

WESTERN CULINARY TRAINING

TRAINING SUMMARY

CLASSROOM TRAINING (1 week, 40 hours):

- Asian & Western ingredients
- Kitchen utensils & equipment
- Cutlery & knife skills
- Kitchen organization & stations
- Food safety
- Personal hygiene
- Food costing
- Food measurements

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

WEEK #1— AMERICAN CUISINE & BREAKFAST

WEEK #2— UK, NORTHERN & EASTERN CUISINE

WEEK #3—MEDITERRANEAN CUISINE

WEEK #4—FRENCH CUISINE

WEEK #5—ITALIAN CUISINE