



Cookery Institute

Start a New Career,
Food Business, or Cook like a Chef

COURSE GUIDE



ONLINE COURSE IN PROFESSIONAL COOKERY

“ I undertook this course with very little expectation as to what I would learn. I have been overwhelmingly surprised and delighted with the course. My knowledge has increased tenfold. I now know things about food that have made cooking and eating it more pleasurable” David Witkin, Perth, WA

ABOUT OUR COURSE

The Cookery Institute's Philosophy.

At the Institute, Cookery is the art, science and practice of Cooking techniques to enhance textures, flavours and presentation to make any food experience memorable. We believe that **Our World is a Better Place with Better Cookery**. If you love everything about food and want to transform your passion into a viable Career, Start a Food Business or Cook like a Chef, read more about our Course.

Course Design

Our course covers the basics of the Australian National Training Packages and Curriculum but is more developed than any Cert. level training or any VET course. **It is a comprehensive and structured course, from beginner skills (Knife, Equipment, Food Categories) including all Cooking Methods, to Menu Build and Presentation Skills to produce texture/flavour profiles** with eye appeal for memorable food events. **There is no equivalent course content in Australia**. Technically, the Institute's course will enable you to apply theoretical and technical Cookery knowledge to develop your skills for commercial or home cooking environments. The Course is designed to develop and test cognitive, technical and communications skills to:

- Identify, analyse and plan so that you can personally execute Cookery objectives;
- Express your creativity in Cookery;
- Deal with unpredictable problems that may arise;
- Communicate and transfer the knowledge and specialized skills to others.

It will also enable you to further specialise in areas of Cookery specialisation that you may wish to pursue like Patisserie, Saucier etc. The course has been developed by a number of course authors directed by Ross Wiseman. He brings over 35 years' experience in training students at a renowned cookery training institution in Melbourne. We have harnessed this experience, developed it further and designed it for online delivery. See Course Outline for each Module's content.

Career/ Job prospects.

If you are interested in a career in commercial cookery, employer Chefs recognise our course. The position (as trade cook, commis, section etc.) will depend on the establishment size, how it is organised and any experience you may have. At the end of the day, any good employer will test applicants' abilities rather than just rely on any paper like a Certificate, Diploma etc. Hence, our course is **designed to develop cookery techniques for students to be able to demonstrate competence**. The Certificate of Attainment and Membership of the Cookery Institute sets out the areas of competence achieved and potential Employers can check a student's qualification with us at any time.

Student Support

At all times during the Course, **you will have (24/7) email access to Student Support and your allocated Tutor** to help you achieve the required Module standard. It is through managed practice that you will develop your Cookery skills and get the Certificate awarded to you.

Course Duration

The normal duration of the Course is 24 weeks. However, our Course design enables you to **study and practice at your own pace and time** to develop your Cookery skills. You can complete the course sooner or later than 24 weeks. We can also accommodate extensions to meet students' changing situations and commitments. There are no additional charges if you do not complete within 24 weeks. We recommend you dedicate few hours of study time per week and take your time to work through the material. Your Tutor and Student Support will be there to assist you with any issues.

Enrolment Requirements

Previous experience in Cookery is not necessary. **All you need is to be able to communicate in English, access to the internet and a commitment and passion for food.**

Course Administration

Enrolment is online. You can enrol to start anytime. Just choose the Course Fee option that suits you. **We don't have semesters or deadlines to start the course.** As soon as you enrol, our admin will set up your secure unique student zone and email your login details to your unique Secure Student Zone of our Course site. Thereafter, you can login at anytime using your unique Student ID to start the first Module.

Refund Policy

You may examine the first two Course modules for 7 days from your enrolment date. If you decide for any reason whatsoever not to proceed, **email CI of your decision within the 7 day period for a full refund**. The refund will be credited back to the payment method used to enrol.

Materials Needed

The only equipment you will need is:

- A basic Knife Set. You can use your own or take advantage of the deals we have made with industry suppliers.
- Phone or camera to take and save photos or video for upload to Assignments. Our systems make it very easy to upload your phone files.
- A computer to access the internet for downloading Modules, uploading Assignments and communication with your Tutor. This course is fully compatible with both PC and Mac computers and all operating systems.
- Access to a basic kitchen with basic kitchen equipment.

