



CAMPUS
Etoile
ACADEMY

**PROGRAM OF
ITALIAN CULINARY SKILLS COURSE
IN
ITALIAN CULINARY SKILLS (ICS)**

REGION LAZIO ACCREDITATION: classrooms, laboratories and equipments

Campus Etoile Academy is an academic institution officially accredited by the Region of Lazio, Italy under the section B of 09.7.2013 and Directive no. 968/2007 and smi.

1. PARTICIPANTS BATCH

According to the law, and in order to guarantee an efficient and accurate training, the maximum number of participants for each course is 24 (twenty-four) students. At the same time, a course may be activated only with a minimum number of 10 (ten) participants.

2. PROGRAMME ELIGIBILITY

The ICS course purpose is to train those who want to obtain an appropriate knowledge and a set of professional skills in order to work as a Professional Cook, acquiring the corresponding professional qualification.

Thus, in order to be admitted to the course, candidates shall possess, before the starting of the teaching activity, the following requirements:

- European Union citizenship or extra EU with the authorized Student Visa;
- Minimum age of 18 years old;
- Clearance certification from the police record;
- Hotel or Culinary school qualification or with minimum 2 years and above fine dining restaurant experience.

3. PROGRAM DESCRIPTION

The student shall be able to design and realize different culinary specialty recipes and menus, to give value to culinary product image to present and to guarantee quality standards, using innovative food cooking and preservation technologies.

Campus Etoile Academy culinary training allows students to obtain all the skills and knowledge needed in order to enter the work world as a Professional Italian Chef. The student will obtain all the notions needed in order to work in different restaurant typologies, dealing with several phases of food process, from raw materials gathering to their correct preservation, dishes preparation, menu conception or restaurant carte planning.

4. EDUCATIONAL SCHEDULE & HIGHLIGHT

Professional Italian Chef in Italian Culinary Skills program lasts **8/9 months in total 36 weeks**, 4 weeks in a training center in Utrecht, Netherlands, 12 weeks at the Etoile Academy with practical and theoretical lessons and 3 to 5 months of practical working internship, in a Campus Etoile Academy partner company restaurant in Italy.

Technical-scientific area (know how):	Theoretical
Technical-operative area (be able to do):	Practical
Internship	Practical Working Experience

Italian Culinary Skills (ICS) course contents are articulated in didactic modules, as follow:

CHEF OCCUPATION & COOKERY

- The kitchen brigade: hierarchy, roles and task sharing.
- Kitchen and cuisine: history, sections and areas.
- Storing equipment: operation, maintenance and sanitization.
- Food processing equipment: operation, maintenance and sanitization.
- Cooking equipment: operation, maintenance and sanitization.
- Storage, blast chilling, freeze, deep-freeze methods.

NUTRITIONAL PRINCIPLES

- Theoretical and practical sorting and classification.
- Macro-nutrients: proteins, lipids, carbohydrates.
- Macro-nutrients: vitamins and minerals.

COOKING METHODS

- Food cooking techniques and systems.
- Cooking techniques (conduction, convection, radiation).
- Propagation modes (air, water, fats, steam, etc.).
- Temperature and cooking time.
- Equipment and tools.
- Food cooking purpose.

FOOD PRESERVATION METHODS

- Physical methods (pasteurization, uperization, sterilization, freezing, deep freezing, freeze-drying, ionizing radiation, modified and controlled atmosphere, vacuum packaging).
- Natural chemical methods (salt, vinegar, oil, alcohol, sugar).
- Chemical-physical methods (smoking).
- Biological methods (fermentation).

VEGETABLES

- Organoleptic, nutritional and morphological properties.
- Classification of commodities: stem, roots, fruits.
- Variety and seasonality.
- Storage and self-life of vegetables and fruits
- Vegetables and pulses processing.
- Cooking techniques.
- Storage techniques.

MEAT

- Organoleptic, nutritional, morphological properties.
- Classification of species and races.
- Courtyard animals: white meat and red meat.
- Feathered game and furred game.
- Butchery techniques and dry aging.
- Meat cuts classification in first, second and third category and their best use in cooking.
- Cuts from the thigh and from the rack: fillet, sirloin, rump, silverside.
- Cuts from the shoulder.
- Offal.
- Cooking techniques (boiling, stewing, braising, roasting).
- White meat recipes: chicken *cacciatore*, chicken *romana*, *saltimbocca alla romana*, lemon *scaloppine*, white wine *scaloppine*, *scaloppine alla valdostana*, stuffed rabbit.
- Storage techniques.

