



# CULINARY TRAINING PROGRAM

— Training Certificate —



Presentation Culinary Training / Study & Work Program

The kitchen training program totals 720 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 outsourcing several tasks in cooking in Quebec restaurants.

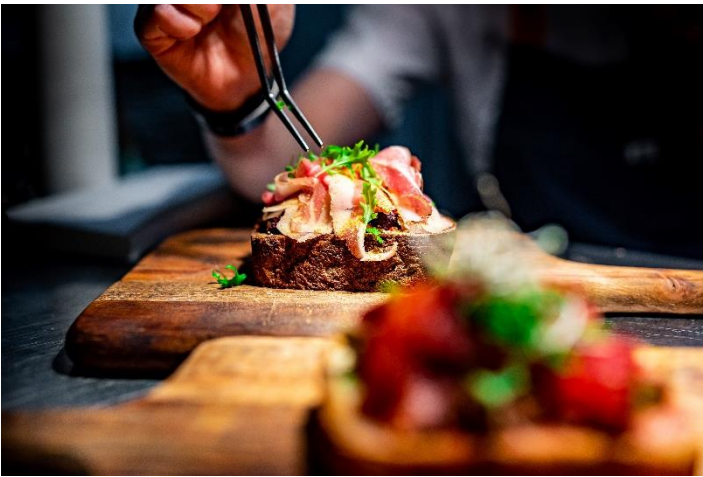
Such work/study training course offered with a significant mix of studies and work provides valuable work experience.

5 days a week; 3 days at a rapid workplace.

<b>Type of certification:</b> Training certificate	<b>Number of competencies:</b> 10
<b>Total duration:</b> 720 hours / 7.5 months	<b>Program Fee:</b> \$6,990 USD (\$9,375.00 CAD)
<b>Workplace placement:</b> ITEC will assist with placement process.	<b>Hourly Wage:</b> CAD 14-25 per hour

**\*\* Program Start dates for 2024:** January 23 - February 26 - March 25 - April 22 - May 20 - October 21 - November 25

**\*\* Accommodation Options varies;** student dorms/ Hostel/ Onsite accommodation at workplace/ individual or shared accommodation in apartments



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## Kitchen training 720 h

Francisation (150 h)

Québec City discovery (48 h)

Cooking (522 h)

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### Kitchen Skills Description:

#### 1. Profession

#### 2. Hygiene and sanitation (6h)

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

#### 3. Menu creation (18 h)

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

#### 4. Essential preparation (90 h)

#### 5. Confection of regional dishes and products (246 hrs)

- Meat, poultry, game and cold cuts
- Fruits and vegetables
- Fish, shellfish and other seafood products
- Pasta staples
- Local cuisine
- 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.

#### 6. Organizational structure of a kitchen (18h)

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

#### 7. Perform the catering service (66 h)

#### 8. Hors d'oeuvres and entrees (36 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.

#### 9. Introducing Quebec alcohols in the kitchen (18 hrs)

- Quebec wines, vineyards and grape varieties
- Beers and microbreweries
- 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.

#### 10. 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.

\* For information about QC please click here -->[Quebec City, Quebec](#)

\* For application submission please contact [info@itecanada.com](mailto:info@itecanada.com)

