock & prep lists for evaluation</i>
Week 4	Major Cooking <i>Dry heat cooking: Sear & Saute</i>	Major Cooking <i>Dry heat cooking: Grilling & Roasting</i>	BBQ <i>Groupwork: Sides for BBQ Smoking and grilling meats</i>	Major Cooking Frying Methods <i>Butter basting & deep frying</i>	Major Cooking Evaluations <i>Perform each of the dry heat cooking techniques for evaluation.</i>
Week 5	Major Cooking <i>Moist heat cooking: Poaching & Simmering</i>	Major Cooking <i>Moist heat cooking: Boiling & Steaming</i>	Sous Vide <i>Modernist Techniques: Immersion Circulator</i>	Major Cooking <i>Moist heat cooking: Braising & Stewing</i>	Major Cooking Evaluations <i>Perform each of the moist heat & combination cooking methods for evaluation.</i>
Week 6	Vegetable Cookery <i>Major cooking techniques: Vegetables</i>	Salad Prep <i>Salad preparation methods with emulsified dressings & vinaigrettes</i>	Intro to Nutrition <i>Fundamentals of nutrition: Dietary guidelines & essential nutrients</i>	Fruit Cookery <i>Classes of fruit, cooking methods, & preservation techniques</i>	Vegetable & Fruit Evaluations <i>Prepare a composed salad with specified knife cuts & cooking techniques; present the nutrition specifications for evaluation.</i>
Week 7	Major Cooking Review <i>Dry heat cooking review</i>	Major Cooking Review <i>Moist heat cooking review</i>	Written Exam & Field Trip <i>Written exam & field trip</i>	Practical Exam Review <i>Review for practical exam</i>	Practical Exam <i>Practical exam</i>
Week 8	Servsafe 1 <i>Servsafe Manager review</i>	Servsafe 2 <i>Servsafe Manager exam</i>	Chicken Fabrication <i>Muscle composition & fabrication of poultry</i>	Chicken Cookery 1 <i>Chicken fabrication & moist heat cooking</i>	Chicken Cookery 2 <i>Grading, classes & farming standards for poultry. Study sanitation & anatomy</i>
Week 9	Chicken Cookery 3 <i>Chicken fabrication & dry heat cooking</i>	Chicken Evaluations <i>Fabricate a chicken: Moist & dry heat methods for evaluation</i>	Egg Cookery 1 <i>Sunny side, over easy, omelets, poached, hard & soft boil</i>	Egg Cookery 2 <i>Whip egg yolks, aiolis, sabayon & quiche</i>	Egg Cookery 3 <i>The chemical, magical ingredient: Nutrition, sanitation & coagulation temperatures</i>
Week 10	Egg Cookery 4 <i>Whip egg whites, souffles, meringues & egg cookery methods.</i>	Egg Evaluations <i>Prepare eggs with various cooking techniques for evaluation</i>	Meat Fabrication <i>Muscle composition & fabrication of Beef & pork</i>	Meat Cookery 1 <i>Cookery & fabrication: Beef</i>	Meat Cookery 2 <i>Anatomical structure & related cooking methods.</i>
Week 11	Meat Cookery 3 <i>Cookery & fabrication: Pork</i>	Meat Fabrication & Cookery Evaluations <i>Perform the major cooking techniques on beef & pork for evaluation.</i>	Seafood 1 <i>Fabrication & cooking methods: Fish & shrimp</i>	Seafood 2 <i>Moist & dry heat cooking: Seafood</i>	Seafood 3 <i>Types of fish, seafood & fabrication methods</i>
Week 12	Pasta <i>Fresh pasta: Flat rolled, extruded & filled pastas</i>	Seafood & Pasta Evaluations <i>Prepare two seafood pasta dishes for evaluation</i>	Intro to Sauces <i>Thickening & reducing</i>	Mother Sauces <i>Bechamel, Veloute, Espagnol, Tomate & Hollandaise</i>	Small Sauces <i>Review of the mother sauces & sauce plating techniques</i>

Week 13	Contemporary Sauces <i>Making the perfect sauce</i>	Sauce Evaluation <i>Prepare dishes using mother & small sauces for evaluation</i>	Healthy Cooking 1 <i>Dietary guidelines & healthy cooking techniques</i>	Healthy Cooking 2 <i>Nutrient dense & seasonal products</i>	Advanced Nutrition <i>Macronutrient calculations & recommended daily allowances for special dietary requirements</i>
Week 14	Special Diets <i>Vegan & vegetarian diets, gluten free cooking, & the big eight allergens</i>	Healthy Cooking Evaluations <i>Prepare a dish from a set menu & submit macronutrient calculations for evaluation</i>	Knife Skills & Fabrication Review <i>Classic knife cuts & fabrication methods of chicken, beef, & pork</i>	Major Cooking Review <i>Chicken, beef & pork dishes using major cooking techniques</i>	Practical Exam Review <i>Review for exam practical</i>
Week 15	Practical Exam <i>Practical exam</i>	Written Exam & Field Trip <i>Written exam & field trip</i>	Introduction to Pastry <i>Batters & doughs</i>	Bakeshop Ingredients <i>Food Science of pastry</i>	Principles of Pastry <i>Baking process, leaveners & other reactions that occur in pastry preparations</i>
