



PROCHEF® 1



Knife Skills Course

 Subject Count: **2**
 Lesson Count: **7**

SUBJECT: 1

Knife Basics

LESSONS

Identifying Knives

LEARNING OUTCOMES

- Learners can identify the different parts of knives.
- Learners can describe the different types of knives and their functions.
- Learners can explain the basics of handling knives.
- Learners can practice handling knives correctly.

Sharpening Knives

- Learners can explain why sharpening knives is important.
- Learners can explain how to use a stone and a steel to sharpen a knife properly.
- Learners can practice sharpening knives correctly.

Knife Cleaning and Storage

- Learners can explain the importance of properly cleaning and storing knives.
- Learners can explain how to clean knives properly.
- Learners can explain how to transport and store knives safely.
- Learners can practice cleaning, transporting and storing knives correctly.

SUBJECT: 2

Classic Cuts

LESSONS

Setting Up a Cutting Station

LEARNING OUTCOMES

- Learners can explain how to set up a cutting station.
- Learners can practice setting up a cutting station correctly.

Precision Cuts

- Learners can explain how to produce a batonnet cut and explain its dimensions.
- Learners can explain how to produce a julienne cut and explain its dimensions.
- Learners can explain how to produce a brunoise cut and explain its dimensions.
- Learners can explain how to produce a paysanne cut and explain its dimensions.
- Learners can explain how to produce small, medium and large dice cuts and explain its dimensions.
- Learners can practice producing a batonnet, julienne, brunoise and paysanne cut.
- Learners can practice producing small, medium and large dice cuts.

Hand Cuts

- Learners can explain how to produce tomato concassé and explain its dimensions.
- Learners can explain how to cut supremes.
- Learners can explain how to produce a tourné cut.
- Learners can practice how to produce tomato concassé, supremes and tourné cuts.

Cutting Herbs and Leafy Vegetables

- Learners can explain how to chop.
- Learners can explain how to mince.
- Learners can explain how to produce a chiffonade cut.
- Learners can practice chopping and mincing.
- Learners can practice producing a chiffonade cut.

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