FISH

- Organoleptic, nutritional, morphological properties.
- Classification of commodities: fish, crustaceous and shellfish.
- Saltwater fish, freshwater fish, diadromous fish.
- Blue fish and its nutritional value.
- Marinades: dry, liquid and cooked.
- How to recognize the freshness of a fish.
- Cleaning of the fish.
- Fish and shellfish processing.

- Fish filleting: round and flat fish.
- Fish portioning.
- Techniques and cooking methods for blue fish: anchovies, mackerel, mullet, sardine.
- Cooking techniques.
- Storage techniques.

STOCKS, BROTHS & SAUCES

- Preparation and use.
- Basic stocks preparation: meat stocks, vegetable stock and fish white stock.
- Consommé and clarification techniques.
- Basic white and brown stocks.
- Stock's ingredients: aromatic elements, nutritional values and water.
- Stocks realization: veal stock, white common stock, chicken stock, veal brown stock.
- Making of velouté sauces.
- White, blonde, sandy roux.
- Mother sauces: common velouté sauce, fish velouté, tomato sauce, béchamel sauce.
- Emulsified sauces: stable (mayonnaise) and unstable (vinaigrette, citronette).
- Hot emulsified sauces: hollandaise, béarnaise and maltase.
- Tomato sauce, béchamel and mayonnaise derivate sauces.

EGG & CREPES

- Organoleptic, nutritional, morphological properties.
- Classification of commodities.
- Eggs cooking techniques: in water with the shell (soft-boiled or hard boiled eggs), poached eggs, eggs in cocotte, fried eggs, omelets, scrambled egg, soufflé.
- Crepes: batter, cooking method, stuffing, cook au gratin.
- Storage techniques.
- Final buffet presentation.

FATS & FRIED FOOD

- Fats and oils classification: animal and vegetal fats.
- Extra Virgin Olive Oil consumption benefits.
- Techniques, rules and secrets for a perfect and healthy frying: batter, tempura, breadcrumbs coating.

PASTA & FIRST COURSE

- Organoleptic, nutritional, morphological properties.
- Different ingredients for different doughs.
- Classification of commodities.
- Dry pasta.
- Fresh egg pasta, drawn and stuffed.
- Traditional, regional and classic pasta shapes.
- Making, rolling and shaping of pasta dough.
- Making of *ravioli, tortellini, cannelloni, lasagne, tagliatelle, pappardelle, tagliolini*.
- Special pasta: spinach dough, chestnut dough, squid ink dough, tomato dough.
- *Gnocchi*: potato dumplings (*gnocchi*), *semolina gnocchi* and *ricotta gnocchi*.
- Correct pasta cooking techniques.
- Traditional pasta sauces: *amatriciana, carbonara, gricia, alla norma, alla bolognese, al ragù, aglio olio e peperoncino* (garlic, oil & chili pepper), *puttanesca, pomodoro* (tomato), *all'arrabbiata, al tonno* (tuna).
- Storage techniques.
- Final buffet presentation.

MEDITERRANEAN CUISINE

- Typical Mediterranean ingredients and their use.
- Mediterranean diet and well balanced diet concepts.
- Mediterranean herbs and their different cooking use.
- Making of traditional Mediterranean recipes.
- Final buffet presentation.

BANQUET DISHES

- Banqueting techniques and preparation methods.
- Rules for creating a banquet menu.
- Food-cost, food service and breaking-point.
- Catering and banqueting: management of an outdoor banquet with mise-en-place, storage and food transportation.
- Cooking, conservation and food regeneration.
- Production of banquet dishes.

BUFFET DISHES

- Different buffets typologies: coffee-break, cocktail-party, prestigious buffet, business breakfast buffet, finger food, tapas.
- Plates and food decoration.
- Planning of the buffet mise-en-place.
- Production of buffet dishes: marinated salmon, marinated anchovies, eggplants and zucchini parmigiana, vegetable salads, octopus and squid with crunchy celery, rabbit *porchetta*, chicken ballotine, roast beef, lasagna, quiche, savory pies.
- Buffet bakery: focaccia, pizza, pan brioche.
- Buffet appetizers: stuffed panzerotti, potato croquettes, rice *arancini*, canapés, small tarts, bruschetta, savory bavaoises.
- Final buffet presentation.

TECNOLOGICAL CUISINE

- Organization and food quality advantages from using latest technology equipment.
- Technological cuisine main equipment: trivalent oven, sous-vide machine, sous-vide cooker, microwave, paco-jet, thermometer, siphon.
- Practical realization of: vegetables cooked in sous-vide with their preserving liquid, with vinegar, with flavored olive oil, slow cooking at low heat of sheen, cheek, tongue, tail, chicken breast, veal loin, pork rump.
- Sous-vide marinades, squid, octopus, king prawns, shellfish.

