



Accelerated Culinary Arts for the Hospitality & Food Industry

5 weeks, 50 hours, 3 week nights!

Often imitated but never duplicated our signature **Total Immersions** teaching method offers intensive, hands-on instruction and puts you in the kitchen from the very first day. Each student gets 50 + hours of class time, generous kitchen space at our premium facility and individual support not found at other schools. **Our low 12:1 student-to-teacher ratio** assures you get the attention needed to flourish. You'll learn the Classic techniques of master chefs, along with the fundamentals of how to think about cooking, how to cook with diverse ingredients, from traditional vegetables, grains and proteins to specialty ingredients and game meats, high-volume cooking, valuable for catering/buffet and a la carte businesses, the keys to assess food costs, and how to be a well-rounded cook ready for the challenges.

INTRODUCTION TO CULINARY TECHNIQUES

Here the standards are set. You'll begin learning the techniques that will serve as the foundation, not just for your time in class, but for your entire culinary career. You'll become oriented with equipment and tools, and the brigade system of organization and teamwork, which is at the heart of every serious kitchen.



Learn the Basics:

Knife Skills:

Learn which knives are best for which jobs and proper care for them. Through tailiage (cutting vegetables into even sizes and shapes), you'll learn different techniques, such as émincer (thin slice), batonnet (small sticks), brunoise (small dice) and paysanne (tile-shaped).

Food Safety:

General rules of hygiene as well as comprehensive food handling and safety issues for a kitchen environment. You'll also gain the valuable National Restaurant Association's ServSafe® Food Protection Manager Certification.

Ingredient Identification and Classification:

Use all your senses as you identify and classify a wide range of proteins, vegetables, starches, grains, herbs and spices.



Stocks and Sauces:

Learn how to combine humble ingredients, such as bones from chicken, beef, veal or fish, with aromatic vegetables and herbs to create brown, white, fish, marmite and vegetable stocks—and how to marry stocks with binding elements, such as starches and proteins, to create the five “mother” sauces: Velouté, Espagnole, Hollandaise, Béchamel and Tomato, as well many of their derivatives.

Develop a command of both classic and contemporary culinary methods and techniques in the Chef Walters Cooking School unique series of hands-on classes. Prepare and understand the many global cuisines that drive today’s industry. Expand your horizons in basic baking, nutrition, menu development, food safety, writing, communication, and cost control.

- **Prerequisites**

- **YOU DO NOT** need foodservice experience.



Panzanella Toscana

WEEK TO WEEK CURRICULUM

WEEK 1 / Tuesday to Thursday form 6 PM to 9.30 PM / 9 + learning hours

DAY 1 TUESDAY

CULINARY MATH

An exploration of standard units of measure and unit conversion, estimation, percents, ratios, yield tests, recipe scaling, and recipe costing as they relate to the food industry. Students will develop projections and analyze costs in yield tests and recipe pre-costing.

FOOD SAFETY

Unit introduction to food production and practices currently governed by changing federal and state regulations. Topics to be covered include prevention of food-borne illness through proper handling of potentially hazardous foods, HACCP procedures, legal guidelines, kitchen safety, facility sanitation, and guidelines for safe food preparation, storing, and reheating. Students will also take the National Restaurant Association ServSafe® examination for certification.

DAY 2 - WEDNESDAY

PROFESSIONALISM AND LIFE SKILLS

The focus of this course is to promote student success as learners and citizens of the world. Throughout this course, students will recognize the qualities of, and develop as, informed, responsible, and empowered learners. Course objectives will cover topics related to personal, intellectual, and social development. The academic and life skill sets emphasized throughout this course are transferable to the workplace.

DAY 3 - THURSDAY

INTRODUCTION TO GASTRONOMY

An introduction to the social, historical, and cultural forces that have affected or will affect the culinary world as well as the baking and pastry professions. Topics include the contemporary challenges facing food professionals in the twenty-first century and etiquette as a social and professional discipline. Students will be expected to complete several written assignments and present a group research project. In this unit we will cover current food and hospitality trends across the world.

WEEK 2 / Tuesday to Thursday form 6 PM to 9.30 PM / 9+ learning hours

DAY 1 - TUESDAY

NUTRITION

Examine the basic concepts and principles of nutrition. In this course, students learn about basic nutrients, food labeling, nutritional principles, current issues in nutrition, and the application of nutritional principles to menu development. Students will also be involved in nutritional analysis of recipes.

DAY 2 - WEDNESDAY

PRODUCT KNOWLEDGE

An introduction to the identification and use of vegetables, fruits, herbs, nuts, grains, dry goods, prepared goods, dairy products, and spices in various forms. Explore both fresh and prepared foods and learn to identify, receive, store, and hold products. Students will also learn to evaluate products for taste, texture, smell, appearance, and other quality attributes.

DAY 3 - THURSDAY

CULINARY FUNDAMENTALS

A detailed introduction to the application and development of fundamental cooking theories and proper techniques. Topics of study include tasting, kitchen equipment, knife skills, classical vegetable cuts, stock production, thickening agents, soup preparation, grand sauces, timing and multi-tasking, station organization, palate development, culinary French terms, and food costing. The course also introduces the student to fundamental concepts and techniques of basic protein, starch, and vegetable cookery. Emphasis is placed upon the study of ingredients and an introduction to small sauces will be given.

INTRODUCTION TO MANAGEMENT

An investigation of various management topics including leadership, training, motivation, delegation, problem solving, decision making, and conflict resolution as they relate to foodservice establishments.

