

# **WESTERN CULINARY TRAINING**

## **TRAINING SUMMARY**

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

Market Visit & Ingredients  
Kitchen Utensils  
Knife Skills  
Nutrition  
Vitamins & Minerals  
Food Safety  
Hygiene  
Menu Planning  
Food Costing & Measurements  
Review  
Testing

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

#### **WEEK #1— FRENCH CUISINE**

Soups, Mother Sauces, Salads, Entrees, Desserts

#### **WEEK #2— ITALIAN CUISINE**

Soups, Salads, Pizza, Pastas, Desserts

#### **WEEK #3—OTHER EUROPEAN CUISINES**

Soups, Salads, Entrees, Desserts

#### **WEEK #4—AMERICAN & SPANISH**

Soups, Salads, Entrees, Desserts

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

Breakfast, Pastries, Appetizers  
Final Exam—1 Day (preparation of 3 course meal)