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COURSE BROCHURE

# Professional Culinary Arts and Kitchen Brigade Skills Course

7 – 18 February 2027
Abu Dhabi

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Registered in the United Kingdom and Saudi Arabia

# Professional Culinary Arts and Kitchen Brigade Skills Course

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Professional Culinary Arts and Kitchen Brigade Skills is a 2-week training course for commis chefs, cooks moving into professional kitchens and catering supervisors who must work a station to brigade standard, and each participant leaves with a station mise en place plan and a three-course menu. Hotels, restaurants and contract caterers struggle to find cooks who arrive service-ready. Jupiter Prime Training runs this course for kitchens building their next generation of cooks.

## Why Professional Culinary Arts and Kitchen Brigade Skills Matter Now

Three pressures shape professional kitchens today: high turnover that leaves brigades relying on newly hired cooks, guests and clients who expect classical dishes executed correctly every time, and food hygiene inspections that hold every station to account. A kitchen whose junior cooks master knife work, classical methods and station organisation runs calmer services and wastes less; one that relies on informal learning repeats the same errors. The course builds hygiene practice on Hazard Analysis and Critical Control Points HACCP principles and follows the classical brigade system and mother sauce repertoire taught in professional cookery.

## Who Gains Most from Professional Culinary Arts and Kitchen Brigade Skills

- Junior cooks who prepare vegetables, stocks and garnishes on a section
- Cooks moving from home, cafe or fast food settings into hotel and restaurant kitchens
- Catering supervisors who run production in staff restaurants, hospitals or schools
- Banqueting cooks who prepare large batches under tight timings
- Kitchen trainers who coach apprentices on core cookery skills

A hotel or contract catering kitchen gains most when several junior cooks attend together and return with one shared station routine.

## Professional Culinary Arts and Kitchen Brigade Skills Capabilities

Participants turn each classical method into a repeatable routine they can perform under the pressure of service.

- Apply classical knife cuts and safe knife handling on vegetables, meat and fish — section chef standards
- Build stocks, the five mother sauces and their derivatives — sauce and hot sections
- Apply dry, moist and combination cooking methods to proteins and vegetables — head chef expectations
- Test bread, pastry and dessert basics with accurate weighing — pastry section
- Design a station mise en place plan and service timeline — kitchen brigade coordination
- Specify food hygiene routines for receiving, storage and cooking — food safety inspections

## Key Professional Culinary Arts and Kitchen Brigade Skills Terms

- Mise en place — the full preparation of ingredients, tools and station before service so cooking can proceed without delay.
- Kitchen brigade — the classical system of ranked kitchen roles, from executive chef to commis, each with a defined station.
- Mother sauces — the five base sauces of classical cookery from which many other sauces are made.
- Julienne — a classical knife cut producing thin matchstick strips of even size, used for garnish and quick cooking.
- Braising — a combination method that sears food then cooks it slowly in a covered pot with liquid.
- Cross-contamination — the transfer of harmful bacteria or allergens from one food, surface or utensil to another.

## Professional Culinary Arts and Kitchen Brigade Skills Day by Day

### Day 1: The Professional Kitchen and Brigade

- Kitchen Brigade Roles From Executive Chef to Commis — Station Responsibilities
- Kitchen Layout, Sections and Workflow — Movement and Safety
- Professional Conduct, Uniform and Timekeeping — Team Expectations
- Kitchen Equipment Selection and Care — Station Readiness
- Hotel, Restaurant and Contract Catering Kitchens Compared — Career Pathways

### Day 2: Knife Skills and Vegetable Preparation

- Knife Selection, Sharpening and Safe Handling — Injury Prevention
- Classical Cuts From Julienne to Brunoise — Garnish Consistency
- Vegetable Washing, Peeling and Turning — Yield and Presentation
- Herb and Aromatic Preparation — Flavour Base
- Speed and Accuracy Drills on Mixed Produce — Service Readiness

### Day 3: Stocks, Soups and Mother Sauces

- White, Brown and Fish Stock Production — Sauce Foundations
- The Five Mother Sauces and Roux Ratios — Classical Repertoire
- Derivative Sauces for Meat, Fish and Vegetables — Menu Variety
- Clear, Thick and Puree Soups — Starter Options
- Sauce Holding and Reheating Practice — Service Quality

