



## Culinary Essentials

EXCELLENCE IN PRACTICE



ALAIN DUCASSE  
EDUCATION





**FOR**

- Serious enthusiasts
- Students wishing to discover the profession of cook
- Career changers
- Entrepreneurs

**LEVEL : BEGINNERS****PRE-REQUISITE**

- 18 years old minimum
- Upon application approval

**INSTRUCTION LANGUAGE**

- English
- French

**CAMPUS**

Centre de formation  
41 rue de l'abbé Ruellan,  
Argenteuil



## Culinary Essentials

### Discover the world of professional culinary arts

Designed specifically for those who want to explore the universe of top culinary arts, this professional skills initiation program introduces the most important foundations in culinary & pastry arts.

Learn and apply innovative techniques with simple recipes designed to reinforce skills know-how. Small group settings provide personalized, interactive and efficient training.

**CLASS TYPE:** 90% hands-on & 10% theory

**DURATION:** 8 weeks

#### 7 weeks consisting of 280 hours skills-building classes

- Applied theory and hands-on training in culinary laboratories
- Associated skills
- Testing: written and practical exams
- Field trips

**1 week : 40 hours of practical experience in a restaurant selected by Alain Ducasse Education**

# PROGRAM MODULES

## 90% of hands-on training

Practice of culinary techniques and preparation of various recipes each day



### Module 1: Basics of cooking

5 days

- Learn to prepare Ducasse-style stocks, fumets, broths and jus
- Make classic cold and hot emulsified sauces
- Produce basic vegetable preparations: purees, soups, confit, tomato fondue...



### Module 2: Vegetables & Cereals

5 days

- Prepare vegetables: mince, chop, turn, cut into different shapes
- Realise a risotto, a ravioli dough, gnocchis, polenta, a deep frying dough...
- Apply several cooking methods: stewing, frying, braising...



### Module 3: Poultry & Meat

5 days

- Trim, clean and dress meats and poultries
- Prepare beef, veal, lamb, pork, chicken, rabbit, duck, pigeon...
- Adapt cooking methods according to the type of meat or poultry



### Module 4: Fish & Shellfish

5 days

- Clean, cut and fillet fishes
- Clean and prepare shellfishes and crustaceans
- Apply the main cooking methods for seafood produces

# PROGRAM MODULES

## Small groups : 10 participants

Intense and personalized teaching for an efficient learning



### Module 5: Fundamentals of French Pastry Arts

5 days

- Make different types of dough: puff pastry, choux pastry, short crust pastry...
- Prepare mousse and simple creams: pastry cream, almond cream, ganache, Chantilly...
- Finish and present a dessert: enhance and dress



### Module 6: Mediterranean Cuisine

5 days

- Discover Méditerranéenne specialties and countries
- Realise various recipes: picada, panisses, saltimbocca, pastillas, tagine...
- Use and cook specific produce : lamb, pigeon, tuna, citrus fruits, spices, brick sheets...



### Module 7: Management, Field Trips and Final Exam

5 days

- Cost control and economic management of a restaurant
- Visit Rungis International Market
- Final exam: create, organize and prepare a lunch for 10 people



### Module 8: Internship

5 days

- Practical real-world experience in a restaurant selected by Alain Ducasse Education

*The fifth day of modules 1 to 6 is dedicated to a written exam about the previous days and to an individual practical exam about the recipes of the week.*

*Description of modules is not exhaustive. Order of modules may change due to unforeseen schedule modifications*

# PRACTICAL INFORMATION

## METHODOLOGY

### Hands-on Workshops

Understand, memorize, duplicate, practice and ultimately master techniques. Workshops will allow students to:

- Discover new techniques step-by-step with the Instructor Chef's demonstration
- Experiment techniques with the Instructor Chef's assessment and apply them to professional recipes
- Master and validate techniques with the Instructor Chef's test

### Theory Classes

Assimilate, summarize and synthesize new knowledge. Classes will allow students to:

- Build know-how during interactive classes with the Chef Instructor
- Extend knowledge with individual or group research work and recommended read

### Practical Internship

This mandatory internship allows students to understand the organization of a kitchen brigade and professional constraints. Restaurants are selected by Alain Ducasse Education. The internships take place from Monday to Friday or from Tuesday to Saturday, with a continuous schedule or not.

### Tests & Grading

- Weekly practical and theoretical tests evaluate understanding and monitor student progress
- Final exam consists of a group meal preparation with jury evaluation

## TRAINING MATERIAL & EQUIPMENT PROVIDED

- Teaching material: Theory Handbook and recipes
- Uniform : Two Alain Ducasse Education logo chef jackets, one pair of professional trousers, one pair of non-slip shoes, toques
- Knife set

## 2016 DATES - TUITION FEES

**Dates for English session:** July 4 to August 26

**Dates for French sessions:** January 4 to February 26 - February 15 to April 8 - March 28 to May 20  
May 9 to July 1 - June 20 to August 12 - August 1 to September 23  
September 12 to November 4 - October 24 to December 16

**Tuition fees: € 10 900 including VAT - € 9 083,33 excluding VAT**

- Including: uniform, knife set, teaching material, morning coffee and daily lunch during culinary courses
- Excluding: accommodation and transportation
- Liability & health insurances, valid passport and appropriate visa are required by all participants



**ALAIN DUCASSE**  
**EDUCATION**

**FOR MORE INFORMATION & ENROLLMENT, CONTACT**

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