



CHEF ACADEMY
London

Hospitality Management and Advanced Food Science Course
600 hours

Development Training (150 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, poultry, fish and shellfish
- mise en place for vegetables and fresh herbs
 - Flavours (bitter, sour, sweet, umami, salty)
 - Differences between starters, mains, sides and desserts (portions and timing etc)
 - Meat, poultry and game
 - Fish and shellfish
 - 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)

Advanced Training

- Professional kitchen introduction
- Ingredients and techniques of fabrication
- Advanced cooking techniques
- Contemporary topics in Culinary Arts
- Introduction to molecular cuisine
- Baking and pastry advanced techniques
- Contemporary restaurant cooking
- Contemporary restaurant service
- Meat, poultry and game
- Fish and shellfish
- Sauce and soups
- Presentation skills

Live Training (400 Hours)

- Stock, sauces and soups
- Pasta
- fresh pasta and dried pasta

- production
- storage and recipes
 - 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)
- bases and broths of white and red meat
- storage and recipes
 - Fish
 - classification, cleaning, white fish and shellfish, storage and cooking techniques
 - sauteing, pan frying and deep frying
 - steaming and submersion cooking
 - braising and stewing
 - fish broths and shellfish bisque
 - storage and recipes
 - alternative cooking techniques (sous vide etc)
 - Garde manger
 - salad dressings and salads
 - hors d'oeuvre and appetizers - charcuterie and garde manger
 - Baking and pastry
 - baking mise en place
 - breads
 - pastry dough and batters
 - custard, creams and mousses
 - fillings, frosting and dessert sauces
 - plated desserts

Management Training (50 Hours)

- Finance Control
- Par Levels
- Food Wastage
- Gross Profit
- Staff Cost
- Menu Development
- Buyer Capacity
- Budgets
- Forecasting
- Consumable Control
- Crockery and Utensils Control
- Kitchen Maintenance

- Stock Rotation
- Stock Manipulation
- P&L
- Health and Safety
- Fire Safety
- Risk Assessments
- Manual Handling
- Food Safety Checklists and Records
- COSHH
- First Aid
- Personal Hygiene
- Dangerous Equipment Training and Law Requirements
- Internal Audits
 - Staff Control
 - Induction to the workplace
 - Staff files and records
 - Staff turnover
 - Rota planning
 - Staff development plans
 - Managing and motivating the team
 - Disciplinary procedures
 - Employment legal requirements
 - Management meetings
 - The importance of communication
 - Business decision making