



**STRATFORD  
CHEFS  
SCHOOL**

The Ministry of Training, Colleges and Universities, Apprenticeship Branch, sets down a basic outline of training that must be followed by all apprenticeship programs.

There are four core subject areas in both Level 1 and Level 2. Those subject areas are:

**Food Preparation Practical  
Food Preparation Theory  
Sanitation  
Kitchen Management**

The following chart summarizes the course components of the Level 1 and Level 2 curriculum.

<b>Level 1 Curriculum Components</b>	<b>Level 2 Curriculum Components</b>
<p><b>Subject Area: Food Preparation Practical 1</b> <u>Courses</u> Cookery Pastry</p> <p><b>Subject Area: Food Preparation Theory 1</b> <u>Courses</u> Basic Nutrition Food Style Gastronomy Pastry Theory Recipe Specifications Wine</p> <p><b>Subject Area: Sanitation 1</b> <u>Courses</u> Sanitation Practice Sanitation Theory</p> <p><b>Subject Area: Kitchen Management 1</b> <u>Courses</u> Business Writing Commodities Communications Food Costing Food &amp; Wine Service Kitchen Management</p>	<p><b>Subject Area: Food Preparation Practical 2</b> <u>Courses</u> Ethnic Larder Pastry Restaurant Lab Achievement</p> <p><b>Subject Area: Food Preparation Theory 2</b> <u>Courses</u> Food Style Gastronomy Pastry Theory Restaurant Lab Menu Theory Wine</p> <p><b>Subject Area: Sanitation 2</b> <u>Courses</u> Restaurant Lab Practice</p> <p><b>Subject Area: Kitchen Management 2</b> <u>Courses</u> Communications Food &amp; Wine Service Restaurant Lab Delivery Plan The Business of Restaurants</p>

## **2.2 Level 1 Subject Areas & Course Descriptions**

### **Subject Area: Food Preparation Practical 1**

This core subject provides the student chef with the opportunity to develop the foundation skills required in classical cuisine. Students will practice techniques and methods of cookery and presentation through preparing a wide range of classical and contemporary dishes.

#### Course Descriptions

##### *Cookery*

This component will establish a basic level of skill in cuisine by introducing the student chef to fundamental methods of cooking and to examples of classical and modern dishes that best suit each method. Through assigned readings supported by demonstrations and daily kitchen practice, the student will develop the necessary knowledge and skill to complete a basic repertoire of dishes. The student will develop an understanding of the need for precision, accuracy and skill. Most importantly, the student will be shown a standard of excellence against which individual work is to be judged.

Hours: 240

##### *Pastry*

The student chef will study a variety of basic pastry preparations. The student will also study basic bread-making preparations.

Hours: 64

### **Subject Area: Food Preparation Theory 1**

By examining the elementary principles of cookery, gastronomy and nutrition, the six components of this core subject will develop the student chef's basic culinary literacy. The student will acquire a basic understanding of wine and its role in gastronomy. The student will be exposed to the basic elements of design and style as these apply to the restaurant industry.

#### Course Descriptions

##### *Basic Nutrition*

This component will give the student chef a basic understanding of modern nutritional theory and its application to menu planning in today's restaurants. As the consumer has become more aware of food supply from grower to table and the relationship between diet and health, so too will the student gain an understanding of the domestic and global issues that affect food supply and production. The student will learn to modify nutrient content in menus by making adjustments to products and cooking methods.

Beginning with the dietary guidelines for Canadians, the student will learn to identify the sources of the major nutrients in the diet and will understand the

relationship between nutrition and health. The student will be required to plan menus that demonstrate both an understanding of modern nutritional theory and marketability in the restaurant.

Hours: 24

Instructor: Shannon Edmonstone, RD, Perth District Health

### *Food style*

This class introduces student chefs to the aesthetics of food presentation with particular emphasis on classical styles and their influences on modern food presentation. The student will also study theories of colour and composition and their application to food presentation. Upon completing this component, the student will be able to identify and distinguish classical and modern styles of French cuisine from pictures of food presentations as well as demonstrate an understanding of aesthetics by planning and executing the food presentation of a three-course meal.

