

## 600 Hour

# Commercial Cooking Program

## with Externship

This course emphasizes “learning by doing” with special attention given to the practical side of commercial food preparation. You are prepared for a career in restaurants, food service departments of corporations and health related institutions, as well as in the rapidly expanding fields of catering and ‘food to go’. Graduates of this program are fully prepared to fulfill many entry level, food service roles including: sous chef, garde manger, pantry person, short-order cook and line cook. All graduates of this program will be entitled to lifetime job placement assistance.

### CURRICULUM (400 Hours)

#### **SKILLS DEVELOPMENT** (100 Instructional Hours)

An introduction to commercial cooking that covers all the basics from measuring and knife skills to menu planning and cooking techniques. Hands-on experience without the pressure of kitchen deadlines.

#### **FOOD PREPARATION** (100 Instructional Hours)

The ABC’s of the commercial kitchen, including equipment and procedures used in professional food establishments. Mastering-by-doing the skills of food selection, handling and cooking. Displaying and serving prepared foods in an attractive and appetizing manner.

#### **CATERING** (75 Instructional Hours)

Planning an attractive presentation for catered affairs. Preparing, garnishing and serving hot and cold food for occasions such as parties, receptions and business conferences. Techniques of cooking and packaging ‘food to go’.

#### **FOOD SANITATION** (25 Instructional Hours)

Maintaining proper health and sanitation standards in a food service establishment. ServSafe Training with optional Food Handler’s Certification.

#### **QUANTITY FOOD PRODUCTION** (100 Instructional Hours)

Planning, cooking, and serving large numbers of people while controlling food quality and quantity. Learning to work as a team in a busy commercial kitchen. This subject includes ‘real life’ experience operating our in-house dining room.

### EXTERNSHIP (200 Hours)

The externship component of the training is the student’s opportunity to experience “real life” commercial cooking. Students will be placed in various areas of the food service industry. During this on the job training, most students work in corporate dining rooms and college cafeterias, as well as in restaurants and other dining establishments. When placing students in an externship or for employment, we at CTC focus on the student’s lifelong goals and skills developed during training.

### TRAINING FACILITIES

303 Quarropas Street  
White Plains, N.Y. 10601  
Tel. 914-207-7801

460 West 34<sup>th</sup> Street  
New York, N.Y. 10001  
Tel. 646-559-8551

#### Executive Office:

424 West 33<sup>rd</sup> Street, New York, NY 10001  
Tel. 212-243-5081 | Fax 212-243-4971

