

General Syllabus

Introduction to Culinary Principles

-Our Introduction to Culinary Principles class is a foundational course designed for Jr Chefs to learn the basics of cooking, knife skills, recipe reading, planning and costing a menu, and food sanitation and safety. We will also learn the basic makeup of a classical kitchen and the equipment necessary for its function.

Principles will include:

- Safety and Sanitation
- Equipment Safety
- The Classical kitchen
- Recipe functions and Menu Planning
- Knife Skills

As we go hands-on and begin cooking, our Jr Chefs will begin to sense some freedom working in the kitchen. Using basic cooking techniques, they will expand on their principles to take a recipe from paper to plate, learning portioning, and visual appeal.

We will focus on:

- Mise en place (food prep)
- Protein fabrication
- Mother Sauces
- Pasta Making
- Sautee and Pan Fry
- Basic Dough and Baking