Hours: 24

Instructor: Jim Morris, SCS Director & Co-Founder, Owner of Rundles Restaurant

### *Gastronomy*

This component will give the student chef a wider understanding of modern cookery by studying the major developments in cooking throughout history. Studying the writings of modern-day gastronomes enables the student to expand culinary literacy and to gain an appreciation for the gastronomy of our time.

Seven major historical periods are examined weekly in classes. The student gains a specialist's knowledge of one assigned period through a research project prepared in the first term. In the second term, the three fathers of modern classical cooking are studied and the student chooses one of those figures for an in-depth report. The course closes by bringing into focus the current state of the art in Canadian cuisine.

Hours: 24

Instructor: Eleanor Kane, SCS Director & Co-Founder, Co-Owner of The Old Prune Restaurant

### *Pastry Theory*

The student will learn to understand the basic preparations for bread and pastry and to gain an appreciation for the building blocks of the science: leavening agents, flours, eggs, wetting agents, temperatures and timing. The student will gain an understanding of the need for precision and accuracy in pastry work. This theoretical material is delivered as part of Pastry Practical.

### *Recipe Specifications*

Recipe Specs, as they are known among students, teach students how to analyze a recipe according to a recipe goal and impart the knowledge and skills required to achieve this goal. They also require students to analyze and choose the watch points during the dish's preparation that may influence the result. Recipes that best illustrate the weekly method of cooking are selected and the student is required to submit written specifications on these recipes and on the cooking method itself. This exercise is the foundation for Level 2 Restaurant Labs, where the same approach is used to understand a full menu and its execution. Instruction in preparing Recipe Specifications falls within the Cookery component of the program and submissions are made to cookery instructors.  
Hours: Independent Study

### ***Wine Appreciation***

An introductory course designed for the novice wine enthusiast. Whether you're looking to build on an existing career in hospitality or to enhance your enjoyment of wines, this course provides an introduction to the basic aspects of sensory evaluation that are frequently overlooked when drinking wine. You will study the different components of wine appearance, aroma and flavour.

This course offers a basic understanding of the major grapes used for making wine and their discerning characteristics as well as an introduction to fortified and sparkling wines. You will taste wines from around the world. Upon completion of this course (by the end of Level 2) you will have learned some basic wine terminology, rudimentary service techniques and some food-and-wine pairing theory; and you will understand label information and basic appellation concepts. The goal is to gain an appreciation for all types of wines and to feel comfortable and confident when selecting and buying wine.

Another of the course's goals is to lead you into Level 2 in which you will eventually write the **International Sommelier Guild (ISG)- Wine Fundamentals I** exam. This will give you an additional certificate – in wine appreciation – when you graduate from **Stratford Chefs School**. At that point you will be qualified to continue with wine courses offered by **ISG, such as Wine Fundamentals II** and eventually the **Sommelier Diploma Program**, if desired.

Hours: 24

Instructor: Peter Lavoie, Sommelier, The Old Prune Restaurant

### **Subject Area: Sanitation 1**

In this core subject, the student chef will identify all the basic rules of personal hygiene and apply them diligently. The student will learn to work in a kitchen safely and in an organized manner. The student will understand and apply Public Health Act regulations regarding food handling and storage so as to prevent food poisoning. The student will undergo the ADVANCED.fst® foodhandler-level food safety in Canada certification exam.

### Course Descriptions

#### *Sanitation Theory*

Upon completing this component, the student chef will know the basic rules of personal hygiene, understand the necessity of maintaining a clean establishment, be able to plan routine cleaning and maintenance of kitchen and tabletop equipment and understand the nature and dangers of chemical cleaning agents and pesticides.

