

Select, Prepare & Cook Seafood

Theory

Classification of Fish and Shellfish
Quality Points, Cuts and Purchase Specifications
Preparation, Cooking and Finishing Techniques
Special Tools and Equipment
Hygiene Best Practices
Nutritional Aspects
Sustainable Consumption

Seafood Cookery

Selection and Cleaning of Different Varieties of Seafood (Fish, Crustaceans and Molluscs)
Plated Main Courses with Accompaniments
Classical Preparations Based on Cut, Method of Cookery and Technique

Exposure in Pâtisserie for the Hot Kitchen Chefs

Theory

Introduction of Ingredients Used in Baking and Dessert-Making
Types of Pastry, Cakes, Yeast Goods and Desserts
Principles of Pastry, Cakes, Yeast Goods and Dessert-Making

Pâtisserie

Production of Baked Goods and Desserts
Short Crust Pastry
Puff Pastry
Choux Pastry
Variety of Cakes Using Different Techniques
Yeast Goods
Cold Desserts
Baked Desserts