

24-Week Practical Series
Weekly Curriculum

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