The student will be able to work in a safe manner so as to prevent accidents or injuries. The student will be able to identify the causes of food poisoning and the means of eliminating the dangers of food contamination and poisoning in a restaurant environment. The student will gain a working knowledge of the Canadian Restaurant and Foodservices Association (CRFA) Sanitation Code and its application in the industry.

Hours: 12

Instructor: This course is offered on-line in conjunction with The Perth District Health Unit

#### *Sanitation Practice*

This component requires the student to demonstrate a practical knowledge of safe and sanitary work methods in kitchen practice. The student will be assessed throughout the academic year on his/her ability to put the principles of the Sanitation Code into effect while preparing recipes or menus. The student will learn the importance of efficient and organized work habits.

This assessment is delivered as a section of Practical Cookery.

### **Subject Area: Kitchen Management 1**

In this core subject, the student chef will learn the fundamentals of food costing as applied to recipe costing. The student is also introduced to the theories and practice of food and wine service and the importance of professional communication in both. The student will develop a basic understanding of food commodities and quality product grades. The student will learn to develop marketable menus that are balanced nutritionally and gastronomically, and that reflect current practice in the restaurant industry.

## Course Descriptions

### *Business Writing*

This component is designed to help the student chef to plan, research, organize and write the documents and assignments required by the core curriculum. The course introduces the essential elements of a well-written document, the steps from assignment to successful completion, and the formats required for specific documents related to core courses and business communications.

Hours: 12

Instructor: Diane Sewell

### *Commodities*

This class will introduce the student chef to various food commodities and to applying this knowledge to purchasing decisions. Qualities and grades of products will be highlighted. The course analyzes purchasing by exploring the decisions a chef must make in selecting commodities. Evaluation is conducted through quizzes, tests and assignments. Teaching includes lectures and guest speakers.

Hours: 24

Instructor: Mike Booth, SCS Purchasing Agent

### *Communications*

This component introduces the student chef to the principles of effective public speaking. Students learn the fundamentals of speech design and delivery and present both prepared and impromptu speeches. They also develop critical skills by evaluating each others' speeches.

Hours: 12

Instructor: Meg Westley

### *Food & Wine Service*

At the Stratford Chefs School, our challenge is to find a quick and effective means of teaching dining room service without the benefit of on-the-job repetition. To begin with, we do this by breaking down the waiter's job into its basic elements: posture, methods of holding trays and plates, movement (body position when serving food and drink and when removing items from tables), and the placement of trays, glasses, cutlery and dishes. These skills are then practiced in three environments:

- In movement classes that focus on the elements themselves and on building strength, flexibility and stamina.
- In drill classes, where the elemental skills are practiced in combination but without the complication of having to serve customers.
- In simulated restaurant settings (Restaurant Labs), where lunch and dinner are served to patrons of the School.

- By focusing first on the basic physical skills outlined above and second on good grooming and deportment, our intention is to lay a foundation of good work habits that enable our students to be poised and confident.

Hours: 24 class, 40 experiential

Instructor: James Morris, SCS Director & Co-Founder, Owner of Rundles Restaurant

### *Food Costing*

In order for student chefs to understand how a professional kitchen is managed, certain basic business skills must be developed. Food Costing will teach the student to apply these skills to specific food service tasks. Using materials from practical cookery classes, the student will learn to cost recipes. Methods of controlling costs will also be studied.

Hours: 24

Instructor: Mark Brown

### *Kitchen Management*

In this class, the student chef is introduced to the work of a chef de cuisine of a high-quality restaurant. The course will provide the foundation on which to plan a career: the ability to describe modern professional kitchen practice, including current culinary approaches and their historical antecedents; culinary terminologies and processes; and the duties and organization of a kitchen staff. In addition, the student will learn how to plan menus and research recipes that demonstrate an understanding of customers' needs and expectations; the ways in which menus reflect the focus of particular establishments; and modern gastronomical, aesthetic and nutritional principles. Students will develop a career plan that explains the need for professional attitudes, analyzes the careers of successful chef-owners of high-quality restaurants, and outlines a career path that is likely to lead to success as chef-owner of a high-quality restaurant.

