

FOUNDATIONAL TRAINING

C U R R I C U L U M



KNIVES, KNIFE CUTS & KNIFE SHARPENING

Proper Knife Handling
Cutting with a Chef's Knife
Sharpening Your Knife



SALADS & VINAIGRETTES

Selecting and
Preparing Salad
Greens
Vinaigrette Basics



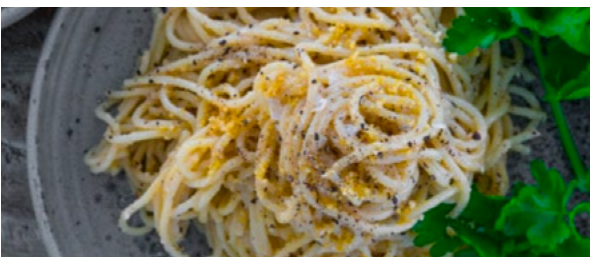
SOUPS

Broth-based Clear Soup
Stock-based Clear Soup
Roux-based Soup
Starch-based Thick Soup



VEGETABLES

Preserving Vegetable Pigments
Cooking Vegetables in Water
Roasting Vegetables



RICE, GRAINS & PASTA

Rice
Grains
Polenta
Pasta

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DRY-HEAT COOKING METHODS

Pan Fry
Sauté
Sear
Stir-fry
Bread and Batter
Shallow Fry & Deep Fry



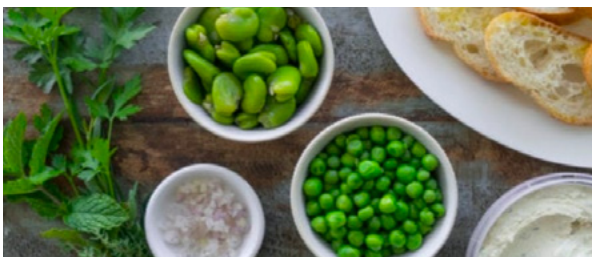
MEAT AND POULTRY

Premium Steaks
Combination Cooking
Roasting a Whole Chicken



FISH

Buying and Storing Fish
Cooking Fish Fundamentals
How to Pan Fry Fish



SEASONING & PLATING

Seasoning Basics
Plating