Course Assessment

Each Module includes an assignment to test competence. The assignment includes a Theory section (Word .doc format) and a Practical section (can be written + photos or video taken by a phone/iPad) which are uploaded in the Student secure zone for the Tutor to assess. The assignments are designed to test the student's competence in the Module's content. **The Tutor's assessment for marking also includes valuable advice and comments to build your skills and competence.** The assessment and grade are posted in the Student's record in the Student's secure zone.

COURSE OUTLINE

The Course comprises **13 Modules to build your technical skills and knowledge** that will lead to your Certificate of Attainment and Membership of the Cookery Institute to Start your new Career, Start a Food Business or Cook like a Chef. The Modules include pictorial and video links to explain the technical content of the Modules. The carefully constructed Modules will build your knowledge and skills and with each Module's completion you will build your confidence to apply your creativity to dishes or as we say, to Choose Local, Cook Global!

Throughout the duration of your course you will be personally supported by your allocated Tutor who you can contact at any time after login to your secure student zone.



Module 01: Knives

The Knife is the Chef's most essential tool. Module One will teach you **all about knives** including, how to choose knives, how to maintain them, how to store your knives, safety with knives, which knife to use for the appropriate food or cookery process and how to get the best use out of your knives. With this best practice knowledge and practice, you will develop the best knife skills to boost your confidence to Start your new Career, Food Business or Cook Like a Chef.

Module 02: Cooking Equipment

The old adage **"use the right tool for the right job"** also applies to Cookery and the Institute's philosophy on Cookery equipment and tools is based on the principle of "suitable for use". Module Two will introduce you to the variety of available and latest Cookery equipment. From what to look for in pots and pans, all small and big equipment to all appliances including Sous Vide equipment, you will learn all about the best equipment for any cookery method. It will also introduce you to the different **heat transfer methods for cooking food** so that you develop what we call **Cookery Awareness**.

Module 03: Food Categories and Preparation

Any dish can only be as good as its ingredients and how they are combined and cooked. This Module will develop your knowledge of the various food category groups to pick and **get the best out of all ingredients** for any planned food event. You will also learn all about **Health and Safety** around any kitchen.

Module 04: Planning the Menu

You have probably heard comments such as "they go so well together", "depth of flavours", "contrasting textures" and as many more as our taste buds and mouthfeel have evolved to relish certain combinations of different food items, contrasting textures by adding crunch from seeds or nuts, adding acidity to balance fat and the distinct richness by adding body to a sauce from dairy and eggs. Building on the knowledge about Food Categories from Module 3, it introduces **the basics of flavour, texture and eye appeal**. We will introduce you the Institute's Recipe Development Principles to **Choose the hero food item, Accompany it, Dress it and Show it**.

Our Recipe Execution Principles will show you how to execute any recipe and the related **arts of Marinating, Seasoning and Finishing a dish**. To cook like a Chef, Start your new Career or Food Business you have to plan because, as a wise chef once said: "Failing to plan is planning to fail". This module will show you how to Devise the Menu, Source Recipes, Source Ingredients, **the importance of Mise en Place**, Have the right Equipment in place; Dish Presentation for eye appeal and introduce you to our "WorkPlan" to make sure the dishes for the planned food event are delivered as and when planned. You can then start to build your Library of Workplans to perfect dishes as seasons and locality change to strive for perfection.

Module 05: Steaming

Steaming is a favourite as it is **low calorie, fat free and retains the nutritional value of the food**. This Module will explain the Steaming process, **the science behind the different methods of Steaming**, suitable equipment for Steaming, the benefit of Steaming and the importance of safety when Steaming.

Module 06: Boiling & Poaching

This Module will explain the Boiling and Poaching processes, **the science behind them and the difference between them**, suitable equipment, the benefits of Boiling & Poaching, the importance of safety and what foods are suitable for Boiling & Poaching.

