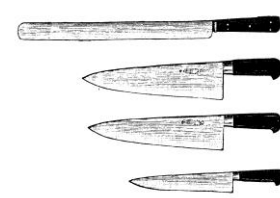




In Good Taste Presents



CULINARY BOOT CAMP

Monday through Friday

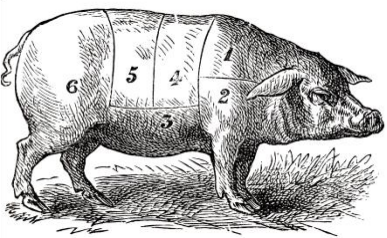
Do you love to cook? Are you passionate about food and cuisine? Then our Executive Chef, Jeremy Niehuss, has personally created a special culinary basic training course just for you! Our culinary boot camp offers an intensive immersion into the world of professional chefs designed to give you the skills and techniques to bring out your inner chef.

Our chefs will use a culinary school approach and format designed to expose you to all techniques offered throughout the course. While many cooking classes focus on a meal and recipes, we will focus on the individual techniques and components that make up the fundamentals of French cuisine. Students will watch the chefs first demonstrate the dishes and/or techniques and then replicate them either individually or in groups of 2.

As you replicate the demonstrated techniques, your chefs will work closely with you to refine your approach and style. The class size will be limited to 10 students allowing for a personal and intimate experience. Students will prepare their lunch each day and a dinner for 2 to take home at the end of the day.

We will use high quality artisan ingredients, including produce, meats, cheeses and fish sourced locally through small farms, producers and growers. Throughout the week we will discuss how our food production system affects our food and health.

The Grand Celebration and Graduation will be held after Friday's class complete with sparkling wine!



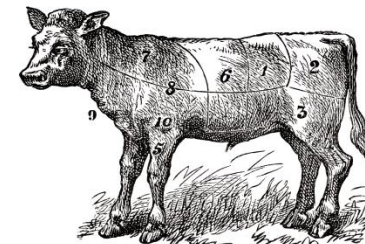
In Good Taste Cooking School

503.248.2015

www.chefsbootcamp.com

www.ingoodtastepdx.com

6302 SW Meadows Road, Lake Oswego, OR 97035



Savory

Sauté

Learn how to work with heat, different fats to use, pan searing and fricassee method.

Grill

Grill care and seasoning, controlling heat and proper grilling technique, cooking meat to desired doneness.

Roast

Oven and pan roasting, tempering meats, resting after roasting and proper slicing.

Braise

Fundamentals of braising, proper temperatures and protein selection. Cook tough cuts to tender and juicy perfection.

Poach

Making poaching liquids and poaching technique. Meat and vegetable poaching.

Pan Fry

Selecting oils, managing heat, pan selection, proper pan fry technique.

Deep Fry

Dredging foods, batters, frying technique and frying garnishes.

Steam

Important technique for delicate foods and minimal cooking.

Knife Skills

Classic French knife cuts, proper cutting techniques, honing and sharpening.

Advanced Knife Skills and Butchery

Fish butchery, chicken butchery, meat boning technique and garnishes

Egg Cookery



Cooking eggs to order, omelet technique, custards, tempering eggs and quiche technique.

Vegetable Cookery

Roasting vegetables, vegetable cuts and blanching and shocking.



Meat Cookery

The affects of heat on proteins, cooking methods for different cuts, cooking meats to desired temperature and meat portioning.

Seafood Cookery

Purchasing, storing, selecting, filet technique, applying different cooking techniques to seafood.



Stocks and Sauces

Stock technique, reduction sauces, aiolis, pan sauces and the 5 mother sauces.



Charcuterie

Curing techniques, curing salts, smoking, air drying, grinding, fresh sausages and bacon.



Pastry Technique

Pastry Crusts

Making doughs, rolling and blind baking. Cutting butter to create different textures.

Chocolate

Working with chocolates, tempering, melting and baking with chocolate.

Custards

Custard sauce, ice cream, tempering eggs, mousses, crème brulees and pastry cream.

Breads

Yeast dough technique, focaccia and pizza dough, muffins and breakfast breads..

Cakes and Cookies

The perfect cake batter, cookie doughs, baking pastries to perfection.



Basics

Seasoning

Seasoning throughout the cooking process. Working with finishing salts. How salt effects food.

“Mis en Place”

French for everything in its place. Learn how to organize like a chef.

Tasting

Using tasting as a tool to improve dishes and adjust seasoning.

Product Identification

Learn to identify and cook with everyday and unique products.

Ingredient Selection

Selecting meats, fish, produce, dairy and pantry ingredients. Shopping at farmer’s markets.

Kitchen Equipment

Basic kitchen equipment selection. Chef’s secret tools.

Sanitation

Professional sanitation procedures, handling raw meats and proper food storage.

Meal Planning

Meal timing, organization and planning. How to use advanced prep to limit last minute cooking.

Measuring Ingredients

Weighing and scaling ingredients and measuring in volume.