MENU PLANNING, FOOD COST & RESOURCES MANAGEMENT

- Nutrition and alimentation fundamentals.
- Modern main diets and their nutritional values.
- Restaurant management and organization of the work force.
- Commodities stock and storage.
- Different types of menu criteria and techniques.
- Wine: main Italian and European wines and food pairing.

BASIC PASTRY & BREAD MAKING

- Basic pastry dough and preparations: sweet crust pastry, short crust pastry, puff pastry, sponge cake, choux pastry.
- Leavened preparations: brioche, croissant, kranz, Danish pastries.
- Oven baked cakes: chocolate *caprese*, lemon cake, hazelnut cake, orange pound cake, paradise cake.
- Creams: anglaise, patisserie, chantilly, frangipane.
- Puddings: crème caramel, *pannacotta*, chocolate mousse, crème brûlée, orange bavarois, vanilla bavarois, *tiramisù*, chocolate cake.
- *Semifreddi*, biscuit, ice cream, sorbet.

ITALIAN LANGUAGE

- Grammatical basics.
- Technical terminology.

FOOD SERVICE HACCP *(optional, as lessons are held in Italian)*

In compliance with the regulation for operators in food-producing (D.G.R.L. no. 282 of 05/08/2002 and s.m.i. according to D.R.G.L. no. 825 of 11/03/2009):

- Food hygiene, with deep analysis in contamination prevention during food manipulation.
- Self-control and HACCP fundamentals application in the food industry.
- Risks identification.
- Production, storage, transportation and distribution critical points control; prevention measures and procedures documentation.

FIRE PREVENTION, FIRE FIGHTING AND LOW RISK EMERGENCY OPERATIONS

(optional, as lessons are held in Italian)

In compliance with the regulation of D.M. of 03/10/1998 recalled by law "D.Lgs. 81/08 art.37 subsection 9":

- **FIRE AND FIRE PREVENTION:**
Combustion principles; combustion elements; extinguishing substances in relation to different type of fire; fire effects on people; prohibitions and limitations; behavior guidelines.
- **FIRE PROTECTION AND PROCEDURES IN EVENT OF FIRE:**
Fire prevention guideline; fire evacuation procedures; emergency call.
- **PRACTICAL TRAINING:**
Theory and use of portable fire extinguishers.

FIRST AID AT WORK *(optional, as lessons are held in Italian)*

In compliance with the regulation of D.Lgs. 81/08 and attachment 4 to D.M. no. 388 of 07/15/2003:

- First aid alert.
- Recognize an health emergency.
- Injured psychological and physical check.
- First aid procedures practice.
- First aid recognition and limits.
- Basic knowledge of work diseases.

SAFETY IN THE WORKPLACE FOR LOW RISK WORKERS *(optional, as lessons are held in Italian)*

Contents are in compliance with the regulation of D.Lgs. 81/08 art. 37 and State-Regions Agreement 12/21/2011 for low risk activities workers:

- **BASIC TRAINING:**
 - Notions of risk, prevention and protection.
 - Workplace prevention organization.
 - Rights, duties and sanctions for business entities.
 - Supervisors, control and assistance.
- **SPECIFIC TRAINING:**
 - risk assessment report.
 - Work planning.

- Workplace.
- Risk recognition and evaluation criteria and tools.
- Work-stress risks.
- Worker's safety devices, in relation to the type of activity.
- Safety procedures, in relation to the specific risk.
- Main risk factors; prevention, organizational and procedural measures to prevent and protect.
- Cutting tools and knives.
- Exposure to high temperatures.
- Workplace, general electric, microclimate, lighting, signs.
- Security procedures, related to specific risk profile.
- Reading a risk evaluation document.
- Biological hazards, incorrect posture, exiting and fire procedures.
- First aid, signs and emergencies procedures.

INTERNSHIP

- As per the program, Campus Etoile Academy assures only one practical internship of 12 to 20 weeks for each student.
- Any request of changing the internship destination for personal motives or the internship desertion by the participant (without prior consent of the Academy), will not guarantee another internship placement by the Campus Etoile Academy.




