

Culinary I Academy

In the 8 week Culinary I Academy, youth will become skilled in many aspects of the culinary industry. Youth will learn proper knife skills, measuring techniques, culinary terms, and cooking methods throughout the eight week course. Within the two month learning experience youth will get to experience different cultures and their foods throughout the United States and all over the world. The youth will also get to try their skills out in the baking part of the industry. They will learn how to create homemade breads, cakes, cookies, and pastries. In addition, all culinary youth will become certified in the National Restaurant Association's ServSafe Program. With this eight week course under the youth's belt our hopes at the Youth Employment Academy is they will be able to find an entry level position in the culinary field.

Week 1- Food Safety & Sanitation

Monday

Class Introduction
Review Class Objectives & Expectations

Tuesday

Food Sanitation & Safety

Learning Objectives:

- Temperature Danger Zone
- Food Borne Illnesses
- Handling Foods Safely
- Hazard Analysis Critical Control Points (HACCP)

Wednesday

ServSafe Certification Lesson 1

Learning Objectives:

- Food Safety Is Important
- How Food Becomes Unsafe
- Apply Your Knowledge (What Do You Think #'s 1-4)
- Your Role In Keeping Food Safe
- Chapter 1 Practice Test

Thursday

Knife Skills

- Video "Mastering Knife Skills"
- Demonstration on how to hold a knife properly

Learning Objectives:

- Sharpening and Honing Tools
- Parts of a Knife
- Types of Knives
- Knife Skills- With Potatoes & Onions
- Basic Knife Cuts(Course Chopping & Mincing, Mincing, Chiffonade, Julienne, Batonnet, Dicing, Paysanne, Rondelle, & Oblique)

Week 2-Breakfast

Monday

Basic Kitchen Equipment/ServSafe Certification

- Demonstrate how to use basic kitchen equipment

Learning Objectives:

- Youth will become familiar with all kitchen equipment and terminology
- Basic Egg Cookery

RECIPES:

- Eggs (Scrambled, Fried, Poached)
- Bacon & Sausage
- Potatoes O' Brien

Tuesday

The Art of Measuring/ServSafe Certification

Learning Objectives:

- Learn the different measuring devices used in the kitchen
- Learn how to properly measure wet and dry ingredients
- Practice measuring different ingredients

RECIPES:

- French Toast
- Pancakes
- Waffles

Wednesday

ServSafe Certification Lesson 2

Learning Objectives:

- Chapter 2 Good Personal Hygiene
 - How and When to Wash Your Hands
 - Apply Your Knowledge (Check Your Hand Washing Savvy #'s 1-2)
 - Where To Wash Your Hands
 - Apply Your Knowledge (Handwashing Sink #'s 1-2)
 - Other Hand Care Guidelines
 - Apply Your Knowledge (Keeping It Safe #'s 1-2)
 - What To Wear
 - Apply Your Knowledge (It's What You Wear #'s 1-8)
 - Other Important Practices
 - Apply Your Knowledge (Keeping It Safe #'s 1-6)

Thursday

Breakfast

Learning Objectives:

- Learning How to Follow Recipes

RECIPES:

- Breakfast Burritos
- Biscuits and Gravy

Week 3: Cooking Across America

Monday

East Coast/ ServSafe Certification

Learning Objectives:

- Youth will become familiar with recipes known from this region
- New England, Philadelphia, New York

RECIPES:

- Buffalo Wings
- New England Cheddar Cheese Soup
- New England Crab Cakes with Tartar sauce
- Philly Cheese steaks

Tuesday

South

Learning Objectives:

- Youth will become familiar with recipes known from this region
- Alabama, Louisiana, Mississippi, Arkansas, Texas, etc.

RECIPES:

- Carolina pulled BBQ Pork
- Jambalaya
- Southern Fried Spicy Chicken
- Cornbread

Wednesday ServSafe Certification Lesson 3

Learning Objectives:

- **Chapter 3 Controlling Time & Temperature**
- Food Most Likely to Become Unsafe
- How to Measure The Temperature of Food
- Apply Your Knowledge (Taking It's Temperature #'s 1-2)
- Holding & Storing TCS Food
- Apply Your Knowledge (Holding & Storing Safely #'s 1-3)
- How To Label Food For Storage
- Apply Your Knowledge (Using Stored Food Safely #'s 1-2)
- Chapter 3 Practice Test

Thursday

Mid-West

Learning Objectives:

- Youth will become familiar with recipes known from this region
- Chicago, Wisconsin, Kansas, Nebraska, Colorado, New Mexico, etc.