### Day 4: Dry-Heat Cooking Methods

- Roasting Meat and Poultry With Resting — Juiciness and Carving
- Grilling and Griddling Proteins — Marking and Doneness
- Sauteing and Pan-Frying Techniques — Colour and Texture
- Deep-Frying With Oil Temperature Control — Crispness and Safety
- Doneness Testing by Touch and Probe — Consistent Results

## Day 5: Moist-Heat and Combination Methods

- Poaching Fish, Eggs and Poultry — Delicate Textures
- Steaming Vegetables and Grains — Nutrient Retention
- Braising and Stewing Tougher Cuts — Tenderness
- Boiling Pasta, Rice and Pulses — Accurate Timings
- Batch Cooking for Banqueting Volumes — Production Scale

## Day 6: Meat, Poultry and Fish Basics

- Primal Cuts and Their Cooking Uses — Cut Selection
- Trussing and Jointing Whole Chicken — Portion Preparation
- Filleting and Pin-Boning Fish — Presentation and Safety
- Marinades and Seasoning Methods — Flavour Development
- Portion Control by Weight — Cost Awareness

## Day 7: Baking and Pastry Fundamentals

- Bread Doughs, Kneading and Proving — Crumb and Crust
- Short, Sweet and Choux Pastry — Dessert and Savoury Use
- Cakes, Sponges and Creaming Methods — Texture Control
- Custards, Creams and Simple Mousses — Dessert Building Blocks
- Accurate Weighing and Oven Management — Baking Consistency

## Day 8: Food Hygiene and Kitchen Safety

- HACCP Principles for Junior Cooks — Daily Safe Practice
- Receiving, Labelling and Stock Rotation — Storage Safety
- Cross-Contamination and Allergen Control — Guest Protection
- Cleaning Schedules and Personal Hygiene — Inspection Readiness
- Fire, Burns and Manual Handling Safety — Injury Prevention

## Day 9: Plating, Timing and Service

- Plate Composition and Portion Balance — Visual Appeal
- Station Timing and Ticket Calls — Service Rhythm
- Communication on the Pass — Brigade Coordination
- Breakfast, Lunch and Banquet Service Patterns — Shift Planning
- Tasting, Seasoning Checks and Feedback — Quality Control

## Day 10: Practising the Station Plan and Three-Course Menu

- Knife Work and Mise en Place Applied to a Chosen Station — Preparation Plan
- Sauce and Cooking Methods Applied to the Menu — Dish Execution
- Pastry Basics Applied to the Dessert Course — Menu Balance
- Hygiene and Timing Routines Applied to Service — Safe Delivery
- Station Mise en Place Plan and Three-Course Menu Completed — Chef Assessment

## Applying Professional Culinary Arts and Kitchen Brigade Skills After the Course

- Write a station mise en place checklist for the participant's own section and agree it with the sous chef before the next service
- Prepare the five mother sauces under supervision and record weights, timings and tasting notes in a personal recipe log

## Professional Culinary Arts and Kitchen Brigade Skills Questions FAQ

### What are Professional Culinary Arts and Kitchen Brigade Skills and why do they matter now?

Professional Culinary Arts and Kitchen Brigade Skills are the knife work, classical cooking methods, sauces, pastry basics, hygiene and station routines a cook needs in a professional kitchen. They matter now because high turnover leaves kitchens short of service-ready cooks.

### Which roles gain most from Professional Culinary Arts and Kitchen Brigade Skills?

Commis chefs, cooks entering hotel or restaurant kitchens, catering supervisors, banqueting cooks and kitchen trainers gain most. Each of them needs reliable classical technique and station discipline to work safely within a brigade.

### How do Professional Culinary Arts and Kitchen Brigade Skills differ from a modern culinary techniques course?

A modern techniques course serves experienced chefs refining precision cooking and plating. This subject builds the classical foundations first, from knife cuts and mother sauces to station organisation and hygiene routines, for cooks earlier in their careers.

### What do you bring back from Professional Culinary Arts and Kitchen Brigade Skills?

You bring back a station mise en place plan and a three-course menu you have prepared, with recipes, timings and hygiene checks your head chef can review and build on.

## Professional Culinary Arts and Kitchen Brigade Skills: The Way Forward

The station mise en place plan and three-course menu first inform which section a cook is ready to run and what support the cook still needs. Sous chefs and kitchen trainers use them to set training goals and to schedule shifts. After their first use, the timing assumptions deserve a second look, because service speed rather than recipe knowledge decides readiness.