**FOUNDATIONAL TRAINING CURRICULUM**

**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
FOUNDATIONAL TRAINING CURRICULUM

DRY-HEAT COOKING METHODS
- Pan Fry
- Saute
- 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