

CWCS PRE-CULINARY COLLEGE COURSE

WHY SPEND THE FULL TUITION!

For students who dream of owning or operating their own food business, there is no better education than **Chef Walters** unparalleled **Culinary Boot Camp** of 60 + hours.

Parents spend time and money on different student activities hoping that their child will be engaged in one. If your child is interested in culinary or the hospitality industry, this is the perfect program. Why spend a full tuition at a culinary college running the risk that he or she may not really love it! Our 60 + hours of intense culinary curriculum will make the decision for them at 1/10 of a college year's tuition fee.

Prepare for your transition from high school to college, and get ready for the challenges in the hospitality and food industry.

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 60 + 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 (including using the entire pig in your charcuterie class), 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

- **NOT NECESSARY** a high school diploma or GED credential. We do not have a minimum GPA requirement.
- **YOU DO NOT** need foodservice experience.

A message from Chef Walter Potenza" *There is no need to spend a fortune on culinary schools. I believe this is a unique opportunity for a young student interested in the culinary and hospitality industry to really understand the complexity and the sacrifices necessary to succeed. From my course the student will discover if it's the right field or not. In any event should the students decide not to continue in the food world they will unquestionably receive a food education that may be applied in their private life. Should the students follow on their dream, they will have received (1) full year of knowledge of any culinary colleges in only 60 + hours"*

WEEK TO WEEK CURRICULUM BELOW

WEEK 1 / Monday to Thursday form 9 AM to 1 PM / 16 learning hours

DAY 1 MONDAY

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 - TUESDAY

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 - WEDNESDAY

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.

DAY 4 - THURSDAY

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.

WEEK 2 / Monday to Thursday from 9 AM to 1 PM / 16 learning hours

DAY 5 - MONDAY

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 6 - TUESDAY

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.

DAY 7 - WEDNESDAY

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 8 - THURSDAY

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.

WEEK 3 / Monday to Thursday form 9 AM to 1 PM / 16 learning hours

DAY 8 - MONDAY

INTRODUCTION A LA CARTE COOKERY

The foundation of cooking techniques and theories from Culinary Fundamentals will be applied in a production setting. Emphasis is placed on individual as well as team production. The focus is on cooking fundamentals, ratios, and formulas in a professional kitchen. Multi-course menus will be prepared, with a focus on batch cooking as executed in an à la carte-style service.

DAY 9 - MONDAY

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

DAY 10 - TUESDAY

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 11 - WEDNESDAY

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 12 - THURSDAY

CONTEMPORARY RESTAURANT COOKING

This restaurant experience concentrates on previously learned cooking fundamentals and techniques and applies them to the cuisine of a terroir, 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 4 / Monday to Thursday from 9 AM to 1 PM / 16 learning hours

DAY 13 - MONDAY

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 14 - TUESDAY

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 15 - WEDNESDAY

CULINARY PRACTICAL EXAMINATION

This culinary examination tests 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.

DAY 16 – THURSDAY

Farewell dinner prepared by students with 2 guests from each student, followed by the Chef Walters Cooking School Certificate of Completion.

COST \$ 2,500.00 per student payable in full upon registration

Student is responsible:

Chef Jacket

Comfortable shoes

Short nails

Maximum Hygiene

Note book

CWCS provides: Chef 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