

Day
1

INTRODUCTION/THE BASICS

- Meet Chef Avi and get familiar with how this course will work.
- Understand the necessary tools and rules to cook efficiently.
- Explore the 3 most important things a chef must know by cooking 3 simple recipes.

Day
2

KNIFE SKILLS

- Learn how important the knife is+how to use it safely and properly.
- Make a fake knife to practice with
- Become comfortable with simple cuts
- Prepare 2 beautiful dishes which require knife skills.

Day
3

BREAKFAST CLASSICS

- Focus on proper measurements and cooking with heat.
- Explore kitchen creativity and personal flare.
- Understand how to plate casual meals properly.

Day
4

TASTE+TASTING

What is taste? How can we understand it and implement our knowledge of it while cooking? Learn how to taste properly+what taste go with what.

Prepare 2 impressive dishes which allow the chef to control the flavor.

Day
5

BAKING PART 1

- Learn the basics of baking and the differences between baking cooking.
- Understand the importance of relaxing and enjoying being in the kitchen.
- Bake 3 classic desserts.

Day
6

SAUTÉING+DUMPLINGS

- Explore professional techniques by taking on the intimidating skill of sautéing food properly.
- Conquering the difficult task of preparing dumplings from scratch

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7

SAUCE PART 1+FRESH PASTA

- (Now we're getting serious!) Prepare fresh pasta from scratch while discussing how to be inspired by Italian food.
- Explore the basics of sauces while making an accompanying sauce for the pasta.

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8

SAUCE PART 2+SOUP

- Delve into more intricate sauces and soups and learn how to cook for a large amount of people (without that much more work).

Day
9

PROTEINS, PUREES, AND PLATING

- Master the preparations of the 3 most common proteins: fish, chicken, and beef.
- Learn how to make a puree out of basically anything.
- Tips and tricks for beautiful plating.

Day
10

BAKING PART 2

- Explore the recipes and techniques of advanced baking and pastry arts.
- Learn how to make caramel sauce, ice cream, and more!