

# **WESTERN BASIC CULINARY TRAINING**

## **PROGRAM TRAINING SUMMARY**

### **CLASSROOM TRAINING (2 weeks, 60 hours):**

Market Visit, Ingredients, Utensils  
Knife Skills  
Nutrition  
Food Safety & Sanitation  
Menu Planning  
Food Costing & Measurements  
Plating/Presentation  
Flavor Development  
Station Organization  
Timing/Multitasking  
Interviewing Skills  
Fruit Carving  
Review & Testing

### **AT THE COOKING STATIONS (5 weeks, 200 hours):**

#### **WEEK #1—**

SOUPS

SAUCES

#### **WEEK #2--**

MEATS

#### **WEEKS #3--**

VEGETABLES

SEAFOOD

#### **WEEKS #4--**

POTATOES, RICE, PASTA

COLD PANTRY

POULTRY

#### **WEEK #5--**

BREAKFAST

DESSERTS

APPETIZERS