



KITCHEN TRAINING PROGRAM

— Training Certificate —



MÉRICI
COLLÉGIAL PRIVÉ



PRESENTATION

The kitchen training program totals 1,032 hours.

The first 3 weeks are exclusively at school (classroom and kitchen), while the following hours are split between school and a workplace.

This program leads to a training certificate from Fierbourg, a professional training center and Merici, a private college.

This course creates a rich experience based on the cooking and prep methods and the supply of Quebec soil. Quebec cooks ensure the quality of the products offered and the freshness of local supplies.

This training will allow you to acquire skills in several tasks in cooking in Quebec restaurants.

Such work/study training course offered with a significant mix of studies and work provides valuable work experience.

5 days a week; 2 days at a workplace after 3 weeks; bi-monthly starts.

Type of certification : Training certificate

Number of competencies : 12

Total duration : 1,032 hours

KITCHEN TRAINING 1,032 H

Francisation (180 h)
Québec City discovery (90 h)
Cooking (762 h)

KITCHEN SKILLS DESCRIPTION:



1. HYGIENE AND SANITATION (6H)

At the end of this component, the candidate will apply the rules of hygiene, safety and sanitation inside a kitchen.

2. MENU CREATION (60 H)

At the end of this component, the candidate will be able to elaborate menus per the tastes and needs of the client while taking the current food trends into account.



3. ESSENTIAL PREPARATION (90 H)

4. CONFECTION OF REGIONAL DISHES AND PRODUCTS (336 HRS)

- a. Meat, poultry, game and cold cuts
- b. Fruits and vegetables
- c. Fish, shellfish and other seafood products
- d. Pasta
- e. Local cuisine
- f. Maple products



At the end of these steps, the candidate will have acquired the basics of cooking, updated his knowledge and will be able to use the latest trends in the restaurant industry. In addition, the candidate will be able to encourage the introduction of local and terroir products in his menus following the seasons.





5. ORGANIZATIONAL STRUCTURE OF A KITCHEN (30 H)

At the end of this component, the candidate will assess the ergonomic effectiveness of a kitchen in terms of materials and equipment.

6. PERFORM THE CATERING SERVICE (66 H)

7. HORS D'OEUVRES AND ENTREES (60 H)

At the end of these steps, the candidate will be familiar with the basics of menu service in the kitchen and will be able to prepare appetizers and hors d'oeuvres for special occasions.

8. INTRODUCING QUEBEC ALCOHOLS IN THE KITCHEN (60 HRS)

- a. Quebec wines, vineyards and grape varieties
- b. Beers and microbreweries
- c. Quebec alcohol and local distilleries

At the end of this level, the candidate will have developed a basic knowledge of Quebec wines and spirits in the kitchen.

9. INTRODUCTION TO COOKING WITH NATURAL PRODUCTS (NTFPS AND BOREALIE) (18 H)

At the end of this component, the candidate will identify non-timber forest products throughout the seasons and associate the appropriate transformation to the products.

10. PROJECT DEVELOPMENT (36 H)

At the end of this step, the candidate shall understand the entrepreneur's role in developing an idea or project within the company through the use of appropriate tools, the development of creativity and the inspiration from trends in the restaurant industry.