

CHEF WALTERS COOKING SCHOOL

PROFESSIONAL CHEF TRAINING PROGRAM & CURRICULUM APPROVED BY



- 12 weeks / 25 hours per week / 300 total learning hours •
- Certification Professional Approved Curriculum by **APCI & Ciao Italia World**
- **Tuition \$4,500 • plus** +
- Text books "The Culinary Professionals" G-W Publisher • \$250.00
- Chef Jacket (2) with logo • Hats (2) • \$125.00
- Classes held Monday to Friday 9 AM-2 PM
- Instructor Chef Walter Potenza M.C. C.E.C. By APCI
- For registration and information • carmela@chefwalter.com
- or info@chefwalterscookingschool.com 401.273.2652

CWCS emphasizes a classic curriculum that combines a theoretical foundation with demonstration and hands-on training, which will provide invaluable experience for a successful career in the hospitality industry.

Course work covers not only basic cooking and pastry skills, but also elements of running a kitchen, including purchasing, cost control and basic business acumen. Courses are taught in professional kitchens and dining rooms by experienced instructors, many of whom have years of experience as chefs or in the restaurant industry.

Our professional culinary program is approved and sponsored by the State of Rhode Island Department of Labor & Training.

• Culinary Arts

This program focuses on three main principles: practice, theory, and the art of cooking. Students spend 300 hours in the kitchen / classroom, and will learn how to cook quickly and efficiently by using various cooking and tasting methods.

• Pastry and Baking Arts

The curriculum for this program uses a five-point model of theory, technique, teamwork, speed, and palate training. Students will receive 30 hours of instruction, along with 270 hours of hands-on training in a kitchen.

Week 1 / 25 hours

Welcome to the foodservice Industry • Chapter 1 • Objectives

After studying this chapter, the student will be able to;

- summarize the foodservice and hospitality industries.
- recall current trends in the foodservice industry.
- summarize challenges facing the foodservice industry.
- understand the role of the culinary profession in the hospitality industry.

Understanding food service operation • Chapter 2 • Objectives

After studying this chapter, the student will be able to

- recognize various types of foodservice establishments that employ chefs and cooks.
- compare the different forms of business ownership.
- explain the different ways foodservice businesses are organized.
- summarize the risks and rewards of entrepreneurship.

Workstation in the professional kitchen • Chapter 3 • Objectives

After studying this chapter, the student will be able to

- recall the names and roles of workstations in the traditional brigade.
- recognize modern variations on the classical brigade.
- explain how the kitchen interacts with other departments to satisfy guests.
- summarize recent trends in foodservice to reduce labor.

The Professional chefs • Chapter 4 • Objectives

After studying this chapter, the student will be able to

- explain the various roles a professional chef must fulfill.
- understand the professional traits of successful culinarians.
- recognize personal behaviors that contribute to a successful culinary career.
- explain the various types of knowledge and expertise that a chef's job requires.
- summarize training and education options available to those seeking a career in culinary arts.
- remember two organizations that help students gain leadership experience.
- recall professions that require knowledge.

Week 2 / 25 hours

Sanitation hazard • Chapter 5 • Objectives

After studying this chapter, the student will be able to

- summarize the importance of working with food safely.
- differentiate among biological, chemical, and physical hazards.
- classify the sources of biological hazards and ways to control their growth

- recognize chemical hazards and explain how to prevent them.
- explain physical hazards and how to prevent them.

Sanitation procedures • Chapter 6 • Objectives

After studying this chapter, the student will be able to

- apply the principles of time and temperature when handling food.
- summarize how cross-contamination occurs and how to prevent it.
- explain the difference between clean and sanitary.
- apply proper procedures when cleaning and sanitizing food-contact surfaces in the kitchen.
- explain the various aspects of personal hygiene that are important in foodservice.
- understand the importance of proper pest control and waste management to food safety.
- summarize how a HACCP plan works.
- understand the role of the health inspector.

Safety in the kitchen • Chapter 7 • Objectives

After studying this chapter, the student will be able to

- summarize the roles of government, employers, and employees in creating a safe workplace.
- explain how the professional culinary uniform promotes safety.
- recall common kitchen injuries and summarize steps to prevent or respond to accidents in the kitchen.
- implement basic fire prevention and safety practices.

Serve Safe Certification included

Week 3 / 25 hours

Knives and hand tool in the professional kitchen • Chapter 8 • Objectives

After studying this chapter, the student will be able to

- explain the elements of knife construction and how they relate to quality.
- recognize various knives and hand tools used in the professional kitchen
- apply techniques to sharpen and maintain a good edge

Knife skills • Chapter 9 • Objectives

After studying this chapter, the student will be able to

- apply the procedures for preparing a workstation for knife work.
- execute the proper technique for cutting with a chef knife.
- execute the three basic knife cuts.
- apply the correct techniques for using a boning knife.
- execute the correct use of a paring knife.
- implement the proper technique when using a slicer or serrated bread knife.