WEEK 3 / Monday to Thursday form 6 PM to 9.30 PM / 9 + learning hours

DAY 1 - MONDAY

MEAT IDENTIFICATION, FABRICATION, UTILIZATION

This course will introduce the student to the subject of meats and their application in foodservice operations, building a strong foundation that supports the principles to be learned in the cooking courses to follow. Through lectures, demonstrations, hands-on activities, and reviews, students will learn about the muscle and bone structure of beef, veal, pork, lamb, game, and poultry; fabrication methods for sub-primal and foodservice cuts; and proper tying and trussing methods. Lectures will introduce meat inspection, quality and yield grading, costing and yield testing, purchasing specifications, and basic information concerning the farm-to-table trail. Discussions will include preferred cooking methods for all meats proper knife selection, and butchery equipment. Sanitation and safety standards will be stressed throughout.

DAY 2 - TUESDAY

SEAFOOD IDENTIFICATION AND FABRICATION

Overview of the principles of receiving, identifying, fabricating, and storing seafood. Identification will involve round fish, flat fish, crustaceans, and shellfish. Topics include knife skills, yield results, quality checks, product tasting, storage of various types of fish, techniques for fabricating cuts for professional kitchens, special storage equipment, commonly used and underutilized species of fish, fishing and aquaculture techniques, and how to choose sustainable species.

DAY 3 - THURSDAY

BAKING AND PASTRY SKILL DEVELOPMENT

An introduction to the principles and techniques used in the preparation of high-quality baked goods and pastries, with an emphasis on fundamental production techniques and evaluation of quality characteristics. Topics include bread fermentation and production, ingredient functions, and custard ratios and preparations

WEEK 4 / Monday to Thursday form 6 PM to 9.30 PM / 9 + learning hours

DAY 1 - MONDAY

CONTROLLING COST AND PURCHASING FOOD

Examine the information and skills necessary to analyze and improve the profitability of a food service establishment. Topics include the flow of goods, income statements, forecasting sales, and controlling labor and food costs. Students will also analyze the complete purchasing cycle of a restaurant, beginning with product and vendor selection and ending with actual orders.

MENU DEVELOPMENT

Analysis of menu development for foodservice establishments. Topics to be covered include: menu development, descriptions, layout, design, and pricing; sales mix; and station balance. Students will critique and create menus from the perspective of concept, clarity, cost, price, and efficiency.

DAY 2 - TUESDAY

CUISINES AND CULTURES OF THE MEDITERRANEAN

Prepare, taste, serve, and evaluate traditional, regional dishes of Europe and the Mediterranean. Emphasis will be placed on ingredients, flavor profiles, preparations, and techniques representative of the cuisines from Spain, France, Italy, Morocco, Tunisia, Greece, and Egypt. The course develops an expanded understanding and appreciation of why and how people from diverse world cultures with varying backgrounds approach food and beverages differently.

DAY 3 - WEDNESDAY

CONTEMPORARY RESTAURANT COOKING

This restaurant experience concentrates on previously learned cooking fundamentals and techniques and applies them to the cuisine of a territory, utilizing à la carte menu preparation in a contemporary restaurant setting. Students will further develop their ability to organize an assigned station based on preparation methods while focusing on the production of menu items, plate presentations, and cooking techniques as applied to specific cuisines. Emphasis will be placed on sourcing, storage, uses, and nutritional aspects of key ingredients.

WEEK 5 / Monday to Thursday form 6 PM to 9.30 PM / 9 + learning hours

DAY 1 - TUESDAY

FORMAL HOSPITALITY AND SERVICE MANAGEMENT

This associate degree capstone course will expand upon information that students have learned in previous hospitality and service management classes. Concentrating on the application of service principles of fine dining and hospitality in an à la carte restaurant open to the public, the course will emphasize customer service, restaurant operations, sales, and beer, wine, and spirits. Students will study and engage in critical-thinking topics that are relevant to providing high-quality formal table service and customer service.

DAY 2 - WEDNESDAY

WINE STUDIES

A detailed examination of the roles that wines play as quality beverages in professional food service operations. The course will emphasize styles of wine from around the world, the theory and practice of matching wine with food, tasting wines, and organizing wine service. Subjects to be explored include wines of the New World (Northern and Southern Hemispheres) and the Old World (Europe) as well as purchasing, storing, marketing, and serving wines in a restaurant environment. Students will also participate in a restaurant-based wine and food tasting, which will be used as the basis for a wine and food pairing essay.

DAY 3 - THURSDAY

CULINARY PRACTICAL FAREWELL DINNER

This culinary dinner will demonstrate the knowledge and proficiency in the principles of cooking and certain fundamental cooking methods—roasting, sautéing, frying, stewing, poaching, and braising. Students will be given an assignment (which includes a soup, protein, vegetable, and starch) to prepare, present, taste, and explain. The recipes created will be part of the farewell dinner. Each student may invite 2 guests to attend the dinner.

Following is the Chef Walters Cooking School Certificate of Completion.

COST \$ 1,850 per student payable in full upon registration

Student is responsible:

Comfortable shoes

Short nails

Maximum Hygiene

Note book

CWCS provides: Chef Jacket, Hat and Aprons

To register contact Carmela Natale carmela@chefwalter.com **401.273.2652**

www.chefwalterscookingschool.com curriculum is fully endorsed by APCI and Ciao Italia

Course Instructor Chef Walter Potenza, Master Chef by A.P.C.I. the Association of Professional Italian Chefs and by I.C.M.C. Italian Culinary Master Chefs