Module 07: Simmering, Stocks & Sauces

This Module introduces Simmering, how it is different to Boiling/Poaching, the Simmering process, appropriate equipment for Simmering, the benefits of Simmering and what foods are suitable including the **development of the important Stocks - the hidden hero in most dishes**. You will develop your knowledge and technique to make basic Stocks, how to extract maximum flavour for Stocks and what products are derived from Stocks, including **Sauces**. It explains how thickening agents are added to make various Roux for Base, Derivative and Miscellaneous Sauces to develop your Saucier skills. Following from Module 6, you will develop your Stocks and Sauces as crucial elements to Showcase the hero food item.

Module 08: Braising & Stewing

(Slow Cooking)

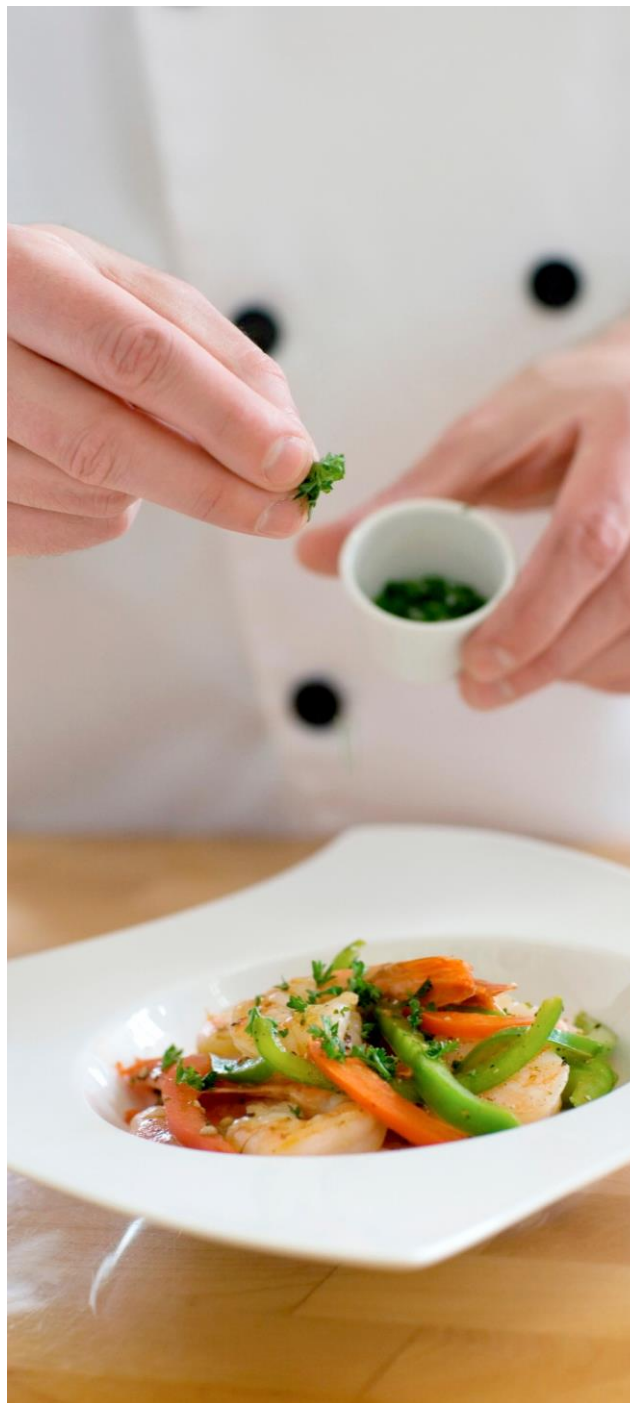
These increasingly popular methods of cooking take rough, tough and cheaper cuts of food to create wonderful tasty dishes. This Module will explain the difference between them, what equipment to use, benefits, safety and what foods are suitable for each of these cooking methods. An important element of Braising and Stewing is **Browning and Sealing**. This module will also explain **the Maillard reaction and Caramelisation** to build your knowledge and skills. It includes practical recipes to demonstrate the difference between the two cooking processes to produce food with good texture, and a combination, depth and complexity of flavours.

Module 09: Roasting

This Module will explain the cooking method of Roasting, the techniques and science of **Deglazing and techniques for “doneness”**. It includes The Institute’s developed Roast Chicken recipe, a must for any student of Cookery to cook like a Chef or Start your own Food Business.

