



SAN FRANCISCO COOKING SCHOOL

Culinary Arts Program Overview

The SFCS Culinary Program is designed to balance academic fundamentals with relevant industry exposure. You will simultaneously dive into a rigorous in-class, hands-on curriculum while also gaining access to and learning about the San Francisco food community. The Culinary program is built on a core set of classic fundamentals, and as the program progresses, more modern skills and relevant techniques are introduced, ensuring students graduate with a skill set that prepares them for entry level work in many aspects of the culinary industry. We impart not only the hard skills that go into being proficient with technique, but the soft skills so important for knowing how to build intuition and strong kitchen work habits.

In order to graduate, you must complete all education hours (720 hours), your grades must average a minimum of 70%, and you must not be on any type of probation, as per the student handbook.

The Full Time Culinary class meets Monday through Friday from 9am to 3pm, until your externship begins. The full term is six months.

The Part Time Culinary class meets Wednesday and Thursday from 6-10pm and Saturdays from 9am-3pm, until your externship begins. The full term is one year.

This is a rigorous and intensive class that is hands-on every day, with an immense amount of verbal instruction. The four curriculum modules for our program are outlined below. Each module includes the education objectives we expect you to meet as you progress through the course.

UNIT I: FOUNDATIONS (210 Hours)

In these first lessons of your program you will be building basic culinary foundations as well as knowledge of key ingredients. Salt and seasoning play an important role here as you become skilled at creating balanced dishes. From day one we will teach you how to work smart, building a prep list, organizing your work, communicating professionally, and practicing food safety.

You will cook daily, starting with basic knife skills and working towards a mastery of both dry and moist heat cooking methods. Repetition is critical in these first weeks. Knowing how to perfectly poach an egg or the precise way to julienne vegetables doesn't come from a couple short lessons. These are instincts that are developed after much practice and you will get this practice each and every week. Our goal here is to help you create a battery of innate skills that become second nature to you in the kitchen.

Week One:	Knife Skills, Introduction to Soups and Sauces
Week Two:	Vegetable Cooking, Dry and Moist Heat Cooking Methods, Butter Sauces
Week Three:	Eggs, and Egg Based Sauces, Sweet and Savory Custards, Soufflés
Week Four:	Salads, Stable and Unstable Emulsified Sauces, Poultry
Week Five:	Written and Practical Exams



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Learning Objectives for Unit I are as follows, and will be measured via your in class participation and your first exams. Exam #1 will happen during week five of school for full time students and during week 10 for part time students, and will include a written test (25% of your grade) and a three-hour practical exam (75% of your grade). We will also assign you a general performance grade, based on your participation in class. Your general performance is 25% overall course grade and your exams are 75% of your grade.

- Proper Sanitation and Food Safety
- Efficient Knife Skills and familiarity with basic cuts
- Smart work habits and prep organization
- Correct building of homemade soups, stocks and basic sauces
- Proper execution of egg cookery
- Recognition of seasonal vegetables and their proper storage, prep, and cooking methods
- Understanding of dry and moist heat cooking methods
- Knowledge of the importance of salt, seasoning, and balancing a finished dish
- Preparation methods for Chicken and Duck

UNIT II: APPLICATIONS (90 Hours)

The next set of lessons in the program takes the foundations you've learned and teaches you how to apply them to create new dishes. Proteins come in to play with butchery and new cooking methods. You will build integrated dishes, influenced by the ingredients and flavors you're already familiar with as well as the new techniques you will be learning. Repetition plays a key role in helping build your culinary know-how; so expect many skills to become second nature during this unit. You will focus more on plating, composing finished dishes that are restaurant quality.

Week Six:	Rabbit and Fish
Week Seven:	Shellfish and Lamb
Week Eight:	Beef and Pork
Week Nine:	Charcuterie and Offal
Week Ten:	Grains, Legumes, and Rice; Written and Practical Exams

Learning Objectives for Unit II are as follows, and will be measured via your in class participation and your first exams. Exam #2 will happen during week ten of school for full time students and during week 20 for part time students. Exam formats and grading will be the same as Unit I.

