



# Bridge to Culinary Arts

## **Program Location:**

Location TBD – includes classroom and commercial kitchen in Salmon Arm.

## **Program Dates:**

TBD – late March 2022 or early April 2022.

*Please contact Verna Bazinet at [vbazinet@okanagan.bc.ca](mailto:vbazinet@okanagan.bc.ca) for more information or to be added to the interest list.*

## **Program Description:**

The Bridge to Culinary Arts program is designed to provide students with skills needed for immediate employment in the culinary and hospitality sector. It is a combination of 4 critical components:

- 1) Essential soft skills to build on teamwork and personal accountability in the workplace,
- 2) Essential math skills to support success both in the kitchen and future trades testing requirements,
- 3) Key industry certificates to build on the student's employability and personal safety, and;
- 4) Hands on, practical training for an entry level position in a large kitchen or restaurant setting.

Each Participant will receive:

### **Essential skills** including:

- Communications: Beyond the Basics
- Goal Setting & Time Management
- Working in Teams
- Managing Conflict
- Essential Math Skills
- Employability skills

### **Industry Certifications**, including:

- Foodsafe Level 1
- Occupational First Aid Level 3
- WHMIS
- Serving It Right

### **Practical hands-on training**, including:

- Culinary training \*

\*Full program outline below

## **CULINARY TRAINING COURSE OUTLINE**

### **Course Description:**

Gain the practical skills and knowledge required for an entry level position in a large kitchen or restaurant setting. Students will become familiar with kitchen layouts, menu planning, food orders and equipment used in everyday cooking for large numbers. This 6-week course offers both classroom and hands-on experience cooking and preparing food.

### **Topics covered will include:**

- Working Conditions
- Inventory of Food and Stock Rotation
- Sanitation and Safety
- Kitchen Tools and Equipment
- Processing, Holding and Storage Equipment
- Menus, Recipes and Cost Management
- Nutrition and Menu Building
- Stocks, Sauces and Soups
- Vegetables, Legumes, Pasta and Potatoes
- Meat, Fish and Poultry
- Wild Game
- Seafood and Shellfish
- Yeast and Quick Breads
- Desserts

### **Uniform**

- white chef's jacket (unisex or women's)\*
- checkered cook pants (elastic or zipper)\*
- culinary bundle (5 towels, 1 pillbox hat, 2 striped bib aprons, 2 white bib aprons)\*
- black non-slip protective footwear (mandatory)

### **Required tools and equipment**

- 10" chef knife
- 7.5" utility knife
- 10" serrated slicer
- 6" flexible boning knife
- 4" paring knife
- 3.5" turning knife
- 12" honing steel
- blade guards (set of 6)
- knife roll
- zester
- swivel peeler
- instant read thermometer
- 1.5" pastry brush
- 4" offset spatula
- piping tips (numbers 9, 11 and 13)
- electronic portion scale

### **Required Textbooks**

- Professional Cooking 9th Canadian Edition
- FoodSafe Level I
- Occupational First Aid Level 3
- WHMIS 2015

### **Recommended items**

- measuring spoons
- 10" offset spatula
- microplane
- fish bone tweezers
- heat resistant oven mitts (strongly rec'd)