CONCEPT

Professional Chef Training: Culinary Arts, Sauces, Pastry and Plating



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Introduction:

Professional chef training matters because kitchens lose consistency when cooks learn by imitation: knife cuts vary from shift to shift, stocks and sauces break under pressure, proteins are over or under cooked and the same dish leaves the pass looking different at lunch and dinner. Guests notice, and rework and waste follow. This Core Concept course builds culinary arts technique for working kitchen teams, from mise en place and mother sauces to protein cookery, pastry and plating. Participants finish with a Station Recipe and Plating Standards Portfolio for dishes from their own kitchen.

Course Objectives:

- Organise a kitchen station within the brigade structure and complete mise en place to a written prep list before service
- Produce precise classical vegetable cuts and use, hone and sharpen professional knives safely
- Prepare stocks, the mother sauces and their derivatives, and clear, thick and pureed soups with stable consistency and seasoning
- Select and apply dry heat, moist heat and fat-based cooking methods to beef, lamb, poultry, fish, shellfish, vegetables and grains
- Make pastry doughs, creams and plated desserts and build flavour across international cuisines without alcohol or pork
- Write standardised recipes and plating specifications that let any cook on the station reproduce a dish to the same standard

Target Audience:

- Kitchen staff responsible for preparing ingredients and components on a hot or cold station
- Cooks responsible for running a section such as sauces, grill, fish, vegetables or garde manger during service
- Kitchen staff responsible for pastry, bakery and dessert production
- Shift leads responsible for supervising cooks at the pass and checking dishes before they leave the kitchen
- Kitchen staff in hotels, restaurants, contract catering and central production kitchens moving up from junior to section roles

Course Outline:

Day 1: Kitchen Brigade, Knife Skills and Mise en Place

- Escoffier Brigade de Cuisine: Chef de Cuisine, Sous-Chef, Chef de Partie, Commis and Section Roles
- Kitchen Hygiene Essentials at Overview: Handwashing, Colour-Coded Boards, Temperature Danger Zone and Allergen Labelling
- Knife Selection, Honing Steel, Whetstone Sharpening and Safe Grip Technique
- Classical Vegetable Cuts: Julienne, Brunoise, Paysanne, Macedoine and Chiffonade
- Mise en Place Prep Lists, Par-Cooked Components and Pre-Service Station Check

Day 2: Stocks, Mother Sauces, Soups and Flavour Foundations

- White and Brown Stocks from Beef, Veal, Chicken and Fish Bones, and Vegetable Nage
- Roux, Liaison and Starch Thickeners for Bechamel, Veloute and Espagnole
- Pork-Free Tomato Sauce and Hollandaise Emulsion Stability and Rescue
- Soup Families: Consomme Clarification with a Raft, Cream Soups, Purees and Chilled Soups
- Flavour Building with Aromatics, Spice Blooming, Acidity, Umami and Salt Balance

Day 3: Cooking Methods and Meat, Poultry and Seafood Preparation

- Dry Heat Methods: Roasting, Grilling, Searing and the Maillard Reaction
- Moist Heat and Combination Methods: Poaching, Steaming, Braising and Stewing
- Fat-Based Methods: Sauteing, Shallow Frying and Deep-Fry Oil Management
- Beef, Lamb and Poultry Fabrication: Primal Cuts, Trussing, Deboning and Doneness Probe Temperatures
- Fish and Shellfish Preparation: Filleting Round and Flat Fish, Cleaning Prawns and Pin-Boning

Day 4: Vegetables, Grains, International Cuisines and Pastry Fundamentals

- Vegetable Cookery: Blanching and Refreshing, Glazing, Roasting and Colour Retention
- Rice, Grains, Pulses and Plant-Based Main Dish Construction
- International Flavour Profiles: Levantine, Indian, East Asian and Mediterranean Techniques
- Pastry Doughs: Shortcrust, Choux, Laminated Puff and Yeast-Raised Dough Methods
- Creams and Desserts: Creme Anglaise, Pastry Cream, Mousse and Agar or Halal Gelatine Setting

Day 5: Plating Lab, Recipe Standardisation and the Standards Portfolio

- Plating Composition Practice: Focal Point, Colour Contrast, Height and Rim Control
- Standardised Recipe Writing: Ingredient Weights, Method Steps, Scaling Factors and Reference Plate Photo
- Consistency Checks at the Pass: Tasting Panel, Serving Temperature and Holding Time Review
- Timed Mystery Basket Kitchen Practical Across Hot and Pastry Sections
- Station Recipe and Plating Standards Portfolio Assembly and Chef Panel Review

Skills You Will Gain:

- Professional Knife Handling
- Classical Sauce Making
- Stock and Soup Production
- Protein Fabrication
- Heat Method Selection
- Pastry and Dessert Technique
- Food Presentation
- Recipe Standardisation

Why Attend This Course:

- Return with a Station Recipe and Plating Standards Portfolio written for dishes from your own kitchen
- Cook sauces, proteins and pastry that come out the same on every shift instead of depending on who is on the station
- Step up from preparation tasks to running a section with a clear prep list and pass checks
- Compare kitchen techniques with cooks from hotels, restaurants, catering and central production kitchens

Conclusion:

A kitchen keeps its standard when every cook shares the same technique, the same prep discipline and the same picture of the finished plate. The one week move from the brigade, knife skills and mise en place, through stocks, mother sauces and soups, to dry heat, moist heat and fat-based methods on meat, poultry and seafood, then vegetables, grains, international flavour and pastry. The final day applies these skills in a plating lab and timed practical and closes with a Station Recipe and Plating Standards Portfolio ready for kitchen use.