Module 10: Baking

Apart from **Flavour and Texture elements** common to all other cooking methods, the Institute’s approach to Baking introduces **Structure as a unique element of Baking**. The module includes detailed **analysis of Ingredients for Baking and the science behind how they react and interact to produce Baking products**. With this knowledge, the module will demystify any misconceptions of how mysterious and complicated Baking is and show **how straightforward and predictable the exact science of Baking can be**. The module includes **best Baking Technique** and analyses **all High and Low Temperature Baking Products** including, all types of pastries and short products.



Module 11: Grilling

As another principle of cooking. This very popular method is a favourite with most people and a must to master. It is probably the first cooking method developed by man and has evolved over the ages with developed equipment just for Grilling. To achieve the best results with Grilled food you need to **understand the Grilling process**, suitable equipment to use, Grilling techniques for assessing “doneness” and foods suitable for Grilling. It also **explains Barbecuing and how to get the most out of your Barbecue** which is becoming increasingly popular in restaurants as Charcoal Grilling.

Module 12: Frying

Another favourite cooking method that has produced a myriad of fast food businesses. This module will **demonstrate the different methods of frying**, suitable equipment, the **importance of Coatings** for Frying and the **different Coatings and methods** suitable for different foods. It also explains **how to make perfect Omelettes**, an often-used test by employer Chefs to test an applicant’s Cookery ability.

Module 13: Food Presentation

Just knowing how to prepare professionally cooked food is not where your cooking skills should end. To start your new Career, Food Business or cook like a Chef you will need to learn **how to present food that entices a food experience** and says “eat me”. This Module will show you the Art of Food Presentation and its four elements:

- Placing the Food on the Plate (Plating)
- Choice of plates and cutlery
- Garnishes
- Table setting

Module 14: How to Start a Catering Business

This is an elective module not included for the award of the Certificate of Attainment and Membership of the Cookery Institute. It is not included in the cost of our Certificate Course. There is an additional fee for this module and the fee includes the module and assessing of the assignment by our specialist tutor on catering businesses. It will explain some **basic principles to build a successful catering business** to ensure you have the right cash at the right time and more importantly not to run out of cash, including good marketing advice for the business.

The Modules have been designed to build on prior Modules’ content. As your knowledge and skills develop, you will also develop what we call Cookery Awareness to Start a New Career, Food Business or Cook like A Chef.



LEARN FROM
SKILLED INDUSTRY
PROFESSIONALS

ENTRY REQUIREMENTS

Previous experience in Cookery is not necessary to enrol in our course. We only ask that you have enthusiasm, commitment and a passion for food.

If you have any commercial kitchen experience you may be able to apply any formal credits you have achieved. Just contact StudentSupport@CookeryInstitute.com.au.

Remember, every successful Cook, Restaurateur or Chef was once a complete beginner and a structured course is the best way to Start Your New Career, Food Business or Cook like a Chef.

MATERIALS NEEDED

The only equipment you will need is:

- A basic Knife Set. You can use your own or take advantage of the deals we have made with industry suppliers.
- Phone or iPad to take and save photos or video for upload as part of the Practical section of your Assignments. Our systems make it very easy to upload your phone files after login to your secure Student Zone.
- A Computer to access the internet for downloading Modules, uploading Assignments and communication with your Tutor. This course is fully compatible with both PC and Mac computers and all operating systems.

WHAT YOU WILL MASTER

You will attain the knowledge and skills to professional level Cookery.

As your confidence grows you will be able to apply your creativity to develop your own dishes to enhance any dining experience, including good analysis and critique - essential elements. You will gain the skills and confidence to develop your career, start a food business or cook like a professional Chef.

Your World is a better place
with better Cookery





Cookery Institute

Certificate of Attainment and Membership

This is to certify that

has this day been admitted a

Member of the Institute

Membership No. _____

and has successfully completed the Cookery Institute's course
in theory and practice for competence in:

Knife Skills; Cooking Equipment and the principles of "suitable for use", mise en place and cleaning procedures; Food categories, storage and preparation; Menu Planning with Workplan and Work Schedule competence, Cooking methods of Steaming, Boiling and Poaching, Simmering, Braising and Stewing, Baking, Roasting including Barbecuing, Grilling, Frying; including competence in Stocks and Sauces, Marinading, Sealing & Browning, Seasoning, Deglazing, Finishing a Dish and Food Presentation,

Given under the Common Seal of The Cookery Institute

this _____ day of _____, 20____.



