

 ITALIAN  
CHEF  
ACADEMY®

1°  
PROFESSIONAL SCHOOL  
OF CULINARY ARTS IN ITALY



passion  
for your  
future

**delivering**  
excellent teaching  
and professional skills development  
**through internship program that**  
facilitate the transition  
from education into employment

*To take action is to live what theory can only imagine.*

## ACADEMY

**ITALIAN CHEF ACADEMY** is a centre of excellence, offering world-class culinary education. It adopts a very rigorous yet practical and innovative approach with an eye for detail, for further developing this unique concept of industry focused training.

The Academy provides an opportunity for students with little or no prior food preparation experience, but with an interest in food and to learn about culinary skills.

The basic courses introduce students into the world of Culinary Arts. Training in safety and sanitation, kitchen basics and food service equipment are taught in the beginning course. Lab experiences provide in depth knowledge in order to reinforce these skills to advanced level.



Practical and theoretical classes are held in fully equipped facilities. Lessons are held by renowned Italian and international chefs, academics and experts in the field.

**ITALIAN CHEF ACADEMY** is located in one of the most exclusive and panoramic areas in Rome: an elegant and residential district surrounded by green areas, few minutes far from St. Peter's Cathedral and the most important Roman monuments.

■ **The Professional Training Courses** have restricted entry: 8/10 participants, selected through a preliminary motivational interview.

■ **Students** - according to their job aspirations, financial budgets and time availability - can choose the type of duration of the education path. The internship (optional and free of charge) is available both in Italy or abroad after the final assessment. Here students can put into practice and improve all those skills learnt during the cooking lessons as well as improve their knowledge in their particular area of interest.

■ **Registration requirements:**

- Recommended minimum age : 18 years old
- Strong motivation and passion for food
- Demonstrate English or Italian language proficiency

■ **Italian Chef Academy** has been featured amongst the Top Culinary institutes in the World and awarded the "Recognition of Quality Culinary Education" by the World Association of Chefs Societies (WACS), a global authority on food standards.

Founded in 1928 in Paris, France, WACS is a global network of national chefs associations from 93 countries, representing over 10 million professional chefs worldwide. As an authority and opinion leader on food, WACS represents a global voice on all issues related to the culinary profession.

**ITALIAN CHEF ACADEMY IS THE CULINARY SCHOOL WITH THE HIGHEST NUMBER OF STUDENT ENROLMENTS AND STUDENTS EMPLOYED AFTER EDUCATION IN ITALY**

- **A diploma**, certifying also the period of apprenticeship, is issued by the Italian Chef Academy and ENUIP - Ente Nazionale UNSIC Istruzione Professionale (the National Institute of Professional Education that is accredited by the Italian Ministry of Education, University and Research (MIUR)
- **Exclusive Partnership** with the International **Federation of Pastry Ice Cream and Chocolate**. The Federation is an association whose fundamental works are to carry out activities inherent to the development, knowledge and experiences typical of confectionary internationally understood as confectionary art.
- **Italian Chef Academy** is compliant with the **ISO 9001:2015**. The SQS certificate of conformity with ISO 9001 has international validity and is recognised worldwide through the **IQNet** partnership, as a leading assessment and certification organization for quality and management systems.
- **Italian Chef Academy** designs its programs to allow for a more practical approach to education. Our philosophy “learning by doing” is, in fact, combined with a perfect blend of theoretical knowledge in fully equipped facilities.

- Exclusive partnership with Associazione Italiana Chef (Association of Italian Chef) whose fundamental purposes are to update professional expertise and create a network to optimize employment opportunities.
- The Courses provide a comprehensive cookery training programme covering all areas of classical and modern cuisine: perfect for those seeking chef training, the skills to start a professional career in catering or with ambitions to run their own food business.
- Special Program in International Cuisine: Europe, India, Africa, South America, South-East Asia.
- Student’s final grade is a combination of three assessments: 1) Written tests, 2) Performance evaluations and 3) Final exam. The performance evaluation mark is an ongoing evaluation based on the student’s performance during every practical or workshop class. The final practical exam, the student is given a dish to prepare in a certain amount of time. The final exam dish is judged on the following criteria: technique, organization, taste and presentation.
- Courses are taught in Italian with the possibility of simultaneous interpreting into English.



## PROFESSIONAL CHEF COURSE

Our professional courses have **LIMITED NUMBER** of attendees (no more than 8-9 participants). This enrolment path ensures that students receive one-to-one attention and hands-on cooking experience in our professional production kitchens. Application can be submitted after an interview with the Admission staff (via SKYPE for non-residents).

### Italian Chef Academy and ENUIP - Ente Nazionale UNSIC

Istituto Nazionale Professionale (the National Institute of Professional Education that is accredited by the Italian Ministry of Education, University and Research (MIUR) will issue a diploma upon successful completion of the course.

