

TEACHING KITCHEN SYLLABUS WINTER



CARDINAL COOKS!

Classes begin week of January 14, 2025

Dates and times will be confirmed based on responses for each class
(Approximately 1.5hrs)

CARDINAL COOKS LEVEL 1G

Tuesday 5pm - 6:30pm

Thursday 5pm - 6:30pm

Friday 5pm - 6:30pm

\$125 for series

- **Week 1:** Knife Skills, Kitchen Safety, Sanitation & Best Practices: Refrigerator etiquette and setting up your pantry
- **Week 2:** Soups and Sauces: The mirepoix and its importance
- **Week 3:** Eggs & Breakfast: Scramble, Poach, Omelet
- **Week 4:** Salads & Dressings: Leafy & composed salads
- **Week 5:** Principles of Poultry & Stock-making: Sauces & cultural applications
- **Week 6:** Principles of Meat & Fish Butchery: Basic stews & derivatives