Chairman of the Board



Cookery Institute

Your World is a better place
with better Cookery

YOUR QUALIFICATION

The course comprises 13 comprehensive modules developed by the Institute to build your Cookery knowledge and skills that will lead to your Membership of the Institute to Start a new Career, Food Business or Cook like a Chef. At the end of each Module you will submit an Assignment designed to test your understanding and practice of the Module content. Our qualified Tutors will assess, mark your assignments, post to your secure student zone and send you their assessment with relevant advice. On completion of all the Course Modules, your assessments and Tutor recommendation are presented to the Institute's Qualification Standards Board for assessment and award of the Cookery Institute's Certificate of Attainment & Membership. It includes certification of the areas of Cookery Competence achieved. Because Cookery techniques are always evolving the Board has developed the award to include Membership of the Institute for lifelong access to the latest developments and trends in Cookery. In addition, for students interested in a career, you can request a certified Transcript of Academic Record achieved for any future employer at any time.

OTHER BENEFITS OF QUALIFICATION

Membership is lifelong. You will have access to the latest Modules on trends and developments in Cookery. You will also get our unique Apron with embroidered name awarded solely to our qualified students. Finally, you will also be entitled to Trade Discounts with our partner suppliers for all kitchen equipment, uniforms, footwear etc. Just contact us with your requirements and we will let you know the trade price before you pay.



FEEDBACK

The Institute welcomes all student feedback for course development and improving interaction with the Institute. This is done at the end of each Module assessment, through periodic surveys and any relevant comment through Tutor interaction at any time.

One of our first qualified students says:

"I undertook this course with very little expectation as to what I would learn. I have however been overwhelmingly surprised and delighted with the course. My knowledge has increased tenfold. I now know things about food that have made cooking and eating it more pleasurable. Pairing flavours and textures has become a hobby. I also understand the theory of many of the elements of cooking..." **David Witkin, Perth**

You can contact David and other testimonials through the Institute.



Cookery Institute

C O U R S E G U I D E



ROSS WISEMAN



WAYNE MCBEAN



TINA SNYDER



WENDY GROUBY



Our Tutors

Ross is our leading tutor. His continued tutoring enables him to be sensitive to industry developments and student needs so that the course remains cutting edge and the best online course to Start a New Career, Food Business or Cook like professional Chef. Ross uses his knowledge and industry experience to select appropriate tutors to work on this course. They are chosen for their experience, success in cookery and ability to communicate and assist students online.

MEET YOUR TEAM

The Cookery Institute's team of qualified professionals are here to develop your cooking skills and guide you through your certificate course. As part of their tutoring they will reveal secrets that have brought them success to build your confidence to start your new career, food business or cook like a professional Chef.

OUR COURSE DEVELOPMENT TEAM

Our Course has been developed by a team led by Ross Wiseman. Ross has extensive commercial Cookery career and teaching experience. As a young man, food and all things Cookery fascinated him. He started his cooking career as an apprentice chef at the famous Savoy Hotel. He then went on to work at the Hilton Hotel in Munich.

He returned to Melbourne as part of the team to open the Melbourne Hilton. To gain more knowledge of the intricacies of meat and meat products he also owned and operated his own butcher's shop for over 3 years. He returned to the Cookery profession and went on to work in the kitchens of a number of leading restaurants. With enough experience under his belt, he opened and managed his own restaurant

in Melbourne for over 6 years. During his commercial career he got involved in teaching and discovered the invaluable contribution of his commercial experience to teaching. His teaching experience includes over 33 years teaching students and developing cookery courses at a prestigious cooking institution in Melbourne.

He has literally helped to start thousands of cookery careers. He was a member of a cookery network group in Melbourne that developed National Curriculum for cookery programs in Australia.

He is a member of the Australian Guild of Professional Cooks and is currently a judge for Catering Awards within Australia.

OUR CONTACT INFORMATION



Cookery Institute

General Enquiries:

StudentSupport@cookeryinstitute.com.au

Administration:

enrol@cookeryinstitute.com.au

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www.cookeryinstitute.com.au



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