RECIPES:

- Scalloped Potatoes and Ham
- Meatloaf
- Macaroni and Cheese
- Corn Dogs

Week 4: Appetizers, Soups, Salads & Sandwiches

Monday

Appetizers

Learning Objectives:

- Youth will learn and prepare many different types of appetizers from cold to hot

RECIPES

- Fried Pickles & Easy Cheese Straws
- Won Tons
- Southwest Eggrolls
- Deviled Eggs

Tuesday

Soups & Salads

Learning Objectives:

- Youth will learn about many different types of soups and salads then be able to prepare some of their favorite ones

RECIPES:

- Broccoli and Cheddar
- Creamy Chicken Noodle
- Chuck Wagon Chili
- Italian Pasta Salad & Potato Salad
- Broccoli and Cheddar Salad

Wednesday **ServSafe Certification Lesson 4**

Learning Objectives:

- **Chapter 4 Preventing Cross-Contamination**
 - Preventing Cross-Contamination of Food
- Apply Your Knowledge (Spot The Cross Contamination #'s1-6)
 - Preventing Cross-Contamination When Storing Utensils and Equipment
- Apply Your Knowledge (Preventing Cross-Contamination #'s 1-4)
 - What To Do If Cross-Contamination Happens
- Apply Your Knowledge (Correcting Cross-Contamination)
 - What To Do for People Who Have Food Allergies
- Apply Your Knowledge (Food Allergens #'s 1-2)
 - Chapter 4 Practice Test

Thursday

Sandwiches

Learning Objectives:

- Youth will learn about history of sandwiches and will be able to create some of their sandwich favorites

RECIPES:

- Meatball Sandwich & French Dips
- Chicken Fajita Wraps & Chicken Salad Sandwiches

Week 5: International Cuisine

Monday

Italy

Learning Objectives:

- Youth will learn the about traditional food in Italy - Spaghetti and meatballs, Stuffed Peppers, Pizza, Lasagna, Manicotti, Garlic Cheese Bread, Baked Ziti

RECIPES:

- Chicken Parmesan
- Lasagna
- Cheesy Garlic Bread
- Spumoni Chocolate Chip Cookies

Tuesday

Mexico

Learning Objectives:

- Youth will learn the traditional methods of these popular recipes from Mexico- Guacamole, Enchiladas, Spanish Rice, Refried Beans, Green Chili, Salsa, Chili Rellenos, Mexican Hot Chocolate

RECIPES:

- Chicken Enchiladas
- Beef and Been Chimichangas
- Green Chili
- Sopapillas

Wednesday ServSafe Certification Lesson 5

Learning Objectives:

- Chapter 5 Cleaning and Sanitizing
 - How and When to Clean & Sanitize
- Apply Your Knowledge (Cleaning & Sanitizing 1-3)
 - How To Handle Cleaning and Sanitizing Chemicals
- Apply Your Knowledge (Chemicals 1-2)
 - Handling garbage & Spotting Pests
- Apply Your Knowledge (Who Am I? 1-5)
 - Chapter 5 Practice Test

Thursday

China

Learning Objectives:

- Youth will learn the traditional foods from China - Fried Rice, Sweet and Sour Pork, Broccoli and Beef, Sesame Chicken, Mu Shoo Chicken

RECIPES:

- Sesame Chicken
- Sweet and Sour Pork
- Vegetable Fried Rice & Egg Rolls

Week 6: Intro To Baking

Monday Breads/ ServSafe Certification

Learning Objectives:

- Learning the importance of each ingredient in baking -Quick Breads- Banana, Zucchini, Cranberry Apple, and Muffins

RECIPES:

- Blueberry Muffins
- Chocolate Chip Muffins
- Banana Bread
- Zucchini Bread

Tuesday Cakes

Learning Objectives:

- Learning the importance of each ingredient in baking

RECIPES:

- Cheese Cake
- Fresh Strawberry
- Hershey's Dark Chocolate
- Yellow

Wednesday ServSafe Certification Lesson 6

Learning Objectives:

