

Professional Culinary



NORTHWEST
CULINARY
ACADEMY OF
VANCOUVER

An intensive 15 weeks, full-time, Monday-Friday, 7 hours/day
Starts in January, April or September annually
26 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

Professional Pastry & Bread Making



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14 students maximum / class

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measuring / scaling:

- accurate measuring techniques
- scaling to the metric & imperial
- converting recipes

pastry doughs:

- ingredient composition & chemistry
- pâte brisée, pâte sucrée, short & flaky doughs
- pâte à choux
- pâte feuilletée (German, invert, vol au vent)
- custard fillings, fruit fillings & nut fillings
- tarts & tartlets
- croissants, pain au chocolat, palmier
- strudel dough
- crêpes
- doughnuts
- scones, muffins & brioche

baking:

- ingredient composition & chemistry
- professional fermentation techniques (DOT calculations)
- starters, sour-doughs, pre-ferments
- various European doughs & artisan shapes
- alternative flour breads
- quick breads

baked cakes:

- mixing methods (creamed, muffin method)
- eggs
- sponges
- entremets / cream cakes
- mousses
- icing, butter creams

pastry sauces:

- sauce anglaise, pâtissière
- chocolate sauces, ganache
- caramel sauces
- fruit coulis

egg yolk, egg white products:

- crèmes
- custards
- meringues
- soufflés

frozen products:

- ice cream, ices, gelato, sherbet, sorbet

costing:

- ingredient & recipe costing
- menu pricing

cookies:

- mixing methods
- pipéd, dropped, rolled, molded, ice box, bar, sheet, stencil
- tuiles & biscotti

chocolate work:

- tempering / re-crystallisation
- pralines & truffles
- molded chocolate
- writing, piping

sugar work:

- coating
- pulled sugar, brown sugar
- sugar art
- jellies

plated desserts:

- composition
- contemporary influences

marzipan:

- modeling
- colour

cake decoration:

- pipéd
- gum paste, pastillage, royal icing

alternative ingredients & vegan baking:

- gluten-free breads, cakes & baking
- alternative sugars & diabetic friendly alternatives
- vegan baked goods
- tofu