Small-wares • Chapter 10 • Objectives

After studying this chapter, the student will be able to

- recognize various small-wares used in commercial kitchens.
- recall the properties of various materials used to make pots and pans.
- differentiate proper equipment for various measuring and portioning tasks, and cooking methods.

Large equipment • Chapter 11 • Objectives

After studying this chapter, the student will be able to

- recognize various pieces of large equipment used in commercial kitchens.
- explain properties of design and construction and how they relate to functionality.
- differentiate proper equipment for various cooking tasks.
- compare the different types of refrigeration units.
- understand the importance of proper equipment maintenance for controlling cost

Week 4 / 25 hours

Using recipes • Chapter 12 • Objectives

After studying this chapter, the student will be able to

- apply common units of measure for weight and volume.
- execute accurate ingredient measurements for a recipe.
- understand the value and characteristics of standardized recipes.
- apply a conversion factor to ingredient lists to Adjust recipe yields

Basic preparations – Mise en Place • Chapter 13 • Objectives

After studying this chapter, the student will be able to

- summarize mise en place and its role in the professional kitchen.
- execute the techniques for peeling, julienned, and dicing an onion.
- execute the techniques for peeling and mincing garlic.
- execute the techniques for mincing parsley.
- explain the chiffonade technique.
- execute the techniques for preparing leeks.
- execute the techniques for peeling, seeding, and dicing tomatoes.

- explain how to prepare mirepoix and its role in the professional kitchen.
- explain how to make clarified butter.

Kitchen staples • Chapter 14 • Objectives

After studying this chapter, the student will be able to

- Recall the basic seasonings used in professional kitchens and their uses in professional cookery.
- recognize the sources, various forms, and uses of herbs and spices in professional kitchens.
- recall various starches and their uses.
- explain the various sources of sweeteners and their qualities.
- recognize the role of acid ingredients in the kitchen and the types commonly used.
- recall various forms of tomato products and how they are classified.
- recognize commonly used condiments.

Cooking principles • Chapter 15 • Objectives

After studying this chapter, the student will be able to

- understand the reasons food is cooked.
- explain what happens to food when it is cooked and overcooked.
- classify various methods of cooking by the process of heat transfer.
- explain basic cooking methods.

Week 5 / 25 hours

Salad and dressings • Chapter 16 • Objectives

After studying this chapter, the student will be able to

- recognize the different purposes salads serve on a menu.
- classify the different types of salads.
- recognize common salad greens.
- explain various factors involved when buying lettuce.
- execute the preparation of salad greens.
- compare and contrast the three salad dressings—simple vinaigrette, mayonnaise, and emulsified
- recall standard procedures that will ensure both sanitation and quality in salad preparation.

Fruit identification • Chapter 17 • Objectives

After studying this chapter, the student will be able to

- recognize different containers and terms used when packing produce.
- explain the grading process for fruits in the United States.
- Recall the most common fresh fruits used in commercial foodservice.
- apply various quality factors when selecting fresh fruits.
- Recall seasons for a variety of fresh fruits.
- explain methods used for drying, canning, and freezing fruits.

Fruit preparation • Chapter 18 • Objectives

After studying this chapter, the student will be able to

- recognize different containers and terms used when packing produce.
- explain the grading process for fruits in the United States.
- Recall the most common fresh fruits used in commercial foodservice.
- apply various quality factors when selecting fresh fruits.

- Recall seasons for a variety of fresh fruits
- explain methods used for drying, canning, and freezing fruits.

Cold sandwiches • Chapter 19 • Objectives

After studying this chapter, the student will be able to

- recall different types of sandwiches.
- recognize the attributes of successful sandwiches.
- explain the role of different sandwich ingredients.
- compare sandwich assembly methods.

Week 6 / 25 hours

Stocks • Chapter 20 • Objectives

After studying this chapter, the student will be able to

- summarize the role of various ingredients in the production of stock.
- recall the attributes of a well-made stock.
- execute the basic stock-making procedure.
- understand bouillons and broths and their uses.
- explain how vegetable stocks are made and how they differ from classic meat-based stocks.
- compare bases and stocks.

Sauces • Chapter 21 • Objectives

After studying this chapter, the student will be able to

- explain the role of sauces.
- compare thickening agents and how to use them.

- understand the classic system of mother sauces and derivative sauces.
- recall several nontraditional sauces.

