

# Chef De Cuisine – Diploma

## 600 Hours – 30 weeks Full-time

In addition to full-time day classes, Liaison College Brampton offers part-time evening and weekend classes with frequent start dates. Prior to graduation students receive job search information and assistance in finding fulfilling employment through Liaison College's exclusive Career Action Plan Services (CAPS).

### Program Highlights

#### Sanitation, Safety and Equipment

- Interpretation of terms
- Personal hygiene
- Food contamination
- Safe food handling
- Construction standards
- Maintenance standards
- Sanitation codes
- The *Health Protection and Promotion Act*
- Food poison prevention
- Dishwashing

#### Basic Nutrition

- Major nutrient identification
- Energy sources
- Lipids
- Proteins and vegetarian diets
- Carbohydrate and dietary fibre
- Vitamins, processing and additives
- Mineral elements
- Water – Sources, value & quality
- Developing food patterns

#### Communications – Basic

- Basic business communications
- Accident reports
- Resume preparation
- Cover letters
- Application forms

#### Calculations - Basic

- Addition, subtraction, multiplication and division
- Common fractions
- Decimal fractions
- Percentages
- Standards of measurement
- Fahrenheit to Celsius conversions

#### Kitchen Management

- Hospitality / tourism perspectives and organizations
- Orientation, training and career planning
- Menu planning and basic marketing
- Table service
- Basic kitchen calculations

- Basic purchasing
- Kitchen organization, maintenance and security

### **Food Theory – Basic**

- Major cooking methods
- Vegetable cuts and flavoring agents
- Stock and soup cookery
- Sauce cookery
- Breakfast and short order cookery
- Vegetable and pasta and rice cookery

### **Bake Theory**

- Flour production and applications
- Types of shortening
- Sugar commodities
- Eggs in baking
- Dairy products
- Use of salts
- Leavening agents
- Chocolate and flavorings

### **Culinary Techniques – Basic**

- Kitchen tools – Identification, storage and handling
- Uniform standards
- Proper food storage and packaging
- Fire procedures
- Stock cookery
- Thickening agents
- Soup cookery
- Sauce cookery
- Egg and breakfast cookery
- Short order cookery
- Vegetable, pasta and rice cookery
- Fish and shellfish cookery
- Meat entrees
- Salads

### **Food, Beverage and Labour Cost Controls**

- Objectives and applications of a food and beverage control system
- Food and beverage cost controls
- Management principles
- Employment and labour laws
- Employment recruitment, selection and training
- Performance assessment and productivity standards
- Labour relations
- Labour cost controls

### **Communication - Advanced**

- Formal reports
- Business correspondence
- Resume development and career planning
- Presentation skills

### **Calculations - Advanced**

- Business calculations
- Cost / sales calculations
- Break-even analysis

- Inventory calculations
- Yield calculations

### **Food Theory - Advanced**

- Deep frying and fish cookery
- Meat and poultry cookery
- Wines, Spirits and Beers in cooking
- Garnishes & derivative sauces
- Buffet preparation
- Convenience and microwave-ready foods

### **Pastry, Desserts and Related Theory**

- A la carte cold and hot desserts
- Pies, Tarts, and Flans
- Choux Paste products
- Yeast products
- Puff pastry
- Cheese Cakes, Special occasion cakes

### **Culinary Techniques - Advanced**

- Fish and Shellfish
- Canapés, Pate and Hors D 'Oeuvres
- Cold buffet and Soups
- Desserts
- Poultry and Game
- Lamb, Pork, Veal and Beef Cookery
- Pasta and Rice cookery
- Soufflés
- Dining Room – Mise-en-Place

### **Cuisine – A La Carte**

- Introduction
- Appetizers, Soups and Salads
- Vegetables, Potatoes, Pastas and Rice
- Desserts
- Equipment identification, use and maintenance

### **Techniques of Baking**

- Pie dough
- Piping batters
- Quick breads and muffins
- Cream desserts
- Icings
- Yeast dough
- Choux paste products
- Pastries
- Cake preparation

### **Quantity Food Preparation**

- Rules of personal hygiene and sanitation
- Safety regulations
- Large kitchen equipment identification
- Stock, soup and sauce cookery
- Poultry, lamb, pork, beef, fish cookery

Potato and vegetable cookery

Salad preparation

Dessert preparation

