



TEEN CHEF CULINARY PROGRAM

9 - Week Program (Ages 13-17)

Emphasis on Fresh, Wholesome Ingredients
for a Healthier Lifestyle

Tuition Includes:

2-1/2 hour Class (Meal Included)

Chef Coat

Cooking Book

Tool Kit

\$399

9/25

WEEK 1

INTRO TO PROFESSIONAL COOKING
FOOD SAFETY & SANITATION (ASSESSMENT)
BASIC NUTRITION
EQUIPMENT & TOOLS IDENTIFICATION

10/2

WEEK 2

KNIFE SKILLS
HERBS & SPICES, FLAVOR PROFILES
RECIPES, MIS EN PLACE, MEASURING
KITCHEN PANTRY STAPLES (Homemade Condiments)

10/9

WEEK 3

COOKING METHODS
DRY HEAT COOKING WITH FAT
DRY HEAT COOKING WITHOUT FAT
CHICKEN/BEEF/FISH/VEGETARIAN

10/16

WEEK 4

COOKING METHODS (CONTINUED) DRY HEAT COOKING
MOIST HEAT COOKING
COMBINATION COOKING
CHICKEN/BEEF/FISH/VEGETARIAN

10/24

WEEK 5

SOUPS
STOCK, SAUCES
SALADS
CHICKEN/BEEF/FISH/VEGETARIAN

10/30

WEEK 6

BREAKFAST
EGGS
QUICKBREADS
BRUNCH

11/6

WEEK 7

PASTAS:
SHAPES
FILLINGS
SAUCES

11/13

WEEK 8

BAKING
MULTI-USE BREAD DOUGH
COOKIE BAKING
CUPCAKE BAKING

11/20

WEEK 9

GRADUATION
STUDENTS FINAL PRESENTATION

FOR REGISTRATION/INFORMATION:

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