

Commercial Cooking Program

This course emphasizes “learning by doing” with special attention given to the practical side of commercial food preparation. You will be prepared for a career in restaurants, 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 entry level, food service roles including, sous chef, garde manger, pantry person, short-order cook and line cook. All graduates of this program will be entitled to lifetime job placement assistance.

CURRICULUM (400 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 (100 Instructional Hours)

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

CATERING (100 Instructional Hours)

Planning attractive presentations for catered affairs. Preparing, garnishing and serving hot and cold food for occasions such as parties, receptions and business conferences. Techniques of cooking and packaging ‘food to go’.

QUANTITY FOOD PRODUCTION (100 Instructional Hours)

Planning, cooking and serving large numbers of people while controlling food quality and quantity. Learning to work as a team in a busy commercial kitchen. This subject includes ‘real life’ experience operating our in-house dining room.

SERVSAFE Food Handler’s Certification Training (20 Instructional Hours)

EXTERNSHIP (200 Hours)

This is the opportunity where the students get to demonstrate to employers, the skills they have developed during the first 400 hours of training. Many students have been hired directly from their externship.



QUALIFICATIONS

The qualifications are simple. First you need to have the desire to want to learn to cook. Second, you should explore VESID services; it is possible that VESID may cover the expenses related to your training. For the VESID office in your area, call toll free 1.877.862.7342

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