

# Culinary Arts

## Purpose

This intensive course is designed to give students a firm foundation and advanced techniques for aspiring pastry chefs. Small class sizes allow our experienced professor-chefs to give students lots of one-on-one attention and individual feedback. Students spend 80% of the class time getting practical hands-on experience in the kitchen. The course covers bakery and confectionary products, sweet and savory pastries, as well as Traditional Cretan Cuisine.

Students will have the opportunity to learn about specific cooking methods and techniques in order to present healthy, tasty, unique and aesthetic dishes worthy of restaurant quality. The culinary arts course combines knowledge of business and management with skills in cooking, art and presentation. Students in culinary arts programmes will get the chance to experience working in a kitchen environment and may take part in internships with local restaurants.

Culinary arts degrees offer relevant information on: food safety, commercial food production, new world flavors, menu planning, kitchen management, vegetarian cuisine, pastries and deserts cooking.

## Agenda

### DAY 1

- Introductory meeting
- Presentation of timetable
- Group ice breaker activities.
- Presentations on best practices related to culinary arts

### DAY 2

- Food Knowledge
- Food and Beverage Hygiene
- Nutrition
- Basic Restaurant Principles

### DAY 3

- International Cuisine
- Decorating
- Traditional Cretan Cuisine
- Human Resource Management

### DAY 4

- Introduction to Confectionery
- Introduction to Bakery
- Oenology
- Catering & Event Management

### DAY 5

- Internship in a restaurant or a vocational training institute

### DAY 6

- Internship in a restaurant or a vocational training institute

### DAY 7

- Internship in a restaurant or a vocational training institute

### DAY 8

- Internship in a restaurant or a vocational training institute



## Objectives

- Gain theoretical and practical knowledge of kitchen management principles through class based theory and practical projects.
- Incorporate culinary artistry in the preparation and/or presentation of a meal or individual course of a meal, applying techniques learned in the course.
- Develop a set of practical skills in the areas of gastronomy, food product knowledge and preparation.
- Acquire a greater understanding of the practical skills of cooking, further developing knife skills, butchery, plate design and seafood.
- Demonstrate skills and knowledge required of culinarians and apply them in a commercial kitchen operation.

## Methods

- Lectures by guest experts
- Workshops
- Excursions to industry-specific companies
- Discussion
- Team work
- Case studies
- Internships

## Target Groups

- VET learners

## Place

Heraklion, Crete, Greece

## DAY 9

- Internship in a restaurant or a vocational training institute

## DAY 10

- Final test
- Evaluation (Questionnaires)
- EuroPass Certifications

