

Professional Culinary Program Semester 1

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

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



Professional Culinary Program Semester 2

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