

## “Fast Track” Culinary Program

The Culinary Education Center’s Fast Track will meet 18-20 hours a week, Monday, Tuesday and Wednesday. This schedule lets you keep your full time job while earning your certificate. For 15 weeks, you work side-by-side with a culinary instructor. This part-time culinary program offers a unique opportunity to cook and network with many different chefs. You will learn first hand from chefs who have "made it" in this demanding industry. Additionally there will be about 8 hours of intensive home work to be done in preparation to the time in class.

This program is a challenging hands-on program, requiring focus and dedication. There is no general curriculum that does not pertain to culinary arts, culinary culture and history, or non-food related classes such as psychology etc. However, in this program you will need solid academic skills to complete the process.

This educational Fast Track fuels your career. When you graduate from Culinary Education Center, you are confident and competent. You can now go anywhere. Well-trained cooks are always in demand. The possibilities are endless.

### **The Ideal Fast Track Student**

Currently cooking in a restaurant

A couple of years or more cooking experience, from fast-food to fine-dining

Professional attitude, courteous, respectful, with significant ambition

Team player open to other’s ideas

A passion for food, cooking, serving, and catering

The energy and drive to succeed and dedicated to the profession of culinary arts

The ability to balance school with work. School needs to be a top priority

A goal to build a culinary career

### **Get a Realistic Picture of the Industry**

This fast tract culinary program presents an unvarnished, realistic picture of the hard work and dedication required to succeed in the industry. There are no illusions of instant stardom, no stadium kitchen, no cameras, or product ready for you to cook. You will do it all. This program provides you with the skills necessary to start or expand your culinary career.

### **Small Class Size**

Other cooking schools boast of their high enrollments, we boast just the opposite. You remain with the same people in a cohort throughout the Fast Track Program. Unlike other schools, you are not a number, shuffled from classroom to kitchen to lecture halls, mixed up with hundreds of other students. We know you and can focus on your interests, strengths and needs. We produce cook and chef. Be one of them.

## **Hands-On learning**

The best way to learn is by doing. Our program is hands-on. You work with food and cook everyday, working closely with fellow students, your Chef Instructor, and possible guest chefs. Each day, you prepare a complete meal, going beyond technique to include taste, style, aroma, composition and presentation. You taste and dine, learning to refine your cooking and appreciate what it takes to get great results.

## **Management and Teambuilding Skills**

Team-learning, teamwork and skills, critical components in the hospitality industry, are built into the Culinary Fast Track curriculum. Students tackle a different projects or teamwork position each week. This allows you to experience first hand the responsibilities associated with each job.

## **The Primary Chef Instructors**

Your instructors are acclaimed chefs and instructors, and are master of his/her craft. With in-depth expertise, professionalism, and personal attention, they are dedicated to developing your culinary skills and helping you realize your potential. Bottom line — your Chef Instructor is passionate about food, cooking and your education. This passion is infectious yet demanding.

## **Focused Curriculum**

In this program, you cook everyday. You prepare a complete meal focusing on technique, presentation, textures and flavors. The curriculum includes culinary fundamentals, contemporary cuisine, cooking vocabulary, palate development, kitchen management, product identification and usage, and industry standards and practices.

## **Profile of a Typical Day**

- Fast track begins with an interactive discussion, some demonstration about the menu in preparation to the days learning activities.
- A mini-quiz will be given based on reading and research assignments. This becomes the basis of the team discussions and team culinary projects.
- You will work in teams to produce the meal.
- You gain leadership skills through weekly rotating positions as kitchen manager, team chef or professional cook.
- Dining together is an important and unique part of your culinary education and allows for more team learning. You and your classmates explain, critique, and evaluate each menu item. Our Chef Instructors agree this element was missing from their own culinary school educations. It is extremely tough to learn this skill on your own.
- The last job of the evening is thoroughly cleaning and reorganizing the kitchen, a critical component of any restaurant kitchen, give appreciation to equipment.

## **Techniques and Methods**

The program is rooted in the fundamentals of classic French culinary techniques, methods and terminology, but is not exclusive to French cuisine. It is essential to hone your knife skills, develop a sauce repertoire, learn soups, stocks, butchery, product identification, and seasoning, and to learn how and when to braise, roast, poach and sauté. Fast track leads to competency through repetition, repetition, repetition.

## **Contemporary Cuisines**

Fast track includes an up-to-date, first-hand view of what is happening in restaurants. Additionally, the Guest Chefs may share the contemporary, real-world cuisine they create in their restaurants. We are in hopes to expand you palettes, feature Mediterranean, Regional American, Asian and Latin American ingredients, flavors and influences.

## **Product Identification and Usage**

Understand the distinctions of aroma, taste, and usage. To understanding meat fabrication in relationship to buying guides and industry standards as an essential element of culinary arts.

