



10 Week Culinary Arts Program

Sample Curriculum

Week 1: Safety and Sanitation, Knife Skills

Week 2: Knife Skills and Salad Preparation

Week 3: Egg Cookery

Week 4: Roasting and Sautéing

Week 5: Braising and Poaching

Week 6: Resume and job search skills

Week 7: International Cuisine

Week 8: International Cuisine

Week 9: Mystery Basket (challenges in the kitchen)

Week 10: Buffet and Banquet Service, Graduation

Graduation Ceremony and Dinner

Students prepare and serve plated dinners to guests.

Students are invited to invite family and friends for their achievement and some guests may attend from Contra Costa Community