

Basic Professional Cookery Course for Beginners

Duration: 10:00am to 4:30pm

One day per week over six weeks Tuesday or Wednesday

Aim: To give a basic understanding of ingredients and cooking methods for people wanting to enter the culinary industry as their profession.

Objectives:

- ❖ Students will be able to understand basic properties of the ingredients included in the syllabus.
- ❖ Students will be able to cook a variety of basic dishes using these ingredients.
- ❖ If students opt to do a stage, they will have basic skills required to work in a professional environment.

Additional information:

- ❖ Work Placement (stage) available, but optional
- ❖ Each class will be practical in the morning, theory in the afternoon
- ❖ Theory will be based on knowledge acquired on the day, a basic test and a time plan to be done for the following week. (Time plan can be done as homework)
- ❖ Minimum 8 students, Maximum 12 students
- ❖ Recipes and theoretical knowledge provided weekly

Cost:

- ❖ Six week course 790 euro
- ❖ Individual lesson 150 euro

Syllabus Outline:

Week one: Introduction/ How a professional kitchen operates-Stocks and Sauces

Week two: Soups and Eggs

Week three: Vegetables and Farinaceous

Week four: Cakes and Yeast goods

Week five: Poultry/ Meat

Week six: Seafood

Week one: Stocks and Sauces

Four main stocks in common use are fish, white and brown beef stock and chicken stock.

On the day we will make a chicken stock and fish stock. (To be frozen for later use)

Basic sauces will include hollandaise, mayonnaise, salad dressings and their derivatives.

On the day we will make a variety of these and use them on various simple items.

Week two: Soups and Eggs

Five classifications of soup are clear, puree, veloute, cream, bisque and broth.

On the day we will make a chicken consommé and a broth.

Eggs have many qualities such as binding, enriching, raising, and clarifying.

And of course for eating eggs, we will look at a variety of cooking methods.

On the day we will make boiled eggs, poached eggs and a stuffed omelette.

Week three: Vegetables and Farinaceous

□ Two main classifications of vegetables for culinary purposes; root veg and green veg. a look at how these two classifications are cooked differently, using knife skills and classical cuts

On the day we will make some vegetable dishes to go with the farinaceous products. Steamed, stir-fried, and boiled.

□ Covering rice, potatoes, fresh and dried pasta. A look at how these items are cooked and some basic principles

On the day we will make a pilaf, risotto (using chicken stock from week one), fresh pasta and boiled dry pasta.

Week four: Pastry, Cakes and Yeast Goods

□ Covering some basic principles of baking, working as a group. On the day we will make basic bread, pizza, choux pastry, short pastry (quiche) and a cake.

Week five: Poultry and Meat

□ Briefly covering meat, but learning the anatomy of poultry.

On the day we will make a braise, (osso bucco), and each student will joint a chicken, and then make a variety of chicken dishes.

Week six: Seafood

□ Covering how to recognise fresh fish and shellfish and how to fillet a whole fish (flat and round).

On the day we will prepare and fillet fish, clean mussels, and then make a variety of fish dishes with these. (Using fish stock from week one)