Hours: 32

Instructor: Jim Morris, SCS Director & Co- Founder, Owner of Rundles Restaurant

## **2.3 Level 2 Core Subjects & Course Descriptions**

### **Subject Area: Food Preparation Practical 2**

This core subject provides the student chef with the opportunity to practise advanced techniques and methods of cookery and food presentation for a full menu. Menu themes explore the fundamentals of French regional dishes as practised in the French bistro restaurant, the expression of modern classical cookery as practised in international three-star restaurants, and the interpretation of modern cooking in successful restaurants in Canada. The student will have the opportunity to develop advanced skills in larder and pastry. The student is also introduced to the fundamentals of ethnic cooking.

## Course Descriptions

### *Ethnic*

This component will expand the student chef's understanding of ethnic cuisines, some of which have been introduced in the Level 1 program. The international nature of today's market and the customer's knowledge of diverse cooking styles have made it important for chefs to be aware of many cuisines when planning a menu. Japanese, Indian, Chinese, Moroccan, Middle Eastern and Italian regional cooking are some of the culinary topics covered in this component. Guest chefs are invited to the School to give workshops on specialty subjects such as sushi, dim sum and regional Indian cookery.

Hours: 64

Instructor: Chef Aaron Linley

### *Larder*

This component reinforces material covered in Commodities 1. The student chef will develop the practical and theoretical skills necessary for operating a kitchen in a small restaurant, including everything from purchasing ingredients, dealing with suppliers and judging quality, to basic culinary preparations. The academic year is divided into four segments. The first covers basics in butchery, fish and shellfish preparation. The second segment focuses on garde manger work: pâtés, terrines, sausages, curing, preserving and cheeses. The third segment focuses on hors d'oeuvre and preparations applicable to buffets and catering. For the fourth segment, the student will work on theoretical and practical assignments throughout the academic year.

Hours: 64

Instructor: TBA

### *Pastry*

This component builds on the knowledge and skills developed in Level 1 Pastry. The student will learn more complex pastry techniques and applications, including advanced work in chocolate. Recurring techniques in the Restaurant Labs such as puff pastry and bread making will be reviewed in class to ensure that the student has a solid base of understanding.

Hours: 64

### *Restaurant Lab Achievement*

The Restaurant Lab component – the Stratford Chefs School dinners – is a practical cookery exercise in which the student chef continues to develop basic culinary skills. In addition, the student has the opportunity to understand three very different applications of cuisine: bistro; modern classical French; and contemporary cuisine as practised by SCS's visiting celebrity chefs, from Canada and abroad.

The student as chef, directing a team of fellow students, executes an assigned menu that emulates either a style of cooking or the work of noted international chefs. In the

Restaurant Labs, the student prepares both luncheon and dinner menus for 30 to 40 guests. Each student has the opportunity to work as chef and to rotate through each of the other positions on the kitchen and dining room team.

Students are evaluated on both product and performance.

Hours: 200

### **Subject Area: Food Preparation Theory 2**

This core subject will broaden the student chef's knowledge of more complex theories of cookery and gastronomy; the student will then apply this knowledge to an analysis of restaurant menus prepared by leading international chefs. For an enriched understanding of current gastronomy, the student will explore a topic of culinary history. As well, the student will have the opportunity to appreciate the scope for individuality within the restaurant industry through exploring design in decor, materials and table appointments.

### Course Descriptions

#### *Food style*

This component examines restaurant concepts such as bistro, classical and modern. The course examines everything that influences our perception of a restaurant – decor, the grooming of the staff and clients, food and drink presentation, background music, lighting, flowers, style of service and graphics.

The underlying premise for this component is that a successful restaurant is a perfect partnership of food, drink, decor and service. Through workshops, the student chef is introduced to design specialists: interior designers, florists and graphic artists whose services they may need in setting up a restaurant of their own.

While it is not expected that students achieve proficiency as a restaurant designer, in order to show that they understand the importance of good design, they are required to prepare conceptual designs for two restaurants and to participate in creating the décor for the Stratford Chefs School Restaurant Labs.