- Chapter 6 Job Specific Guidelines
 - How To Prep Food Safely
- Apply Your Knowledge (Prepping Food Safely #'s 1-3)
 - The Right Way to Calibrate A Thermometer
- Apply Your Knowledge (Ice-Point Calibration)
 - How To Be Sure The Food Your Receive Is Safe
- Apply Your Knowledge (Accept or Reject? #'s 1-10)
 - The Safe Ways To Thaw, Cook, Cool, and Reheat TCS Food
- Apply Your Knowledge (Thawing, Cooking, Cooling & Reheat 1-5)
 - How to Keep Food Safe Through Dishwashing
- Apply Your Knowledge (Washing Dishes 1-2)
 - Chapter 6 Practice Test

Thursday Cookies, and No Bake Recipes

RECIPES:

- Chocolate Chip Cookies
- Peanut Butter & Oatmeal Chocolate Chip
- Funnel Cakes & Turtle Candies

Week 7: ServSafe Certification/ Final Project Planning

Monday ServSafe Certification Review and Exam

Tuesday Discuss and decide on final project

Wednesday Plan Menu for final project

Thursday Make up day

Week 8: Final Project

Monday Final Project

Tuesday Final Project

Wednesday Final project

Thursday Graduation

Outcomes For the 8 Week Culinary Academy:

- 1.** Youth will become familiar with vocabulary and techniques of the culinary industry
- 2.** Youth will learn and become confident with entry level skills in the culinary industry
- 3.** Youth will become certified in the National Restaurant Association's ServSafe Program
- 4.** Youth will become familiar with the catering industry and help with a few catered events for the Denver Housing Authority.

Culinary II Academy

In the four week Culinary II Academy, the youth will become knowledgeable with all aspects of the catering business. They will look closely at the front of the house duties as well as the back of the house duties. Front of the house duties will include banquet and catering equipment and setups, the different catering function types, preparing for service, serving the banquet, and cleanup. The back of the house duties the youth will become familiar with will include recipe conversions, food presentation, food safety and sanitation, proper food temperatures, and food production. Youth will receive a completion Certificate from DHA upon completion of Culinary II Academy.

Week 1: Back of the House (Behind the Scenes)

1. Recipe Conversions
 - a. Converting Recipes to feed large groups
2. Food Presentation
 - a. Appetizers
 - b. Entrées
 - c. Deserts

Week 2: Back of the House (Behind the Scenes)

1. Food Safety & Sanitation
2. Food Temperatures
3. "Smart Service for Great Banquets" Video
4. Food Temperatures

Week 3: START Program Banquets

1. Banquet Equipment & Setups
2. Function Types
3. Banquet Cleanup, Maintenance & Safety
4. Preparing For Service
5. Serving the Banquet
6. Types of Banquets

Week 4: Menus, Marketing, & Pricing

1. Creation of Catering Menu
2. Learning How to Price a Catering Function
3. Marketing of a Catering Company
4. Event Staffing

Culinary III Academy

In the Culinary III Academy the youth will have at least four (4) opportunities to be involved in an actual catering event. They will setup, serve, and clean up for the event, so they get an idea of what catering is really about first hand. Once the youth complete the Culinary III Academy, they will enter a rigorous job search phase. Youth will receive a completion Certificate and participation incentive from DHA upon completion of Culinary III Academy. The Culinary III Academy will be sponsored by outside entities to provide on-the-job training for the youth.

Gold Sponsorship (\$1000-\$1500)

The Gold Sponsorship allows the Culinary III Academy to provide an event for up to 100 people to include:

- Choice of one entrée
- Choice of two side dishes
- Choice of two desert
- Choice of drinks/coffee

Silver Sponsorship (\$500-\$700)

The Silver Sponsorship allows the Culinary III Academy to provide an event for up to 50 people to include:

- Choice of one entrée
- Choice of two side dishes
- Choice of one desert
- Choice of drinks/coffee

Bronze Sponsorship (\$150-\$300)

The Bronze Sponsorship allows the Culinary III Academy to provide an event for up to 15 people to include:

- Choice of one entrée
- Choice of one side dish
- Choice of one desert
- Choice of drinks/coffee

All sponsored events are held at the location choice of the sponsor and the Academy delivers, sets up and cleans up all of the food.

Other sponsorship levels can be discussed to fit your agency's needs.