



# JR. CHEF CULINARY PROGRAM

9 - Week Program (Ages 8-12)

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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