



ANCI srl – General direction: Via Orazio n. 3 – 00193 Roma

Tel. 06.99706945-46 Fax. 06.97254864 anpa.scuola@libero.it www.anpascuola.it

ROME FLORENCE BOLOGNA PALERMO CATANIA NAPLES MILAN TURIN

## PROFESSIONAL COURSE FOR CHEF

The professional course for Chef organized by ANPA under the high support and collaboration of APCI - Association of Professional Italian Chefs, FIP - Federation of Italian Confectioners, ice cream makers and chocolatiers, is divided into three basic levels:

- **first level (basic)** after which you get the title of "Commis Chef"
- **second level (advanced)** after which you get the title of "Chef of the match - Sous Chef"
- **third level (specialist)** after which you get the title of "Chef's Kitchen"

The articulation and organization of the curriculum, as required by ANPA, will offer to each student, in total autonomy, the ability to customize their training based on personal profile and curricular objectives professional and / or business that deemed reach. These three fundamental levels of study are linked, in turn, further education and vocational aimed to further develop the knowledge, skills and technical skills already acquired, with the aim of offering students the opportunity to implement their own curriculum and achieve a degree of readiness of profile management and business: Master for "Food & Beverage Manager," Master for "Wine & Beverage Manager", courses for "Sommelier".

## PROFESSIONAL COURSE FOR CHEF (ADVANCED LEVEL)

The professional course for Chef (advanced level) organized by ANPA - National Academy Hotel Professions under the high support and collaboration of APCI - Association of Professional Italian Chefs and FIP - Federation of Italian Confectioners, ice cream makers and chocolatiers, is the second step required by the training program and will appeal to those who have already attended the course for Chef (basic level) and achieved its status of "Commis Chef", as well as chefs and operators in the catering sector that intend to update, retrain and improve their knowledge on Italian cuisine. The course, starting with an analysis of the characteristics, nutritional aspects and use in the kitchen of the main raw materials (cereals, legumes, vegetables, mushrooms, fruits, herbs and spices, sweeteners, milk and dairy products, fats and oils, eggs, meat, poultry, sausages, offal, fish, shellfish and crustaceans), will focus on the preparation techniques and food processing plants, meat (red and white) and fish (fresh water and sea water), shellfish, bivalves and crustaceans, for the realization of appetizers, first and second courses. The training will enable the achievement of a degree of technical and professional training that will put students in a position to enable them correctly, in a company dining hotel or business usage, the preparations of the dishes, cooking dishes to propose new or alternative techniques and assume positions of coordination of their subordinates, according to an executive autonomy, but always under the direct supervision of the Executive Chef. The course is totally practical, it will take place in the kitchens of prestigious hotels and restaurants partners ANPA sites on national territory and will allow students to use professional equipment and tooling in order to ensure the proper execution of the dishes according to standard International job. The teaching of the courses is entrusted exclusively to Masters and Executive Chef Cooking with proven experience and high professionalism.

**OBJECTIVE:** To train professionals able to operate in the role of Sous Chef in the kitchen department of hotels and dining facilities national and international through an innovative methodology based on a training full immersion for 36 hours spread over a period of one month and means, with the possibility to carry out a subsequent period of stage from 1 to 6 months within a catering and hotel. The method aims to reduce the time spent in the classroom of the students and, conversely, to speed up their contact with local businesses through a dining concrete experimentation in the field of skills acquired during

training. A major advantage for the same companies that will benefit from a potential of resources that can be used already formed and partially integrated into the same business areas.

