



Michelin Star Chef Course

300 hours

Advanced Training Programme

- Professional kitchen introduction
- Ingredients and techniques of fabrication
- Advanced cooking techniques
- Contemporary topics in Culinary Arts
- Introduction to molecular cuisine
- Baking and pastry advanced techniques
- Contemporary restaurant cooking
- Contemporary restaurant service
- Meat, poultry and game
- Fish and shellfish
- Sauce and soups
- Presentation skills

Live Training (225 hours)

- Stock, sauces and soups
- Pastas
 - fresh pastas and dried pastas
 - production
 - storage and recipes
- Vegetables
 - vegetables
 - potatoes
 - grains and legumes
- Meat part 1
 - classification and cleaning, white and red meats, storage and cooking techniques
 - grilling, broiling and roasting
 - sauteing, pan frying and deep frying
 - steaming and submersion cooking
 - braising and stewing
 - alternative cooking techniques (sous vide...)
- Meat part 2: bases and broths of white and red meats, storage and recipes
- Fish part 1
 - classification, cleaning, white fish and shellfish, storage and cooking techniques
 - sauteing, pan frying and deep frying
 - steaming and submersion cooking
 - braising and stewing
 - alternative cooking techniques (sous vide...)

- Fish part 2: fish broths and shellfish bisque, storage and recipes
- Garde manger
 - salad dressings and salads
 - hors d'oeuvre and appetizers
 - charcuterie and garde manger
- Baking and pastry
 - baking mise en place
 - breads
 - pastry dough and batters
 - custard, creams and mousses
 - fillings, frosting and dessert sauces
 - plated desserts