



The Aspiring Chef Curriculum

The "**Aspiring Chef**" is the entire Curriculum for the Chefs Cooking School. Choose from some packages that we have designed for convenience or you can build a custom program to target your needs. The curriculum is arranged as Module, Lesson, & Topic.

Kitchen Essentials Module

1.0 - Kitchen Essentials

1.01 - Cleaning & Sanitation

- 1.01.01 - After You've Cooked
- 1.01.02 - Clean As You Go
- 1.01.03 - Food Safety & HACCP
- 1.01.04 - Note from the Chef
- 1.01.05 - Receiving & Storage of Foods
- 1.01.06 - Working with Food
- 1.01.07 - Your Work Station

1.02 - Food Storage: 5 Common Storage Areas and Conditions to Store In

- 1.02.01 - Dairy
- 1.02.02 - Dry Goods
- 1.02.03 - Freezer
- 1.02.04 - Freezer Storage Timeline
- 1.02.05 - Meats, Poultry, & Seafood
- 1.02.06 - Note from the Chef
- 1.02.07 - Produce

1.03 - Kitchen Utensils

1.04 - Knife Skills

- 1.04.01 - The Knife for You

1.05 - Measurements

1.06 - Menu Planning

1.07 - Pantry

1.08 - Reading A Recipe

All About Your Food Module

2.0 - All About Your Food

2.01 - Beef

2.02 - Cheese

2.03 - Types of Cheese

2.04 - Eggs

2.05 - Poultry

2.06 - Pork

2.07 - Lamb

2.08 - Veal

2.09 - Produce

2.09.01 - Cabbage Family

2.09.02 - Fruits

2.09.03 - Leaf Vegetable

2.09.04 - Onion (Lily) Family

2.09.05 - Root Vegetables

2.09.06 - Spices & Herbs

2.09.07 - Vegetables

2.09.08 - Squash

2.09.09 - Fruit Vegetables

2.010 - Seafood

2.010.01 - Fin Fish

2.010.02 - Mollusks

2.010.03 - Crustaceans

Braising & Roasting Module

3.0 - Braising and Roasting

3.01 - Braising

3.02 - Braising Recipes

3.03 - Roasting

Pickles Module

4.0 - Pickles

4.01 - Introduction

4.02 - What is a Pickle

4.03 - Types of Pickles

4.04 - Pickle Recipes

4.04.01 - Relishes

4.04.02 - Brined

4.04.03 - Fresh Packed

4.04.04 - Fruit Pickles

4.04.05 - Chutneys

Sauté Module

5.0 - Sauté

5.01 - Sauté

5.02 - Standard Breading

5.03 - Sauté Recipes

Stir Fry Module

6.0 - Stir Fry

6.01 - Stir Fry

6.02 - Vegetables for Stir Fry

6.03 - Stir Fry Recipes

Frying Module

7.0 - Frying

7.01 - Introduction

7.02 - Temperatures

7.02.01 - Suggested Cooking Temperatures

7.02.02 - Oil Smoke Points

7.03 - Breading Procedures

7.03.01 - Standard Breading Procedure

7.03.02 - Tempura Batter

7.03.03 - Basic Fry Breading

7.03.04 - Breading with Corn Flour or Fry Mix

7.03.05 - Breading with Seasoned Flour

7.04 - Frying

7.04.01 - Pan Frying

7.04.02 - Stove Top Frying

7.05 - How to Fry

7.06 - What to Fry

7.07 - Why We Fry

7.08 - What is Frying?

7.09 - Recipes

Grilling & Broiling Module

8.0 - Grilling and Broiling

8.01 - Introduction

8.02 - What is Grilling and Broiling?

8.03 - What to Grill

8.04 - Why We Grill

8.05 - How to Grill

8.06 - The Grill

8.07 - Marinades

8.08 - Vinaigrettes

8.09 - Adding Wood to Your Grill

8.010 - Grilling Recipes

8.011 - Retail Meat Cut Beef/Veal

8.012 - Retail Cuts Pork/Lamb

8.013 - Rotisserie

Steaming Module

- 9.0 - Steam**
 - 9.01 - Steam**

Slow Cook Module

- 10.0 - Slow Cook (Crock Pot Style)**
 - 10.01 - Slow Cooker (Crock Pot Style)**
 - 10.02 - Slow Cook (Crock Pot Recipes)**

Making Bread Module

- 11.0 - Making Bread**
 - 11.01 - Bread**
 - 11.01.01 - What is Bread?**
 - 11.01.02 - The History of Bread**
 - 11.02 - Types of Bread**
 - 11.02.01 - Quick Breads**
 - 11.02.02 - Yeast Breads**
 - 11.02.03 - 8 Types of Yeast Breads**
 - 11.03 - Starters**
 - 11.03.01 - Types of Starters**
 - 11.03.02 - Using Starters**
 - 11.04 - Making Bread**
 - 11.04.01 - Important Conditions for Making Bread**
 - 11.05 - Standard Bread Making Procedure**
 - 11.05.01 - Assignment 1: Sour Dough Starter Using Package Yeast**
 - 11.05.02 - Assignment 2: Making Pizza Dough**
 - 11.05.03 - Quiz: Yeast Dough**
 - 11.06 - Quick Breads**
 - 11.06.01 - Types of Quick Breads**
 - 11.06.02 - More About Quick Breads**
 - 11.06.03 - Assignment 3: Make Pancakes**
 - 11.06.04 - Assignment 4: Make Sour Dough Using the Sour Dough Starter**
 - 11.06.05 - Assignment 5: Make a Biga**
 - 11.06.06 - Assignment 6: Make Banana Bread**
 - 11.06.07 - Assignment 7: Make Cinnamon Bread**
 - 11.06.08 - Assignment 8: Make Hush Puppies and Rhode Island Clam Cakes**
 - 11.06.09 - Quiz: Quick Breads**
 - 11.07 - Final Knowledge Check**