## **EDUCATIONAL PROGRAM**

- **Features, nutritional aspects, nutritional value and use in the kitchen of the main raw materials**  
Cereals, legumes, vegetables, mushrooms, fruits, herbs and spices, sweeteners, milk and derivatives, fats and oils, eggs, meat, poultry, sausages, innards, fish, molluscs and crustaceans.
- **The main techniques of food preparation plant**  
How to peel vegetables, cut potatoes (turned sliced along, nuts, special formats) and vegetables (sliced, long, nuts, turned, special cuts)
- **The main techniques of preparation of the eggs**  
Fried eggs, poached, soft-boiled, low temperature, soufflé, in casserole, fried, boiled, scrambled, omelets, pancakes, omelets
- **Meat: composition, organoleptic characteristics, altered states, conservation techniques and cooking methods**  
The composition of the meat: the lean, the fat, the muscular parts, connective tissues, bones, nerves and blood vessels, viscera. Organoleptic characteristics of meat tenderness, color, smell, taste. Altered states of meat: viscosity and surface mucilage, get moldy, lipolysis, colors and smells abnormal, phosphorescence decay, souring. Preservation techniques of meat: refrigeration, freezing, freezing, atmosphere conditioning, acidification, bagging, smoking, drying, salting, preserving in oil. The different types of cooking meat: roasting, baked, grilled, steamed, grilled, skewered, in a frying pan and casserole, fried. Roasts: temperature and cooking time, browning and rest. The crudity of meat. The broth of meat, boiled and braised.
- **Beef: types, cutting processing techniques**  
Veal, beef, beef, bull, the bull, the cow. The cuts from the forequarter: neck, real fessone shoulder, priest's hat, spindle, embryo, costs of the cross, biancostato, brisket, bow. The hindquarter cuts: sirloin (or roast beef), filet, tail, pink, chump, half a slice of walnut, spinach, topside, armhole, silverside, ribs, veal, sottofesa. Preparation of some recipes.
- **The pig meat: types, cutting and processing techniques**  
All cuts of pork: nose (or head), shoulders, legs, loin, loin, tenderloin, ribs, bacon, lard, pigtail pillow. Preparation of some recipes.
- **The sheep and goat: types, cutting and processing techniques**  
The lamb (or lamb), the kid and the white lamb (or lamb), sheep and goats adults. The cuts sheepmeat: neck, shoulders, legs, loin, saddle, leg. Preparation of some recipes.
- **White meat: chicken, turkey, rabbit**  
Poultry: chicken, hen, capon, turkey. The rabbit. Offal: the heart, the liver, kidneys, tongue, brain, glands, paws. Preparation of some recipes.
- **The fish and fish products: classification and processing techniques and cooking**  
Classification and characteristics of the various types of fish: the freshwater fish, saltwater fish, blue fish, crustaceans, shellfish, seafood. Methods and criteria for the selection and evaluation of the freshness of fish products: appearance, status, odor. Altered states of fish: get moldy, dehydration, rancidity, rust staining, discoloration, altered taste, woodworm, chilling, rot, crystallization, softening, staining. Cleaning techniques, thread and cooking fish. The different techniques of cooking fish: roast, grilled, fried, steamed, baked, salted, baked. The raw fish. Techniques and times of marinating and smoking fish. Techniques of fish conservation: refrigeration, freezing, freezing, drying, salting, smoking, pickling, heat treatment.
- **The saltwater fish and oily fish**  
Types, characteristics, nutritional and organoleptic. Preparation of some recipes.
- **The freshwater fish**  
Types, characteristics, nutritional and organoleptic. Preparation of some recipes.

- **Shellfish, mulluschi and seafood**

Nutritional and organoleptic aspects. Cleaning techniques, processing and cooking. Preparation of some recipes.

**STAGE:** It is an important and challenging educational opportunities for students at the end of the course and after passing the final exam, will be able to request the Secretariat Stage ANPA, the opportunity to play a path for internships a period of 1 to 6 months (subject to availability and final decision of the hosting companies), in a hotel kitchen or business usage in coaching to a professional chef and a real kitchen brigade. During the period of training on the job, therefore, it will be able to field test the technical skills acquired during the first phase of training, as well as learn new procedures and processes of food according to the standards of work and business acumen of the host. The stage does not constitute employment and is only open to persons in possession of the requirements of Article. 18, paragraph 1, letter d of Law 196/1997 and art. 11 of Legislative Decree no. 13 August 2011.

<b>START COURSES</b>	Every month
<b>DURATION</b>	A month and a half of practical training, with the possibility to carry out a subsequent path of stage from 1 to 6 months in company
<b>PARTICIPANTS</b>	Max 15
<b>FREQUENCY</b>	Three times a week (Monday, Wednesday, Friday)
<b>TIMETABLE</b>	15.00 – 18.00
<b>COST</b>	€ 1100,00 + VAT 22%
<b>STAGE</b>	Allowed students to meet the requirements of Article. 18, paragraph 1, letter d of Law 196/1997 and art. 11 of Legislative Decree 13 August 2011. For the activation of the stage is scheduled payment of € 150.00 + VAT 22 % to answering internships ANPA, only upon verification by the same requirements of the participant the performance of the internship. This fee covers the training period from 3 to 6 months exclusively within a single structure. If the student intends to carry out the training period in most structures, for each activation stage it will be necessary to pay the sum of € 150.00 + VAT 22 %
<b>INSTALLMENTS</b>	€ 242,00 + 2 installments of € 550,00 € 242,00 + 12 installments of € 97,50

Con il patrocinio e la collaborazione di:

