

# Commercial Cooking & Catering

This extensive 9 month, 900 hour instructional course emphasizes “learning by doing” with special attention given to the practical side of commercial food preparation. You are prepared for a career in restaurants, bakeries, food service departments of corporations and health related institutions, as well as in the rapidly expanding fields of catering and ‘food to go’. Graduates of this program are fully prepared to fulfill many food service roles including sous chef, garde manger, baker, pantry person, short-order cook and line cook.

## FACILITIES AND EQUIPMENT

Our fully equipped kitchens feature professional ranges, ovens, refrigerators, freezers, as well as commercial equipment such as mixers, blenders, fryers, slicers, walk-in refrigerators and convection ovens.

## CURRICULUM (600 Instructional Hours)

### SKILLS DEVELOPMENT (100 Instructional Hours)

An introduction to commercial cooking that covers all the basics from measuring and knife skills to menu planning and cooking techniques. Hands-on experience without the pressure of kitchen deadlines.

### FOOD PREPARATION (125 Instructional Hours)

The ABC’s of the commercial kitchen, including procedures & equipment used in professional food service establishments. Mastering-by-doing the skills of food selection, handling and cooking. Displaying and serving prepared foods in an attractive and appetizing manner.

### CATERING (125 Instructional Hours)

Planning an attractive presentation for catered affairs. Preparing, garnishing and serving hot And cold food for occasions such as parties, receptions and business conferences.

### BAKING & CAKE DECORATING (125 Instructional Hours)

Baking breads, rolls, cakes pies and pastries effectively in quantity. Developing the art of decorating cakes with color and form to create a professional looking product.

### QUANTITY FOOD PRODUCTION (125 Instructional Hours)

This subject includes daily menu planning, learning to work as a team in a busy commercial kitchen while controlling food quality and quantity.



## EXTERNSHIP (300 Hours)

The externship component of the training is the students opportunity to experience “real life” commercial cooking. Students will be placed in various areas of the food service industry. During this on the job training, most students work in corporate dining rooms and college cafeterias, as well as in restaurants and other dining establishments. When placing students in an externship or for employment we, at CTI focus on the students lifelong goals and skills developed during training.

**Culinary Training Institute**

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