

What's Cooking At TIC" Curriculum created by our passion and enthusiasm to expand our gift of serving.

Learning Objectives:

The "What's Cooking at TIC" has four goals to ensure TIC guest(s) will have an enjoyable and memorable experience.

- Teamwork
- Safety
- Cooking creatively
- Serving with quality and value

Three Levels of Study: Minimum Age 13

Guestology Basic	Hospitality and Service of Your Guest	4 hour session 10.1, 10.2, 10.3, 10.4, 10.05
Prepology Intermediate	Essential Kitchen Fundamentals /Kitchenware	4 hour session 10.6, 10-7, 10.8
Cookology Advanced	Creational Cooking/Hands-On Interacting	4 hour session 10.9, 10.10, 10.11 4 hour session per course 10.12, 10.13, 10.14, 10.15

Each student will be required to take a written and a skills test for each course. Upon passing, each student will receive:

- **Guestology** - Certificate of Completion
- **Prepology** - Certificate of Completion and TIC Professional Knife
- **Cookology** 10.9-10.11 - Certificate of Completion and TIC Chef Apron
- **Cookology** 10.12-10.15 - TIC Hospitality Designation Diploma and TIC Chef Jacket

A graduation ceremony will concluded once all courses have been completed with a hospitality event for family and friends.

Basic Curriculum

GUESTOLOGY

10.1 Basics of WOW - Hospitality and Service

- What is Hospitality
- Types of Hospitality
- The Difference Between Hospitality and Service

10.2 Feelings You Want A Guest to Have

10.3 Characteristics of a Guestologist

- Appearance - Personal hygiene, personal attire, Team Work, Communication
- Preparation -Menu, Shopping, Room Set Up, Table setting, Side Station, Clean up, Job, Assignment, Kitchen Communication, Serving Assignments, Decorating
- Presentation – Serving, Maintain Service During Meal, Clearing Table, Proper Hand and Tray Service
- Dining Etiquette

10.4 **Setting Up Your Kitchen Work Station**

- Operate, Disassemble, Clean, and Reassemble Kitchen Equipment
- Kitchen Rules and Safety
- Sanitation Procedures
- Organize Your Kitchen – Top Kitchen Gadgets
- Advance Food Preparation and Food Storage
- Kitchen Clean Up Checklist

10.5 **Cooking Methods and Techniques**

- Food Preparation Methods - Moist Heat, Braising, Poaching, Simmering, Boiling, Steaming, Roasting, Baking, Grilling, Sautéing, Pan Frying, Deep Fry
- Identify a Use of Seasonings – Eight Basic Culinary Herbs
- The Difference Between Fresh and Dried Herbs
- Cooking Math - Measuring Devices For Liquid and Solids, Cooking Temperatures
- Cooking Science - Identification of Fruits, Vegetables, Meats
- Cooking Terms
- Cooking With A Recipe
- Menu Planning

Intermediate Curriculum

PREPOLOGY

10.6 **Cooking Points of Various Fats and Cooking Oils**

- Edible Garnish
- Ready To Use Substitutes

10.7 **Basic Knife Skills and Safety**

- Chop, Dice, Slice Techniques

10.8 **Cut and Cook Variety of Vegetables**

- The Power of Fruits and Vegetables
- Salad Preparation
- How To Sauté Vegetables

Advance Curriculum

COOKOLOGY

10.9 **Soup, Sauces, Broths, Pasta**

- Soups
- Tomato Sauces
- Vegetable, Chicken and Beef Stock
- Perfect Pasta

10.10 **Dairies, Eggs and Cheese**

- Different Types of Milk and Crèmes
- Composition and Function of an Egg
- Versatility of an Egg
- Various Market Forms of Cheese,

10.11 **Bakery – Pasties, Breads, Pies, Cakes**

- Bakery Terms
- Various Bakery Ingredients Categories

- Cake Decorating

10.12 **Beef**

- Quality Grades and Cuts of Beef
- Methods of Cooking

10.13 **Poultry**

- Chicken and Turkey
- Methods of Cooking

10.14 **Seafood**

- Types of Seafood
- Methods of Cooking

10.15 **Lamb, Pork and Veal**

- Methods of Cooking