



# 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



### Sign up now...

- Ask your case manager for an enrollment form
- Email the Culinary Team at [Culinary@HFHnyc.org](mailto:Culinary@HFHnyc.org)



**Allie's Place**  
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Education & Employment

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