



## **TRAINING PROGRAM**

### **Course Syllabus**

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### **Course Description**

The mission of the GAP Culinary School and Commercial Kitchen is to provide on the job training to individuals who are unemployed or underemployed. While learning practical kitchen skills, students will be taking life skills classes, learning financial stewardship, and participating in leadership activities, in an environment that is supportive and drives success. Students will get hands-on training with providing meals to children, schools and the community as well as catering special events.

## **Dress Code**

Professionalism is the signature of the program and is the expectation of the students to dress appropriately and consistent with the industry.

## **Uniforms**

Black pants, black shirt, close toed shoes, marker, pen and a plain black hat.

## **Textbook**

On Cooking

## **Serve Safe Online Course and National Exam**

Students will be expected to take online courses and pass exams with a 75% or greater proficiency.

## **Expectation & Guidelines**

- Gap is a drug & alcohol free campus. This includes marijuana
- Hygiene must be completely 100%
- If sick with vomit and or diarrhea, you must not come to school
- Profanity is prohibited
- Attendance & punctuality is a must. No more than **one day** missed is allowable
- Drinks can only be in the kitchen in a cup with a lid & straw
- Music is only allowable on the Alexa, and must be encouraging music
- Eating is not to be done in the kitchen
- Only approved foods are to be eaten/taken
- Practical application 100%

### **Cell Phone Usage Policy**

The use of cell phones during class hours and events is not allowed, and all cell phones should be secured in a safe place.

A student must not respond to a phone call unless they determine it is an emergency and valid disruption to their responsibilities in class.

If a student receives an emergency message that requires the student to leave class, the student is requested to communicate with the instructor before they leave.

Excessive use of cell phones that cause a disruption in the learning environment is a cause for disciplinary action.

### **Food Allergies**

If a student has food allergies or dietary restrictions, please inform the instructor and a plan of action will be made to reasonably accommodate your situation if possible. If an epi pen (epinephrine auto-injector) is required, it is up to the student to have one on hand at all times.

### **Americans with Disabilities Statement**

Students with documented disabilities who may need special instructional accommodations or who may need special arrangements in the event of an evacuation should notify the instructor prior to the first start date of class.

### **Non-Discrimination Policy**

GAP Culinary and Commercial Kitchen is an affirmative action, equal opportunity department. It is the policy of the GAP Board of Directors that there will be no discrimination or harassment on the basis of age, disability, gender, marital status, national origin, race, religion, sexual orientation, or veteran status in any educational programs, activities or employment. Persons having questions about equal opportunity and non-discrimination, please contact Human Resources at GAP Ministries for clarification.

### **Graduation Guidelines**

Students must complete the following to be considered for graduation and their certificate:

1. Completed 400 hours of classroom and practical training
2. Attend all required classes and days of instruction per the syllabus
3. Participate in assigned projects and tests
4. Pass the class with a 60% or greater (test, practical & written, projects...etc)
5. Pass the Serv-Safe test with an 75% proficiency

