



Culinary Essentials 1

5-day Job-training Course



Culinary Essentials 1 is a core five-day job-training course. It provides a foundation for entry-level jobs in a variety of food industry settings such as restaurants, cafes, retail markets, healthcare, schools, catering, and more.



You will learn these skills ...

- Basic culinary techniques and applications
- Food safety and sanitation best practices
- Kitchen equipment identification, care, and use
- Introduction to regional flavor profiles and cuisines



Coursework Includes ...

- Day 1:** Introduction to Knife Skills, Food Safety
- Day 2:** Garde Manger, Plate Presentation
- Day 3:** Vegetable and Potato Cookery
- Day 4:** Eggs and Breakfast Basics
- Day 5:** Pasta, Rice, and Ancient Grains



Each graduate will receive a professional chef's knife kit upon completion of the course. The Culinary Team will then assist graduates with resumes and job placement.



Sign up now...

- Ask your case manager for an enrollment form
- Email the Culinary Team at Culinary@HFHnyc.org



Allie's Place
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