## **Palate Development**

There will be a focus on palate development radically distinguishes us from other culinary schools. Everyone's palate is unique. You need to know your own. You learn the importance of flavor, its subtleties, harmonies and contrasts. Everything we teach - techniques, methods, menu development, and "System of Creation" - begins and ends with tasting. Most cooking schools do not teach this critical art of palate development. Your and/or your employers and customers will value this skill and recognize your competitive edge.

## **Kitchen Management**

Team learning, teamwork and collaborative management skills are the new kitchen, critical components in the hospitality industry, are built into the curriculum. Students tackle a different management or teamwork position as work is accomplished and achieved. This allows you to rotate through standard kitchen stations, and experience first hand the responsibilities associated with each job.

## **Culinary Vocabulary**

Think of the word "sauté". This term is used everywhere from casual family restaurants to 3-star restaurants. The word is French for "jump", which perfectly describes what happens in the pan. We stress the importance of building your culinary vocabulary. You understand and use this vocabulary naturally in the cooking process each day.

## Evaluation

The course is developed using the principles of Team-Based Learning, whereby uses quizzes and group quizzes to reinforce knowledge building skills. You will also journal and record important concepts in order to build upon the knowledge and to solidify the concepts in one's mind. You will also do team practical work as in a real foodservice operation. The Chef Instructors give you feedback on your practical exams to evaluate your progress with you, not about you.

## Graduation Celebration

The Graduation Celebration is an opportunity for you and your fellow culinarians to create a fabulous buffet for your friends and family. The format is buffet-style, an important distinction. You learn how to arrange and plate platters, cook quantities in advance, and style the buffet table. The Graduation Celebration allows time for you to mingle with your friends and family.

## Quarter one

- HOSP 120 Food Sanitation and Safety, 2 credits
- CULG 200 Culinary Essentials I, 4 credits
- Computer literacy
- English
- Introduction to capstone and portfolio development

## Quarter two

- CULG 210 Culinary Essentials II, 4 credits
- Food product appreciation, purchasing, sources, and organic understanding
- Culinary French
- The culture of cuisine
- Kitchen supervision and employment law

## Quarter three

- CULG 250 Introduction to Baking and Pastry, 3 credits
- HOSP 315 Food, Beverage and Labor Cost Controls, 3 credits
- The science of food and food products.

## Quarter four

- CULG 310 Food Science, 3 credits

- Grade Manager and cold food preparation and display
- Nutrition and Nutritional cooking
- Public speaking and writing.
- Menu design and facilities design

### Quarter five

- Culinary career development and preparation
- International cuisine
- Viticulture Wine and beer appreciation and

### Quarter six

- Cook for customers, presentations, and understanding customer needs.
- The art of eating and dining.
- Internships

### Basic Competencies:

#### Basic Cooking Techniques:

- |                            |                    |
|----------------------------|--------------------|
| • grill and broil          | • braise and stew  |
| • Sauté, fry, and deep-fry | • roast and baking |
| • Steam                    | • blanch           |
| • poach                    | • pan sear         |
| • Simmer and boiling       |                    |

#### Stock and sauces:

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| • Stocks (White, brown, and fume.) | • Classic and contemporary red sauces |
| • Beurre Blanc and Hollandaise     | • Gastrique Sauce                     |
| • Demi-Glace Sauce                 | • Vinaigrette                         |
| • Béchamel                         | • Mayonnaise                          |
| • Velouté                          |                                       |
| •                                  |                                       |

#### Basic mise en place techniques:

- |                                     |                         |
|-------------------------------------|-------------------------|
| • Basic Meat, Fish and Poultry      | • Cut and Truss Meat    |
| • Varied Chicken fabrication        | • Fabricate Round Fish  |
| • Clean Silverskin off red meat     | • Fabricate Flat Fish   |
| • Prepare a Rack of Lamb, veal etc. | • Shellfish preparation |

#### Starches and Vegetables:

- Pasta
- Potato preparations
- Rice and risotto

- Blanched vegetables
- Vegetable cooking

#### Pastry and Baking

- Pâte Brisée
- Pâte Sucrée
- Quick puff pastry
- Short dough preparations

- Crème Anglaise
- Pastry cream
- Brioche
- Baguette

### **Fast track Schedule & Academic Calendar**

Classroom hours are Monday, Tuesday, and Wednesday. Students may be expected to come in earlier and/or stay later dependent upon certain responsibilities — e.g. kitchen manager, team chef, bread baker, special events, etc.

### **Experiential and Team-Based learning in:**

#### **Classical European cuisine:**

Italy

German, Austria, Switzerland

France

Scandinavia

British Isles

#### **World cuisine:**

Spain

Turkey, Greece and Crete

Middle East

India

#### **Asian cuisine:**

Japan

Vietnam, Cambodia, Laos

China

Thailand

Korea

Indonesia/Malaysia

#### **American regional cuisine:**

New England and Mid-Atlantic

Central Plains

Southern and Floridian

Tex-Mex and Southwestern

Cajun and Creole

Mountain and Pacific Northwest

California and Hawaiian

**Latin and South American cuisine:**

Mexico

Cuban

Caribbean

Brazilian