Soups • Chapter 22 • Objectives

After studying this chapter, the student will be able to

- differentiate between the two types of clear soups.
- compare the different types of thick soups.
- recognize the types of soups in the specialty soups category.
- understand the role of soup garnishes.
- execute proper techniques for serving hot and cold soup.

Week 7 / 25 hours

Vegetable identification • Chapter 23 • Objectives

After studying this chapter, the student will be able to

- recognize the most common fresh vegetables used in commercial foodservice.
- apply quality factors when selecting vegetables.
- Recall growing seasons related to fresh vegetables.
- recognize purchase forms of vegetables.
- compare different methods for processing vegetables.
- explain how vegetables are graded.

Vegetable cookery • Chapter 24 • Objectives

After studying this chapter, the student will be able to

- recall factors that affect the flavor, texture, color, and retention of nutrients of cooked vegetables.

- execute the par cooking of vegetables.
- explain ways blanched vegetables can be finished.
- recognize various moist-heat and dry-heat

Starch identification • Chapter 25 • Objectives

After studying this chapter, the student will be able to

- recognize the appropriate variety of potato for common foodservice applications.
- recall common grains and grain products used in foodservice.

Starch cookery • Chapter 26 • Objectives

After studying this chapter, the student will be able to

- implement common cooking methods for the two types of potato.
- execute the most common cooking methods used to prepare grains in foodservice.
- implement the appropriate cooking method for preparing both fresh and dry pasta.

Week 8 / 25 hours

Meat & Poultry Identification • Chapter 27 • Objectives

After studying this chapter, the student will be able to

- understand the elements that compose meats and how they impact the texture of the meats.
- summarize how aging affects the texture of meat.
- explain the factors to consider when selecting the best cooking method for a cut of meat.

- summarize how meats and poultry are inspected and graded in the United States.
- understand how meat carcasses are cut and identified for foodservice use.
- recognize sub primal cuts of meat and the appropriate cooking methods for each.
- recognize poultry items commonly used in commercial kitchens and the appropriate cooking methods for each.
- summarize what offal is and its common sources

Basic meat & poultry preparation • Chapter 28 • Objectives

After studying this chapter, the student will be able to

- recall proper handling and storage methods for meat and poultry.
- execute poultry fabrication techniques.
- recognize common portions into which meats are cut.
- summarize why uniform portioning is important.

Dry-Heat Cooking methods for meat & poultry • Chapter 29 • Objectives

After studying this chapter, the student will be able to

- execute proper sauté method and pan sauce preparation.
- summarize how meats and poultry are grilled and broiled to desired doneness.
- explain and compare the two approaches used for roasting meats and poultry.

Moist Heat and combination – Meat & Poultry • Chapter 30 • Objectives

After studying this chapter, the student will be able to

- recognize when poaching is an appropriate cooking method to use.

- execute how to simmer meat and poultry and check for proper doneness.
- execute the braising technique for meat and poultry.
- explain the cooking methods used to make stews

Week 9 / 25 hours

Fish and Shell fish identification • Chapter 31 • Objectives

After studying this chapter, the student will be able to

- recognize different types and evaluate the quality of fresh finfish used in foodservice.
- recognize different types of shellfish and evaluate their quality.
- recall various ways fish are processed for sale.
- summarize the role of aquaculture in the fish industry.

Fish and shell fish preparation and Cookery • Chapter 32 • Objectives

After studying this chapter, the student will be able to

- recognize the basic fabrication forms of finfish.
- apply techniques for preparing a variety of shellfish for cooking.
- explain how to store fresh finfish and shellfish.
- execute various dry-heat and moist-heat methods for cooking fish and shellfish.

Hot sandwiches and pizza • Chapter 33 • Objectives

After studying this chapter, the student will be able to

- recognize various types of hot sandwiches and the ingredients used to make them.
- explain how to make thin crust and deep dish pizzas.

Dairy and Eggs Identification • Chapter 34 • Objectives

After studying this chapter, the student will be able to

- understand the composition of milk.
- compare the three most common concentrated milk products used in foodservice.
- summarize how butter is made and packaged.
- explain how cultured dairy products are made.
- compare the different categories of cheeses and how they are made.
- recognize the different parts of the egg and various purchase forms.
- recall important considerations for storing dairy and egg products.

Week 10 / 25 hours

Breakfast Cookery • Chapter 35 • Objectives

After studying this chapter, the student will be able to

- implement a variety of methods to prepare eggs.
- summarize how various breakfast meats are cooked.
- compare breakfast batters and their uses.
- explain how to properly prepare common hot cereals.