SKILLS AND KNOWLEDGE ACQUIRED

Upon completion of the training program, alumni will have acquired all the skills and knowledge expected from the educational profile "expert in food production" in compliance with the Repertoire of Educational Profiles from the Lazio Region, as follows:

ABILITIES	COMPETENCES (TO BE ABLE TO DO)
RECIPES CREATION AND DEVELOPMENT	Recognize customers dietary styles and particular needs.
	Identify connections between commodities in relation to their organoleptic and morphologic properties.
	Identify the structure of traditional recipes with the ability of revisiting in a personalized way.
	Create balanced combinations between products in order to ensure nutritional and caloric balance.
MENU CREATION	Identify customers' alimentary styles and peculiar diet needs.
	Define food and wine pairings for classical and traditional menus.
	Conceive food and wine pairings to build new exclusive menus.
	Adapt and personalize eno-gastronomic choices in relation to the market changing request.
BUILD CULINARY SPECIALTIES	Choose menu different ingredients to best meet the food-cost needs.
	Choose the right quality and quantity of raw materials or semi-finished products in order to realize complex dishes.
	Choose the right tools and equipment to clean, cut and cook raw materials and semi-finished products.
	Choose the right timing, temperatures and cooking methods for each ingredient with the ability of foreseeing alterations and transformations.
CREATIVE PRESENTATION OF DISHES	Use advanced systems to transform and store big quantities of food in compliance with the quality and tasting standards.
	Figure out the presentation of the dish with creativity.
	Use tools, equipment and techniques for portioning and presenting food.
	Choose the right techniques and methods to decorate and garnish the dish.

COMPETENCES (know how)

Contents are in compliance with D. Lgs. 81/08 and attachment 4 to D.M. no. 388 of July 15th 2003:

- Main modern diets and their nutritional characteristics: vegetarian, macrobiotic and eubiotic.
- Communication and personal relations techniques.
- Classification of commodities.
- Typical and complex dishes preparation techniques: hot and cold starters, primi and secondi piatti, vegetables, stocks, mother and derivate sauces.
- Food manipulation and stocking modern technologies and their quality standards.
- Traditional cooking methods: boil, roast, grill, fry vegetables, meat, fish, crustacean, shellfish, pasta and rice.
- Modern cooking methods: microwave, confit, probe, smoking.
- Main Italian and European wines and pairing techniques.
- Foreign language (English) basic elements: grammar, syntax, technical terminology.
- Food hygienic regulation (HACCP, etc.).
- Workplace security and safeguard regulation.
- Working contractual elements, welfare and insurance.

5. COMPETENCES UNITS EVALUATION

Students competences and skills acquisition evaluation will occur both during the final exam at the end of the training course and during the course with practical simulation tests. The competences required at the end of the training course are the following.

COMPETENCES UNITS	OBSERVATION OBJECT	INDICATORS	EXPECTED RESULT	MODALITY
RECIPES CREATION AND DEVELOPMENT	Recipes creation and development operations	Creation of traditional and typical recipes Creation of complex culinary specialty Creation of dietetic recipes (vegetarian, etc.)	Personalized and innovative recipes based on correct nutritional and organoleptic standards.	PRACTICAL SIMULATION TEST
MENU CREATION	Menu creation operations	Menu budgeting Creation of typical and innovative menu Menu rotation planning: weekly, monthly, seasonally	Menu created and periodically based on different customers alimentary needs.	
BUILD CULINARY SPECIALTIES	Culinary specialties building operations	Dishes garnish and decoration	Culinary specialties prepared with specific technics and according to a proper food manipulation, abiding by a correct technological and taste correlation.	
CREATIVE PRESENTATION OF DISHES	Dishes creative presentation operations	Dishes garnish and decoration	Culinary specialties displayed in a creative and appealing way.	

6. EDUCATION METHODOLOGIES

The course is principally practical besides the classic classroom lectures, some active education methodologies will be used, such as role playing, practice exercises, technical demonstrations and individual/group simulations.

In order to define education methodologies it is taken into account:

- the importance of guarantee a coherence with the expected training purposes and the suitability with students learning styles and skills;
- the ability of develop both participants cognitive process and students operative and relational dynamics.

7. EDUCATIONAL MATERIAL AND TOOLS

Each participant will receive lectures notes regarding all course topics.

Each participant will also receive the following items (as uniform):

- 3 aprons;
- 2 hats.

8. FINAL ASSESSMENT

The final exam will be divided in two components: one theoretical and one practical. Both the theoretical test and the practical simulation will evaluate students' skills and knowledge acquired.

9. COMPULSORY ATTENDANCE

In accordance to Italian education law, a student can participate in the final exam only if they have attended at least the 80% (eighty per cent) of the training total hours. The accepted absence quota can be raised to 30% only with a positive and motivated opinion from the teaching and management board.

10. PROFESSIONAL DIPLOMA

At the end of the course, including the internship, only the qualified students will be awarded the prestigious **Campus Etoile Academy Diploma as Professional Italian Chef in Italian Culinary Skills**, which will certificate all the knowledge and skills students have acquired during the professional course in Italy.