

PRACTICAL SERIES CURRICULUM



<p>WEEK 1 – INTRODUCTION Ingredients Equipment Sanitation Safety</p>	<p>WEEK 2 – STOCKS Veal Beef Chicken Fish</p>	<p>WEEK 3 – SOUPS Consommé Vegetable: Clear, Puréed</p>
<p>WEEK 4 – SOUPS Chowder Minestrone Onion Soup</p>	<p>WEEK 5 – SAUCES Demi-Glace Small Sauces Roux Béchamel</p>	<p>WEEK 6 – EGGS Scrambled Omelette Poached Hollandaise</p>
<p>WEEK 7 – EGGS Custard Crème Caramel Crème Brûlée Pie Crust</p>	<p>WEEK 8 – EGGS Soufflés – Dessert & Savory</p>	<p>WEEK 9 – VEGETABLES Blanched Sautéed Braised Roasted</p>
<p>WEEK 10 – VEGETABLES Potatoes – Gratin, Fried, Mashed, Dauphine</p>	<p>WEEK 11 – Vegetables Grilled – Eggplant with Goat Cheese Stewed – Ratatouille</p>	<p>WEEK 12 – FISH Sautéed Sauces</p>
<p>WEEK 13 – FISH Bouillabaisse Aioli</p>	<p>WEEK 14 – SHELLFISH Mussels Oysters Clams Shrimp</p>	<p>WEEK 15 – POULTRY Debone Chicken Sautéed Stew - Coq au Vin</p>
<p>WEEK 16 – BEEF Primal Cuts (Butchering) New York Strip Flank Tenderloin</p>	<p>WEEK 17 – VEAL & PORK Primal Cuts (Butchering) Leg – Debone Scaloppine Saltimbocca</p>	<p>WEEK 18 – LAMB Debone Leg Rack of Lamb Jus</p>
<p>WEEK 19 – DUCK Deboned Duck a l’Orange</p>	<p>WEEK 20 – PASTA Ravioli Sauces</p>	<p>WEEK 21 – GRAINS Rice Risotto Polenta Quinoa</p>
<p>WEEK 22 – YEAST/DOUGH Pizza Rolls</p>	<p>WEEK 23 – ASIAN Sushi Egg Rolls</p>	<p>WEEK 24 – INDIAN Tikka Masala Saag Paneer Mango Lassi</p>