

The Prospectus is designed to answer many of the questions you might have whilst considering the Professional Certificate Course. If you would like to visit Cooks Academy or you still have further queries or you would like an enrolment form, please contact Cooks Academy at info@CooksAcademy.com or call +353 (0) 1 214 5002 and we will be delighted to assist you.

Course Objectives

- To enable students to become accomplished cooks either for their career or as a life skill in a concise and fast track four week time frame.
- To develop students' cookery flair, creativity and to generate an exceptional repertoire of menus for all occasions.
- To become adept at interpreting recipes, preparing and managing time effectively.
- To learn the organizational aspects of being in a kitchen
- To cultivate students' leadership and communication skills in the catering and hospitality environment.
- To emphasise the importance of hygiene, presentation and taste.

Who is it for and what can I do after it?

The Cooks Academy Professional Certificate Course is suited to students of all ages with an interest in food as a career or simply those who want to learn to become a highly accomplished cook. On completion our graduates operate in a diverse variety of food related fields:

- Hospitality - hotels, restaurants, bars and cafés, starting as a Commis Chef or Junior Chef de Partie.
- Entrepreneurs running a small catering business or running a Farmer's Market business.
- Entrepreneurs setting up a specialist food shop or delicatessen.
- Freelance seasonal employment in castles, shooting and fishing lodges, luxury yachts, directors' dining rooms and private homes.
- Ski companies - ski chalets and other holiday resort work.
- Food writers, food stylists or even aspiring celebrity chefs.

Cooks Academy will assist students in searching for job and career opportunities in hospitality and catering should they wish. Previous graduates have gone on to work in top outlets and restaurants including *Gordon Ramsay at Powerscourt*.

Cooks Academy also has the facility in place to offer graduates a "*stage*" (temporary work experience placement) in leading Irish restaurants and in particular we have an arrangement with the *Itsa4* restaurant group.

Course Content and Composition

55% Practical
30% Demonstration
15% Theory

The course covers classical and contemporary European cooking methods including French, Italian and Spanish, modern Vegetarian, Indian, Thai and other ethnic cuisines. Dishes learnt will have an emphasis on classical methods. Students will be taught how to handle “culinary crises”, adapt to customer requests and equip them with ideas for coping with unexpected problems they may come across when cooking professionally.

Specific Course Content includes:

- **Knife skills** - chopping, slicing, cutting, boning, filleting, knife care, safety & sharpening.
- **Butchery** - meat, poultry and game.
- **Fishmongery and Shellfish** - flatfish, round fish, oily fish, molluscs, crustaceans.
- **Stocks & Sauces** - mother sauces, daughter sauces and emulsions.
- **Hors D' Oeuvres** including salads, canapés, mayonnaise, dressings, mousses, coulis and patés etc.
- **Baking and Patisserie** - yeast bread, speciality breads, choux and puff pastry, pate sucré, etc.
- **Cheese Appreciation** - learn about cheeses, how to buy, store and cook with them.
- **Herbs, Spices & Condiments** - identify herbs and spices, importance in different cuisines, grinding.
- **Food Safety** - dangers of food handling and storage, incl. *basic food hygiene* certificate.
- **Larder & Kitchen Management** - larder chef duties, stock control and rotation, freezing.
- **Wholefood, Organics & Nutrition** - organic ingredient suppliers, seasonality, special diets.
- **Wine & Food Matching** - evening event where you can bring along a guest to attend the wine lecture and canapé reception.

Facilities & Tutors

Housed in a splendid Victorian building with sea views, Cooks Academy has two purpose built kitchens - a demonstration theatre and a practical (hands - on) kitchen. The demonstration theatre contains digital video cameras and flat-screen TVs so that students can see in detail the tuition on the demonstration island. Downstairs, the practical kitchen is perfectly laid out to facilitate the 14 students on the course. Course numbers are limited to 14 to allow a small student to tutor ratio ensuring that students receive plenty of individual attention from the two tutors.

At Cooks Academy we are very proud of our strong base of professional cookery tutors. More details and biographies of all our tutors can be found on our website.

Testimonials

1. *'Exceptional Cookery Course with excellent results achieved.'*
2. *'Outstanding in every way and each day you feel a sense of achievement when you plate up.'*
3. *'This course is very intensive and covers a lot of material. Prepare to work hard and you will certainly feel a sense of achievement at the end.'*
4. *'An unforgettable month, I learned things every day. A very special place with extra special people.'*

A Sample Day

Students will arrive at the school at 8:00am. Following a brief discussion on the menu for the day, any questions that students may have when writing daily time plans can be addressed. Students then set up their *mise en place*. When the tutors have checked that students have their prep done, cooking with tuition commences. Practical work includes pair tasks but students will be working individually much of the time. At 12:30, students and tutors will break for a 45 minute lunch. The timing of lunch will have been agreed the day before, depending on the complexity of the menu. The students will present their food to the tutor for marking on taste and presentation. Afternoon classes will start between 1:45pm and 2:00pm. The day finishes at 4.00pm. Students retire for home with short assignments to prepare for the following day.

Award of Certificate

On successful completion of the course, The Cooks Academy Certificate will be awarded, showing that the student has attained the required levels of proficiency. Students are assessed through continuous appraisal of assigned projects and ongoing assessment of their practical cookery skills and will undergo both practical and written examinations at the end of the course. Strong attendance levels will be required to ensure eligibility for award of Certificate.

Certificates will be graded as follows depending on the student's overall performance: Distinction, Merit, Pass. Cooks Academy's high standards and performance-based grading structure, ensures high student standards and therefore strong regard for the Certificate in professional circles.

Course Cost

The course fee, which includes exam, award of certificate and all ingredients, is: €3,250.00 (deposit of €650.00 payable upon enrolment). There is no VAT payable on the fees. There is an additional cost for each student's personal equipment (see below).

Chef's Kit and Uniform

To be admitted to class every day students need to have a clean uniform and chef's kit (all are listed below), presented to the standard expected in a professional kitchen.

Kit

- Knife Set, to include as minimum - chef's knife, boning / filleting knife, paring knife, serrated vegetable knife, steel and knife wallet.
- Essential Cookery Kit, to include as minimum - peeler, zester, pastry brush, high heat spatula, kitchen scissors, skewer, tongs, and small chef's cap.

Uniform

- Aprons x 2 minimum. Full or half length is acceptable.
- Chef's jacket (Tunic) x 2 minimum. Must be long sleeved; no short sleeves allowed in the kitchen.
- Long hair must be tied back and kept off the collar.
- Chef's hat, cap or bandana must be worn. A chef's cap is included in the Essential Cookery Kit, see below.
- Shoes must be flat and rubber-soled. The foot must be fully covered to protect from spills.
- Trousers - dark trousers or chef trousers. No denims or shorts allowed.

Cooks Academy can supply a quality Wusthof Knife Set at a cost of €140.00 and the Essential Cookery Kit at a cost of €75.00 both of which will need to be ordered in advance. Cooks Academy can also supply Aprons at €15.00 each on day one of the course. A chef's cap is included in the Essential Cookery Kit.

Students are advised to source their own tunic as they will know what fits best. Tunics can be sourced from Work Wear Stores or online or from the following stores in Dublin:

Sweeney O'Rourke, Pearse Street, Dublin 2, Tel: +353 1 677 7212
O'Connor's Work Wear, 148 Capel Street, Dublin 1. Tel: +353 1 8733242

or online/mail order at www.nisbets.ie Tel: +353 21 494 6777