BBQ & Smoking Module

- 12.0 - BBQ and Smoking**
 - 12.01 - Introduction**
 - 12.02 - The Lingo**
 - 12.03 - Equipment**
 - 12.04 - Why We Smoke**
 - 12.05 - Heat vs Smoke**
 - 12.06 - How to Smoke**
 - 12.07 - Regional Sauces and Cooking Styles**
 - 12.08 - Regional Cooking and Sauces**
 - 12.09 - Common Meats Smoked**
 - 12.010 - Beef and Other Smoked Items**
 - 12.011 - Seasonings vs Finishing**
 - 12.012 - Brines: Chicken, Seafood**
 - 12.013 - Dry Rub: Recipes**
 - 12.014 - Pork: Recipes**
 - 12.015 - BBQ and Smoking Final Knowledge Assessment**

Pasta Module

- 13.0 - Pasta**
 - 13.01 - Pasta**
 - 13.02 - Pasta: Final Knowledge Assessment**

Sauces Module

- 14.0 - Sauces**
 - 14.01 - Sauces Introduction**
 - 14.02 - Thickening Sauces**
 - 14.03 - Mother Sauces**
 - 14.04 - Recipes: Sauces**
 - 14.05 - Overview of Stocks**
 - 14.06 - Foundation: Stocks**
 - 14.07 - Making A Stock**
 - 14.08 - Recipes: Stocks**
 - 14.09 - Sauces Final Knowledge Assessment**

Stocks & Soups Module

15.0 - Stocks and Soups

15.01 - Stocks Overview

15.01.01 - Reasons You Should Make Your Own Stock

15.01.02 - Types of Stock

15.02 - Components of a Stock

15.03 - Process for Making a Stock

15.03.01 - Other Stock Stuff

15.04 - Stock Recipes

15.05 - Soups Overview

15.06 - Types of Soups

15.07 - Making Soups

15.08 - Soups of the World

15.09 - Thickening Soup

15.010 - Soup Recipes

15.011 - Soups and Stocks Final Knowledge Assessment

Salads & Vinaigrettes Module

16.0 - Salads and Vinaigrettes

16.01 - Introduction

16.02 - What is a Salad?

16.02.01 - Composed Salad

16.02.02 - Simple Salad

16.02.03 - Compound Salad

16.03 - A Health Note About Eating Salads

16.04 - Building A Salad

16.05 - Making A Composed Salad

16.06 - Cooking Fundamentals

16.07 - Vinaigrettes

16.08 - Recipes

16.08.01 - Composed Salads

16.08.02 - Compound Salads

16.08.03 - Vinaigrettes

16.09 - Salads And Vinaigrettes Final Knowledge Check

Aspiring Chef Add-ons

Aside from the complete Aspiring Chef Curriculum, we also offer add-ons to provide more value for you and your students. The following Add-ons are currently available: **Leadership & Nutrition**

Leadership Module

17.0 - Leading

17.01 - Leading

17.02 - Vision Casting

17.02.01 - Helpful Books on Leadership

17.03 - Work With Others

17.04 - Project Lead

17.05 - Execute

17.06 - Humility

17.07 - Give Thanks

17.08 - Teamwork

17.09 - Everyone Counts

17.010 - Communications

17.011 - Training

17.012 - Time Management

17.013 - The Ambassador

17.014 - Being the Bad Guy

17.015 - Planning for the Next Day

17.016 - Quality Assurance

17.017 - Leading Final Course Assignment

Nutrition Module

18.0 - Nutrition

18.01 - Introduction

18.02 - Why, What, How

18.03 - What Do I Need?

18.04 - Carbohydrates

18.05 - Proteins

18.06 - Fats

18.07 - Movement or Activity Level

18.08 - Habits, Routines, Reservations

18.09 - Accountability

18.010 - Focused Diets

18.011 - Recipe Ideas for Different Diets

18.011.01 - Gluten Free Diet Menu Ideas

18.011.02 - Vegetarian Diet Menu Ideas

18.011.03 - Vegan Diet Menu Ideas

18.011.04 - Regular Diet Menu Ideas

18.011.05 - High Protein Diet Menu Ideas

18.012 - High Protein Pantry

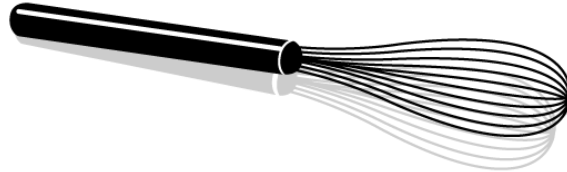
18.013 - Regular Pantry

18.014 - Vegan Pantry

18.015 - Vegetarian Pantry

18.016 - Gluten Free Pantry

THE CHEF'S COOKING SCHOOL



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