



CHEF ACADEMY  
*London*

Muslim Advanced Professional Chef Course

*550 hours*

## **Development Training (100 hours)**

- Online HACCP training to be completed before you begin the course.
- Introduction to a professional kitchen with our executive development trainer.
  - Kitchen tour
  - Fire safety
  - Health and safety
  - Rules of the kitchen
  - Manual handling
- Kitchen machines, utensils and knives
- Cutting techniques
- Mise en place and kitchen sections
  - mise en place for stocks, sauces, and soups
  - mise en place for meats, fish and shellfish
  - mise en place for vegetables and fresh herbs
- Flavours
- Differences between starters, mains, sides and desserts (portions and timing etc)
- Meat
- Fish
- Sauces and soups
- Pasta and risotto
- Stew
- Stocks and dressings
- Cooking techniques (grilling, broiling, roasting, sautéing, pan frying, deep frying, steaming, submersion cooking, braising and stewing)
- Presentation skills
- Bakery and yeast products
- Pastry (Pastries, desserts and confectionery)

## **Live Training (450 Hours)**

- Stock, sauces and soups
- Pasta
  - fresh pasta and dried pasta
  - production
  - storage and recipes
- Vegetables
  - vegetables
  - potatoes

- grains and legumes
- Meat
  - classification and cleaning
  - white and red meats
  - storage and cooking techniques
  - grilling, broiling and roasting
  - sauteing, pan frying and deep frying
  - steaming and submersion cooking
  - braising and stewing
  - alternative cooking techniques (sous vide etc)
  - storage and recipes
- Fish
  - classification, cleaning, storage and cooking techniques
  - sauteing, pan frying and deep frying
  - steaming and submersion cooking
  - braising and stewing
  - storage and recipes
  - alternative cooking techniques (sous vide etc)
- Garde manger
  - salad dressings and salads
  - hors d'oeuvre and appetizers
- Baking and pastry
  - baking mise en place
  - breads
  - pastry dough and batters
  - custard, creams and mousses
  - fillings, frosting and dessert sauces
  - plated desserts