



## Techniques & Competencies

Outlined below is a partial list of the culinary skills, techniques and competencies you will experience and learn in our hands-on, full immersion classes:

- Sanitation & safety
- Equipment
- Knife skills
- Mise en place
- Taste
- Seasoning
- Flavoring
- Culinary math
- Standardized recipes
- Heat transfer
- Cooking methods
- Fabrication
- Stocks
- Sauces
- Soups
- Salads
- Vinaigrettes
- Vegetables
- Meat, fish, poultry
- Starch
- Sauté
- Pan sauce
- Pan roast
- Pan fry
- Blanch
- Roast
- Plating