Introduction to Bakeshop • Chapter 36 • Objectives

After studying this chapter, the student will be able to

- explain various jobs in the bakeshop.
- recognize baking ingredients and understand their functions in baked goods.
- recognize small wares, hand tools, and large equipment used in the bakeshop.

Quick breads and Batters • Chapter 37 • Objectives

After studying this chapter, the student will be able to

- explain how ingredients and preparation procedures affect the quality of quick breads and batters.
- execute the different techniques for making common quick breads.
- compare other batter-based products and their preparation.

Cookies • Chapter 38 • Objectives

After studying this chapter, the student will be able to

- summarize factors that impact cookie quality.
- explain the two most common methods for mixing cookie dough.
- recall common methods for forming cookies.

Week 11 / 25 hours

Pies and Tarts • Chapter 40 • Objectives

After studying this chapter, the student will be able to

- explain how to prepare quality dough for pies and tarts.
- classify traditional fillings for pies.
- summarize how tarts differ from pies.
- recognize the characteristics and uses of puff pastry.

Yeast Raised products • Chapter 39 • Objectives

After studying this chapter, the student will be able to

- explain how dough for yeast-raised products is prepared.
- recall the basic forms into which yeast breads are shaped.

- understand what happens to yeast-raised products during the proofing and baking stages preparation.

Cakes • Chapter 41 • Objectives

After studying this chapter, the student will be able to

- recognize the functions of various cake ingredients.
- classify cakes according to the mixing method used to prepare them.
- apply cake pan preparation techniques.
- explain how to bake a quality cake product.
- recall the process for assembling and finishing layer cakes.

Custards, Foams and Butter creams • Chapter 42 • Objectives

After studying this chapter, the student will be able to

- recognize the different forms of custards and their uses in the pastry kitchen.
- explain the different foams used in various dessert preparations.
- compare the two types of butter cream and explain the advantages and disadvantages of each.

Week 12 / 25 hours

Food Presentation • Chapter 44 • Objectives

After studying this chapter, the student will be able to

- apply plating principles to design an attractive plate presentation.
- explain principles that guide platter and buffet presentation.
- compare various garnishing techniques.

Table Service • Chapter 45 • Objectives

After studying this chapter, the student will be able to

- recall the roles of the front-of-the-house staff.
- summarize the skills that contribute to quality front-of-the-house service.
- compare and contrast the three main service styles.
- recognize the steps necessary to preset a dining area.
- explain how to provide guests with a quality dining experience from start to finish.
- summarize the origins, preparation, and service of coffee and tea.

Culinary History • Chapter 47 • Objectives

After studying this chapter, the student will be able to

- explain why it is important to study culinary history.
- understand influences on culinary practices from ancient times through the 1900s.
- summarize the progression of the various styles of cuisine.
- explain the origins of American cuisine.

Entering the Work Force • Chapter 46 • Objectives

After studying this chapter, the student will be able to

- understand how to prepare for a job search.
- recall sources for finding job opportunities.
- recognize considerations for submitting a résumé.
- summarize the importance of completing a job application form.
- understand effective behaviors when interviewing.

- explain what employers expect from workers.
- recall what employees can expect from their employers.
- summarize various laws and conditions of employment in this country.

Week 13 / 25 hours

Nutrition • Chapter 48 • Objectives

After studying this chapter, the student will be able to

- explain the role each of the six nutrient groups play in good health
- summarize the Dietary Guidelines for Americans.
- interpret ingredient lists and nutritional facts on food product labels.
- understand the chef's role in creating nutritionally balanced dishes.

Managing Resources • Chapter 49 • Objectives

After studying this chapter, the student will be able to

- understand the processes a chef must control to manage food costs.
- summarize how chefs manage labor costs.
- explain how food cost percentage is a measure of a chef's performance.

Menu development • Chapter 50 • Objectives

After studying this chapter, the student will be able to

- classify menus by format.
- explain how good menu planning is achieved.
- recognize the elements of menu mechanics.

Developing taste • Chapter 51 • Objectives

After studying this chapter, the student will be able to

- understand the difference between eating and tasting.
- explain how the senses of smell, taste, and touch contribute to how a person interprets food.
- recall subjective and physical factors that affect taste perception.
- summarize how chefs use and analyze taste combinations

Week 14 / 25 hours

Week 15 / 25 hours

Internship Hands – on experience in restaurant operation / 15 hours

Dining room / service / operational / 10 hours

Internship Hands – on baking operation / 15 hours

Bar operational service. Learn fundamentals of bartending / 10 hours

Graduation day

Reserve Class by e-mail carmela@chefwalter.com or info@chefwalterscookingschool.com

401-273-2652 or purchase a gift certificate