- Butchery and cooking methods for lamb, beef, pork, veal, poultry, and fish
- Cooking methods for grains, legumes, and pastas
- Preparation of shellfish
- Continued proficiency in knife skills and sauces preparation
- Composing finished dishes at the pace of a professional kitchen
- Recognition of different plating techniques and when to use them



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UNIT III: EXTENDING YOUR LEARNING (180 Hours)

With all the basic cooking methods and ingredients covered, you're now ready to explore new techniques. You'll begin your work with dough, both sweet and savory, and move on to more lessons in baking and pastry. This base knowledge of the pastry kitchen is critical to any well-rounded cook. This is also the time when you begin to use more modern cooking techniques, incorporating them into the preparation and presentation of your food. The classroom culmination of this unit is a final project (Pop Up Market or Restaurant Week), where you and your fellow students transform the teaching kitchen into a working food business. This week will really let you prove to yourself how far you've come in the kitchen. It is the ideal bridge between your time in the kitchen classroom and your externship.

Week Eleven:	Quick Breads and Pasta
Week Twelve:	Sweet and Savory Doughs, Pizza
Week Thirteen:	Gelatin Desserts, Fruit Desserts, Cake Assembly
Week Fourteen:	Fresh cheeses, Cultured Milk Products, Cookies, Plated Desserts
Week Fifteen:	Menu Planning, Review, and Final Written and Practical Exams
Week Sixteen:	Restaurant Week

Learning Objectives for Unit III are as follows, and will be measured via your in class participation and your first exams. Exam #2 will happen during week fifteen of school for full time students and week 30 for part time students. Exam formats and grading will be the same as Unit I.

- Dough making, both sweet and savory: laminated, yeasted, quick breads
- Basic cheese making
- Understanding of recipe development
- Integrating the professional pastry kitchen via tart doughs, cake bases, cookies, and confections
- Plating finished desserts
- Introduction to Front-of-the-house management skills

At the end of your time in the classroom we will average your grades from each of the three units to assign a cumulative grade. You must have a cumulative grade of at least 70% in order to be placed in your externship, and be eligible for graduation.



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Unit IV: EXTERNSHIP (240 hours)

The externship is a required part of the program and SFCS will work to find you a placement that makes sense. The goal of the externship is to apply all that has been learned in the previous modules to learning in a real world setting. This experience is an invaluable extension of the curriculum. You will be earning school credit-this is not a paid position.

The externship is a required part of the program and SFCS will work to find you a placement that makes sense. Once this placement is made, it is your responsibility to set up a time to meet with your mentor and follow through with scheduling your externship hours. The goal of the externship is to apply all that has been learned in the previous modules to learning in a real world setting. This experience is an invaluable extension of the curriculum.

Learning objectives for Unit IV are outlined below. Your mentor will submit a feedback form to San Francisco Cooking School detailing your performance at the end of your externship based on these key areas. Externships are graded pass/fail based on this feedback, and any other conversations we may have had with your mentor. Maintaining a minimum grade of 70% (cumulative) at the end of the classroom portion, along with completing and passing your externship, will determine your ability to graduate. If you choose to do a Food Entrepreneurship or Food Media externship, you will be presented with your learning objectives prior to starting your project.

- Culinary Basics: demonstrating a competent grasp of core skills
- Pace: keeping up with the pace of the kitchen
- Taking direction: asking appropriate questions, taking direction, and working independently where necessary
- General Performance and Attitude: Showing up on time, preparedness, going the extra mile without prompting, showing a drive/passion

Note: San Francisco Cooking School reserves the right to amend and updates this curriculum. This document is designed to give you an overview of what you will learn as a student at SFCS but the order of instruction and specific lessons are subject to change.