



KITCHEN QUICKSTART

FOUNDATIONAL COOKING KNOWLEDGE FOR THE FIRST DAY ON THE JOB

PROGRAM HIGHLIGHTS

10 HOURS

50+ INSTRUCTIONAL
VIDEOS

100% ONLINE WITH
24/7 ACCESS

KNOWLEDGE
CHECK QUIZ AFTER
EACH LESSON

CERTIFICATE OF
COMPLETION
FOR GRADUATES

Unit 1: Complementary Skills In The Kitchen

Unit 2: How To Use A Chef's Knife

Unit 3: Eggs

Unit 4: Submersion Cooking Method

Unit 5: How To Cook Pasta

Unit 6: Cooking Vegetables In Water

Unit 7: How To Roast Vegetables

Unit 8: Salad Greens

Unit 9: Vinaigrette Basics

Unit 10: How To Pan Fry

Unit 11: How To Saute

Unit 12: How To Bread And Batter Foods

Unit 13: How To Shallow Fry And Deep Fry

Unit 14: Poultry Fundamentals