

Hospitality & Culinary Arts Careers

Culinary Foundations

1. Food Storage

- Walk-in, pantry, freezer organization
- Which shelf meat goes on
- FIFO order
- Identify the flow of food in the industry
- Date marking, product name

2. Set Up Procedures

- Define mise en place (equipment, ingredient, mental)
- Types of knives and uses: Chefs/French, paring, boning, filleting, serrated
- Knife cuts: dice, julienne, batonnet, diagonal, mince, slice
- Identify kitchen tools and equipment and their uses
- Recognize common ingredients: proteins, produce, dry goods, dairy, herbs
- Recipe interpretation & efficiency steps
- Conversions & measurements (metric/imperial)

3. Food Safety and Sanitation

- Time & temperature control
- Allergens & cross contamination
- Personal hygiene & work exclusions

4. Kitchen Environment

- Kitchen hierarchy (prep to executive chef)
- Equipment safety
- Equipment maintenance (knives, appliances, boards)
- Workplace safety (cuts, burns, slips, fire)

5. Cooking Methods and Terminology

- Prep methods: whipping, creaming, folding
- Wet heat: boiling, steaming, blanching
- Dry heat: roasting, grilling, frying, searing, baking
- Combination heat: braising, stewing
- Stocks, sauces, soups (deglazing, reducing, thickening)

6. Clean Up

- Chemical types and uses
- Cleaning vs sanitizing
- Waste management & recycling
- Sink types: hand wash, prep, utility, 3-compartment