

# Professional Culinary



NORTHWEST  
CULINARY  
ACADEMY OF  
VANCOUVER

An intensive 15 weeks, full-time, Monday-Friday, 6.5-7 hours/day  
Starts in January, April or September annually  
28 students maximum / class

At the end of the program, the successful graduate will understand in theory & execute in practice, to a minimum industry entry-level fine-dining standard of quality & speed, the following:

## hygiene / sanitation / safety:

FoodSafe Level 1 is required of all students. Principles of food safety are taught & enforced throughout including:  
food "danger zone"  
safe food handling & personal hygiene  
proper sanitation procedures & avoidance of cross-contamination  
proper cooking, reheating, holding, cooling, labelling  
receiving & storing procedures  
emergency procedures are reviewed (fire, accident, etc.)

## knife skills:

safe & efficient knife handling skills, & knife maintenance  
basic & fine-dining knife cuts (julienne, brunoise, turned vegetables, etc.)

## stocks, soups, sauces:

Sauces: classic preparations ("Mother Sauces");  
modern & ethnic versions: derivative sauces  
Stocks: white, brown, short, fumet, nage/court bouillon, broths  
Soups: clear, consommé, creamed, pureed, regional

## moist heat, dry heat cooking methods:

sauté, stir fry, grill, bake, roast, poach, steam, simmer  
execution of the various techniques using appropriate equipment, utensils, movement, timing, & type/intensity of heat  
advantages of each technique & ingredient compatibility

## grains, starches, vegetables:

identification of various popular, ethnic & less-familiar grains, starches & vegetables, and application of appropriate cooking techniques & flavour combinations

## meat, poultry, fish, shellfish:

identification of various types of fish, shellfish, meat & poultry, as well as their primary & secondary cuts  
meat butchery, pork, fish & poultry processing  
moist & dry heat cooking techniques as outlined above  
match appropriate sauces, stocks & vegetables/starches

## Charcuterie:

confit, gravlax, bacon, smoked products,  
rillettes, terrines, pates, sausage, savoury pies, ballotine, galantine, etc.

## World Cuisines:

### Italy:

identification of key ingredients & techniques from various regions  
hand-made pasta, sauces, gnocchi, polenta, risotto  
classic preparations

### France:

identification of ingredients & execution of techniques of key regions  
Classic & modern French techniques & terminology are taught throughout the term, as this is used in most professional western kitchens.  
Focus on French cuisine emphasized during this section.

## Asia & India:

familiarity with ingredients specific to these regions, & execution of various cooking techniques related to these cuisines  
Other ethnic cuisines may also be introduced throughout the term.

## pastry & bread basics:

basic doughs, breads & bread shapes,  
quick breads & cakes  
custards, sauces, egg foams  
dessert plate presentation

## food service:

fine-dining table settings  
plate handling & proper serving & clearing techniques  
customer relations, menu interpretation  
pairing & serving wines

## garde manger:

topics covered (throughout the term) include salads, dressings & vinaigrettes, oils, vinegars, cold sauces, appetizers

## basic math, food costing:

metric conversion  
recipe conversion  
accurate measuring techniques  
ingredient costing, recipe costing, food costing, menu pricing, profit % and profit margins

## menu development:

students create & execute their own dishes several times throughout the course, they are graded on ingredient combinations, seasoning & overall flavour, doneness, plate composition & presentation, food safety, organization & originality

## plating techniques / plate presentation:

portion size  
flavour profiling  
colour & flavour (contrasting or complimenting)  
shape & design / creative composition  
plate cleanliness & temperature (i.e. warm plate for a hot dish)

## menu design:

Working in teams, students are required, as part of their 3-day final practical exam, to design & execute a fine-dining multi-course meal, which is served to guests from outside (industry chefs, past students, suppliers, friends & family) who are encouraged to offer their comments & critiques. Marking is done by impartial third party industry chefs, and parameters include:  
overall menu theme & design  
labour & time management  
food safety  
ingredients, seasonality, equipment used  
cooking techniques & complexity of tasks incorporated  
food costing limits, use of ingredient trim