

*Silver Platter Cooking Academy
Eight-Week Culinary Program
Adult Series*

Learn a variety of methods and techniques of cooking that can be adapted to different foods and dishes. Rather than just simply following recipes you will gain an understanding of how and why ingredients go together, what to look for in buying food products and which cooking methods are appropriate in different situations. Join Executive Chef Folker Reynolds for a regular culinary workout.

Week 1

Skills and Knowledge

You will learn the organization of the classical and modern kitchen. We will discuss the importance of sanitation, being familiar with the language of the kitchen and show the importance of having everything in its place (mise en place). Review the measurement system and proper use and preparation of recipes. Knife skills and various types of knives will be introduced.

Week 2

The Science of Food

This class will focus on the concept of heat transfer and its relationship to food preparation and the effects of heating food and various cooking methods. We will define emulsions and their purpose in the kitchen, also the distinction between flavoring foods and seasoning. We will also learn about the effects of heat in other areas of the kitchen.

Week 3

Menu Development

Menu analysis can be defined as a range of techniques and procedures that enable more effective decision making both with respect to marketing and operating the menu (Atkinson and Jones, 1994). Various tactical solutions to menu analysis have been sought in endless attempts by many restaurant operators to improve menu performance. This applies mainly to foodservice establishments; however, we will teach you how to best plan a menu for you and your family and what to include and what to leave out. Also, how to plan that killer dinner party that will amaze and surprise your guest!

Week 4

Stocks, Soups and Sauces

We will introduce stocks and types of stocks and how they are the basis of all your soups and sauces. All you ever need to know will be discussed in the arena of soups and sauces including definitions, functions, preparations, ratios, specialty, garnishing and service. We will study the five basic sauces, learn about thickening agents, liaison, reductions and how to build from these basic sauces and use these sauces to spice up your meals!

Week 5

Garnishes and Appetizers

You always hear: "You eat with your eyes first" and that is true. A time consuming meal will only take you so far if it doesn't look appealing. Garnishes are edible ornaments, which are added to food to make the food more palatable and gives it that finished look. We will find ways to garnish a simple plate to the grandest buffet and take great pride in your results.

Our appetizers will cover finger foods, crudités, canapés, spreads, tea sandwiches, cheeses, tartlets and beignets.

Week 6

Baking

We will discuss the ingredients and their function in the baking process, explain temperature as a tool, and learn key baking terms. What is the primary function of yeast dough, versus straight dough, versus sponge dough? Explain the process of scaling, rounding, benching and proofing.

Week 7

Dinner in 30 minutes

Learn shortcuts and timesavers that will help you easily prepare meals. Learn how to shop one day for the whole week. We will show you how to prepare small meals from large quantities of food at one time. One day of cooking and you'll be set for the week!

Week 8

Class Finale

You will plan and prepare a meal for everyone to enjoy that we choose from our Menu Development Class. You will be given hands-on instructions as we progress through our different meal courses. Also included in this class will be proper table setting, menu folding and proper table manners.