Week 16	Pastry Techniques <i>Techniques of whipping, beating, kneading, creaming</i>	Mixing Methods 1 <i>Biscuit method: Biscuits, scones and pie crusts</i>	Mixing Methods 2 <i>Creaming method: Cupcakes, breads & simple buttercream</i>	Mixing Methods 3 <i>Muffin method: Muffins & cakes</i>	Mixing Methods 4 <i>Egg foam method: European style cakes; Genoise & Spongecake</i>
Week 17	Mixing Methods Evaluation <i>Perform one of each mixing method for evaluation.</i>	Cookies <i>Cookies, brownies & mousse bars</i>	Bars <i>Cookies, brownies & mousse bars</i>	Pies <i>Pie crusts: mealy, flaky, crumb crust</i>	Tarts <i>Classic tart crusts: Pate sucee, sablee</i>
Week 18	Cookies, Pies, and Tarts Evaluation <i>Custards, creams & fruit fillings</i>	Stirred Custards <i>Stirred custards: pastry cream, lemon curd & crème anglaise</i>	Creams <i>Chantilly cream, Bavarian cream & mousse</i>	Frozen Desserts <i>Still frozen & churned desserts</i>	Baked Custards <i>Crème brulee, cheesecake & quiche</i>

Week 1	Custards & Creams Evaluation <i>Produce ille flottante & quiche lorraine for evaluation.</i>	Pastry Dough 1 <i>Pate a choux cream puffs & crepe flambees</i>	Pastry Dough 2 <i>Eclairs & quick puff pastry</i>	Bread Mixing <i>Stages of baking breads</i>	Bread Shaping/Baking <i>Shape & fire doughs: Baguette, cinnamon rolls, sandwich, focaccia.</i>
Week 2	Pastry Dough Evaluation <i>Produce cream puffs, palmiers & French baguettes for evaluation</i>	American Style Cakes <i>High-fat cakes & American buttercream.</i>	European Style Cakes <i>Low fat, sponge method cakes & Italian buttercream.</i>	Cake Assembly <i>Layers, fillings, & tiers</i>	Cake Decoration <i>Piping skills & finishing techniques</i>
Week 3	Cake Evaluation <i>Create cakes for evaluation.</i>	Dessert Sauces <i>Proper sauce viscosity & plating techniques Plan for dessert F&F Event</i>	Dessert Plating 1 <i>Composed dessert plating</i>	Dessert Plating 2 Friends & Family Event <i>Plated dessert Event</i>	Practical Exam Review <i>Review for pastry final exam practical</i>
Week 4	Pastry Practical Exam <i>Pastry practical exam</i>	Pastry Written Exam & Pastry Careers <i>Written pastry exam & industry field trip</i>	Introduction to Garde Manger <i>Food preservation techniques, pickling, mustards & relishes</i>	Charcuterie <i>Grinding meat to link sausage & smoking meats.</i>	Cheese <i>Mozzarella, buratta, herbed cheese spreads & crème fraiche</i>
Week 5	Cheese Boards Evaluations <i>Cheese boards evaluations</i>	Introduction to Buffet Production <i>Catering equipment, timelines, & Banquet Equipment Orders</i>	Buffet Prep 1 <i>Collaborate to create a menu for the Friends & Family Buffet event</i>	Buffet Prep 2 <i>Prep for Friends & Family Buffet Event</i>	Buffet Event <i>Friends & Family Buffet Event</i>
Week 6	Ordering & Costing <i>Wholesale food ordering, kitchen management procedures, & recipe costing</i>	Plating 1 <i>Preparing elements for plated entrees</i>	Plating 2 <i>Individually plated entrees & plating techniques</i>	Sauces Review <i>Saucing techniques: Mother & contemporary sauces</i>	Plating Evaluation <i>Preparing a plated dish with classic cuts, cooking technique & sauce</i>
Week 7	Hospitality 1: Event Menu / Menu Design <i>Creating menu for Line Event</i>	Hospitality 2: Intro to Hospitality <i>Introduction to front-of-house service</i>	Hospitality 3: Guest Speaker <i>Guest speaker from FOH or HR in culinary industry</i>	Hospitality 4: Field Trip / FOH Training <i>Field trip to observe FOH service</i>	Hospitality 5: FOH / Event Planning <i>FOH organization and planning for Line Event</i>
Week 8	Introduction to Line Cooking <i>Tickets, stations, fire times, cooking to order</i>	Line Event Prep 1 <i>Prep for Friends & Family Event</i>	Line Event Prep 2 <i>Prep for Friends & Family Event</i>	Line Event <i>Friends & Family Event</i>	Career Development <i>Resume writing, personality assessment & interview skills</i>
Week 9	Pastry Review <i>Review for the pastry practical final exam</i>	Pastry Final <i>Pastry practical final exam</i>	Knife Skills Review <i>Classic cuts, speed & accuracy drills</i>	Major Cooking Review <i>Moist & dry heat cooking review</i>	Savory Review <i>Savory final exam review</i>
Week 10	Savory Practical Exam <i>Savory practical exam</i>	Written Final & Field Trip <i>Written final exam & field trip</i>	First Day of Externship	Externship	Externship
Week 11-17	Externship	Externship	Externship	Externship	Externship
Week 18	Externship	Externship	Externship	Last Day of Externship	Graduation Prep