Hours: 24

Instructor: Jim Morris, SCS Director & Co-Founder, Owner of Rundles Restaurant

#### *Gastronomy*

This component will broaden the student chef's knowledge of the field of gastronomy through reading material, group work and written exercises. The work of Brillat-Savarin is examined in depth in order to draw parallels between the gastronomy of today and the gastronomy of the past. Biographies of 20<sup>th</sup>-

century figures in the field of gastronomy are studied and reviewed. Readings and discussions about specialists in Italian and Japanese cuisines enhance knowledge for the practical ethnic cookery classes. The subject of taste is examined from the perspective of the food-production system and the chef as an agent of change.

Hours: 24

Instructor: Eleanor Kane, SCS Director & Co-Founder, Co-owner of The Old Prune

### *Restaurant Lab Menu Theory*

Preparing a written menu package for two menus will provide the student chef with the opportunity to prepare a critical analysis of each menu. with an eye to style of cuisine, gastronomical and nutritional approaches, food styling, design features of the menu and the cuisine it represents, and the menu's marketability in today's restaurants. Menu packages are evaluated by the directors.

Hours: Independent Study

### ***Wine Appreciation***

As outlined in **Wine Appreciation Level 1**, this course will be a continuation of the previous year's curriculum. This level involves more tasting and more food-and-wine pairing theory. The ultimate goal, however, will be to prepare you for the **WFC1** exam in February. Upon successful completion of the exam you will receive a certificate (separate from your Stratford Chefs School diploma) from the **International Sommelier Guild**. This will allow you to take other courses offered by **ISG**, such as **Wine Fundamentals II** and eventually the **Sommelier Diploma Program**, if desired. **An additional cost will be added to your fees in order to write this exam.**

Hours: 32

Instructor: Peter Lavoie, Sommelier, The Old Prune

### **Subject Area: Sanitation II**

#### *Restaurant Lab Practice*

Student chefs will be evaluated by the chef instructor for each menu they help to prepare.

### **Subject Area: Kitchen Management II**

On completion of this core subject, the student chef will understand and be able to apply standard methods of food purchasing, food-cost control and accounting for food purchases. The student will have had the opportunity to develop a design concept and business plan for a prospective restaurant. And the student will understand written and oral business communication in restaurant management, preparing an organization chart, job description, job specifications and training plans for the Restaurant Labs.

## Course Descriptions

### *Communications*

This component expands the student chef's understanding of public speaking and interpersonal communication. As part of the Restaurant Lab exercise, students increase

their proficiency at designing and delivering short speeches. Students also explore interpersonal communication and leadership skills relevant to the restaurant industry.

Hours: 12

Instructor: Meg Westley

### *The Business of Restaurants*

This component will provide the student chef with a sound approach to food costing and the business management techniques needed to become a professional chef. The student will study specific food-costing techniques, set up a bookkeeping system for Restaurant Lab dinners and learn how to complete a business plan for a prospective business.

The chef as a business person is the underlying theme of this component, which consists of three sections: food costing, bookkeeping and business management. The student will learn about the need for accurate records and, more importantly, how to analyze the information that records provide. Food costing will be completed by mid-term; bookkeeping and business planning will gradually develop as the major subjects in second term.

Hours: 32

Instructor: JD Graham

### *Restaurant Lab Delivery Plan*

This component provides the student chef will prepare two menu packages: an organizational analysis of each of the two menus. Issues considered include; the purchasing of food, portions control, cost control, an organizational chart, job specifications and training action plans. The menu packages are evaluated by the directors.

Hours: Independent Study

### *Food & Wine Service*

The skills acquired in Level 1 Food & Wine Service are enhanced through classroom work and further practice in the Restaurant Labs, where students serve as maitre d', sommelier and food servers.

Hours: 12 classroom, 50 experiential

Instructor: Peter Lavoie, Sommelier, The Old Prune