



## **Kulinarska Federacija Srbije**

October 2024 :

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**CEFP**  
POUR L'INDUSTRIE  
HÔTELIÈRE *Adrien  
Zeller*

**AKTO**  
L'humain au cœur des services

## Kitchen training course

**Period : 10 days training course at CEFPPA Adrien Zeller  
From 2<sup>nd</sup> to 13th October 2023 (Monday to Friday)**

★ Participants : from 6 to 12 trainees, A2 level in English

★ Starting at CEFPPA :

Monday 2<sup>nd</sup> October at 8 :15 am

★ Pedagogical objectives :

Improve skills and different techniques :

- Meat and game
- Sauces and side dishes
- Sous-vide : cooking and preservation techniques

★ Teaching Aids:

- Practical training (in English), alternating demonstration and active participation of participants
- Many recipes made with the Chef followed by presentation phases (presentation, dressage) and tasting (organoleptic analysis)

★ Trainers :

- Michelin-starred chefs OR *Meilleurs ouvriers de France* (Best Craftsman of France) and CEFPPA Chefs

★ Tourism :

- One day trip in Alsace with tasting

## **Curriculum :**

### **MEAT AND GAME :**

- ★ Quality characteristics of meat and game
- ★ The most popular cuts of meat
- ★ Cooking methods
- ★ Dressing, cutting, stuffing
- ★ Preparation techniques

### **SAUCES AND SIDE DISHES :**

- ★ Sauce bases, gravy
- ★ Preparations and cooking methods
- ★ Colors used in plate presentation
- ★ Les accords classiques et les accompagnements originaux
- ★ Choice of raw products
- ★ Consumer trends

### **SOUS-VIDE :**

- ★ Presentation of specific equipment, vacuum sealer, immersion heater, ovens and multi-purpose equipment, temperature bags and sensors
- ★ The different production processes applicable to vacuum in collective kitchen
- ★ Physical and chemical interactions on food
- ★ Safety steps for sous vide
- ★ Low temperature cooking: technique and rules, cooking time / temperature tables, advantages and disadvantages.



★ **Our financial offer**

The amount includes the pedagogical engineering, the pedagogical cost, the availability of the material and the administrative monitoring of the dossier.

For service requirements, within a maximum of 7 days before the start of the training, the internship may be postponed without additional cost.

Accommodation, transport cost are not included.

The date of validity of the offer is 16/08/2023.

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**10 days kitchen training course**

**Price per  
person**

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Monday to Friday training courses  
at CEPFA Adrien Zeller  
Lunch included

3700 €

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Illkirch, le 13 juin 2023

Sébastien MALGRAS,



Directeur Général