



An Association recognized by the Regional Government of
Piedmont and having a convention with the Italian Cooking
Academy and the Professional Association of Italian Chefs

Course title:

Profession: Cook
“Young Promising Chefs”

*An Educational project
by*



1st Edition 2010: March 15th – April 10th

2nd Edition 2010: November 8th – December 3rd

TRAINING AGREEMENT

Year: 2010

EDUCATIONAL GOALS

To guarantee the student a proper mastering of working methods and the fundamental notions on the Italian cuisine and its interpretations.

PROJECT DESCRIPTION

The course called **Profession: Cook “Young Promising Chefs”** is addressed to all those who wish to approach the Italian cuisine paying a special attention to the style of the presentation, without neglecting the health-related aspects of food.

It is with this precise intent that **I.F.S.E** has designed an educational project that is helpful for those who, although neophytes, are interested in working in the food-service industry.

THE PROGRAM IN SHORT

Fundamentals

- Cooking glossary
- Mother sauces
- Cooking fonds
- Getting to know extra virgin olive oil
- Cheeses and how to make a curd with cow's milk

Antipasti

- Vegetable, meat and fish-based cold and hot antipasti
- Finger foods
- Decorations for buffets – Vegetable and fruit sculptures

First courses

- Regional fresh and dried pasta
- Creative first courses
- Characteristics and culinary uses of Italian rice
- Gnocchi and their different interpretations

Main courses

- Red and white meats and game.
- Salt-water and fresh-water fish, crustaceans and shell-fish
- Vegetable-based dishes

Innovation in the kitchen

- Vacuum: storing techniques and cooking methods at low temperatures
- Cooking with microwave ovens.

Confectionery

- Traditional cakes
- Modern cakes
- Spoon desserts
- Working with chocolate
- Small pastries
- Artisanal gelato and ice-creams for restaurants

Enology

- Approaching the world of wine
- Wine-tasting technique
- Regional food-and-wine pairing

Educational visits

- The art of Italian coffee at the Lavazza Training Centre
- Visit to a winery with wine tasting

Final exams

Duration:

The course has a length of 140hours, for a period of 4 weeks, Monday to Friday

The program can be completed with a 2-month externship (optional) at restaurants selected by the school, with the most famed Italian chefs.

The program consists in theoretical-practical lessons, laboratories, optional externship, guided school activities and tutoring.

Teachers: The Faculty is made up of professional chefs and non-resident experts

Final Exams: At the end of the Course a practical test will be taken at I.F.S.E. by the students. A jury of experts will assess the candidates.

At the course completion students will receive a Certificate of Attendance

Addressees: The program is addressed to all those who could be interested in its contents, provided they are at least 16 years old if Italians and 18 years old if foreigners.

Course price: €. 3150,00 NET - (VAT-free as per Art. 10 of D.P.R. 633/72 – cost of accomodation (if necessary) at a hotel situated at walking distance from the school NOT INCLUDED

The above price includes :

- Theoretical/practical lessons at IFSE
- Student's kit complete with uniform
- Recipes hand-outs and souvenir picture on usb key
- IFSE certificate
- Certificate issued by the Professional Association of Italian Chefs
- Lunch from Monday to Friday at the school restaurant, except for National Holidays
- Transfers during educational visits to companies/producers
- Transfer from the airport to the hotel for groups of at least 10 people

N.B. Anything which is not listed above is not included in the price

IFSE_General Director



Italian Food Style Eduion
Ente convenzionato con l'Accademia Italiana della Cucina

The Institute is officially recognized by the Regional Government of Piedmont

Please visit the Regional Government of Piedmont's web-site
<http://extranet.regione.piemonte.it/fpl/elenco/iaim.htm>
Anagrafe Regionale Operatori

IFSE - ITALIAN FOOD STYLE EDUCATION
Codice Anagrafico Operatore: D37550
Tipo Operatore: DAL
Codice Fiscale / Partita Iva: 09398090010



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