Course Schedule - Culinary 101		
Week #	Material to be covered	Objectives Learned
Week 1	Introduction to the culinary program Kitchen equipment Food Safety 1: Personal hygiene Knives & knife cuts	Students will gain an overall knowledge of the rules and expectations of the gap kitchen training program and gap ministries overall. The students will learn the names / sizes and gain a basic knowledge of how to use each piece of equipment. Students will be able to understand the personal hygiene laws that keep food & guest safe. Students will be able to identify the different types of knives used in a commercial kitchen, their parts, how to care for them (knife safety), as well as the different names/types & sizes of knife cuts.
Week 2	Station set up Recipe reading Muffins Wet cooking Food safety 2: Temperatures	Students will learn the meaning to the foundational word Mise en Place and will understand the importance of having a properly stocked station. Students will understand how to properly set up their station, read a recipe and understand the proper measuring devices. Students will make a variety of muffins as they learn the basic cooking techniques and apply them to 6 wet, 7 dry & 2 combinations. Students will be able to understand the proper cooking and storage temperatures needed to keep food & guests safe.
Week 3	Egg cookery Fruits Vegetables Cookies Stewarding Food safety 3: Equipment	Students will learn the difference between the top 11 types of egg preparations and how to practically replicate them. Students will learn the top 25+ vegetables & 50+ fruits and what to look for in quality, cost, as well as prepare and taste them. Students will learn and prepare the different types of cookies. Students will understand the difference between clean and sanitary and how to properly sweep, mop and wash dishes. Students will learn the different chemicals used in the stewarding department, and how to apply them correctly. Students will be able to understand what equipment can be used in a commercial kitchen & how to maintain them to keep food & guests safe.
Week 4	Cuinarinism Dressings Salads Puff Pastry Food Safety 4: Forms of contamination	Students will improve their kitchen vernacular that will help them communicate better in the culinary field. Students will learn the different types of salads, including the classics to contemporary. Students will be able to create multiple salad dressings & vinaigrettes. Students will learn how to work with puff pastry, sweet & savory application. Students will gain a knowledge of the different types of contaminations and how to avoid them to keep guests & food safe.
Week 5	Food safety 5: Misc. Sandwiches BOH/FOH Food handlers test	Students will be pass the food handlers card to acknowledge their understanding of food safety. Students will be introduced to the classic sandwiches and how to make them. Students will learn the different positions available in a restaurant, hotel, foodservice and hospitality operation; seen and unseen. They will have a better understanding of "knowing their role" and if it's a right fit for them. This will help set them up for success and create attainable goals.

Course Schedule - Culinary 202

Week #	Material to be covered	Objectives Learned
Week 1	Menu writing Poultry & poultry fabrication Stocks Sauces Custards Soups ServSafe Manager Review	Students will learn how to properly create and write a menu. Students will have 4 weeks to create and turn in a professionally written menu. Students will learn how to fabricate, bone & french a chicken and practically apply it. Students will understand how to identify the proper cooking temperatures and the USDA classifications of poultry. Students will learn stocks and prepare one gallon. Students will use the carcass from a chicken for some of these stocks as they prepare them as the foundation for sauces and soups. Students will learn the 5 mother sauces, and where they are derived from them as they make hollandaise sauce. Students will learn what a custard is, and how to make them. Flan & Creme brulee will be prepared by students. Students will review the Servsafe material that will prepare them for the management examination.
Week 2	Spreads & Dips Recipe writing Chocolate Cheese Seafood ServSafe Manager pre-test	Student will be taught at least 10 different categories of spreads that include dips and salsa. Students will be taught proper technique on writing a recipe to create their "signature" dish. Students will learn how to work with dark, white, red & semi sweet chocolate. Students will learn the different types of milks/region in which cheese comes from and how to make it. Student will learn how to make Mozzarella. Students will understand the different types of seafoods. Students will shuck oysters, clean mussels and learn how to cut fish and cook them. Students will take the first ServSafe manager test to access if they are prepared to take the final exam.
Week 3	Pasta Allergies Religions Diets Meats: Pork, beef, lamb Breads	Students will learn how pasta is made and how to cook it. Students will learn the major allergies in food and avoiding cross contact. Students will be able to identify some of the dietary food restrictions in certain religions. Students will watch videos prepared by the U of A students of nutrition and be able to pass the adjoining tests. Students will be given an overview of each meat product; their primal and subprimal cuts. Students will gain a better understanding of the leavening agents as they prepare the Chef's choice of bread.
Week 4	The Art of Plating Chopped Desserts ServSafe Manager Test	Students will learn plating techniques and the process to plate presentation. Students will take the ServSafe manager test.
Week 5	Ordering BEO & prep sheets Graduation desserts Brisket/Smoking	Students will learn where and how to order food service products looking for the following: price, brand and pack size. Students will understand how banquet event orders work and why they are important. Students will learn and create a prep sheet for banquet event orders. Students will prepare desserts for graduation as they learn buffet reception training. Students will demonstrate how to trim, season and smoke meats.