**Our mission** is to provide professional training programs in Culinary Arts so as to prepare students for employment and advancement in the multi-faceted food-service industry with skills, knowledge and mastery of the fundamentals. The programs are supported by a sound instructional approach and by a range of tools and modern equipment compliant with the most severe food standards in response to the industry's evolving needs.

**The training programs** consist in theoretical and practical lessons held in large and modern educational kitchens, which are set up for autonomous cooking stations, equipped with top quality tools and equipments. The teaching staff are trained professional chefs, with experience in the real world of restaurants and commercial catering. All our Professional Chef Courses are opened to highly motivated Italian and foreign students: the only requested prerogative is a real and strong passion for Culinary Arts (no past experience is then requested).

Courses are held in Italian language with the opportunity for foreign students to have a **service of simultaneous interpreting in English language**. The English translation has to be booked in advance at the moment of the enrolment.

Students are invited to continue their theoretical and practical study by joining an apprenticeship program. The objective of this program is to put into practice the techniques that students have learned during the cooking classes and to master them. The restaurant where students will be doing the apprenticeship is among our first-class partners. It is an ideal combined program for all those who want to brush up their skills and reach a higher career level, through practice and challenges.

**Timetable:** lessons of 5 hours 3 days a week, usually from 9.30 a.m. to 2.30 p.m. or from 3 p.m. to 8 p.m. (on Monday-Wednesday-Friday or Tuesday-Thursday-Saturday) for the first month. For the second part of the course (i.e. workshops), student's full availability will be necessary because lessons could be either in the morning or in the afternoon, everyday.

**Courses are organized into 4 different Modules**, depending on the number of lessons/workshops and the total hours for the apprenticeship. Students may choose the preferred learning level. However, the difference between modules does not consist in the different level of knowledge and skills among participants, but only in the number of lessons, insights, and the duration of internship that the student wish to apply for. Students applying for the different modules will attend the first 4 weeks lessons concerning the Fundamentals all together.



## MODULE 1: 280 TOTAL HOURS (2-3 MONTHS)

- 80 hours of practical lessons (Basic topics + Workshops as mentioned below)
- Weekly progressive learning tests
- HACCP qualification certificate
- Subscription to the Associazione Italiana Chef
- 200 hours of Educational Apprenticeship (on-the-job Training) in one of our partner restaurants.
- Full uniform (chef coat, pants, chef apron, hat)

### WORKSHOPS:

- Green and Sustainable Cuisine
- Food cost & Management
- Healthy cooking
- Zero-Waste Cooking
- Kitchen Waste Management
- C.V and job interview techniques
- Educational visit

## MODULE 2: 405 TOTAL HOURS (3-4 MONTHS)

- 105 hours of practical lessons (Basic topics + Workshops as mentioned below)
- Weekly progressive learning tests
- HACCP qualification certificate
- Subscription to the Associazione Italiana Chef
- 300 hours of Educational Apprenticeship (on-the-job Training) in one of our partner restaurants.
- Full uniform (chef coat, pants, chef apron, hat)

### WORKSHOPS:

- Green and Sustainable Cuisine
- Food cost & Management
- Healthy Cooking
- C.V. and job interview techniques
- Educational visit
- Zero-Waste Cooking
- Kitchen Waste Management
- Kitchen Service Simulation
- Start up & consulting
- Botanic & Spices

## MODULE 3: 530 TOTAL HOURS (4-5 MONTHS)

- 130 hours of practical lessons (Basic topics + Workshops as mentioned below)
- Weekly progressive learning tests
- HACCP qualification certificate
- Subscription to the Associazione Italiana Chef
- 400 hours of Educational Apprenticeship (on-the-job Training) in one of our partner restaurants.
- Full uniform (chef coat, pants, chef apron, hat)

### WORKSHOPS:

- Green and Sustainable Cuisine
- Kitchen Service Simulation
- Zero-Waste Cooking
- Kitchen Waste Management
- C.V. and job interview techniques
- Gastronomic Excellence around the World
- Finger food and Banqueting
- Educational visit
- Professional Pizza & Green
- Professional Gelato & Green
- Food cost & Management
- Start-up & Consulting
- Healthy cooking
- Botanic & Spices
- Modern cooking, technologies and smoking techniques
- Savory and Vegan Pastry \*

## CHEF

module 1\_ 280 hours

module 2\_ 405 hours

module 3\_ 530 hours

module 4\_ 680 hours

## MODULE 4 ICP INTERNATIONAL CULINARY PROGRAM 680 TOTAL HOURS (5-6 MONTHS)

- 180 hours of practical lessons (Basic topics + Workshops as mentioned below)
- Weekly progressive learning tests
- HACCP qualification certificate
- Subscription to the Associazione Italiana Chef
- 500 hours of Educational Apprenticeship (on-the-job Training) in one of our partner restaurants.
- Full uniform (chef coat, pants, chef apron, hat)

### WORKSHOPS:

- World's cuisine 1 - India
- World's cuisine 2 - Sud America
- World's cuisine 3 - Asia
- World's cuisine 4 - Europa
- World's cuisine 5 - Africa
- Kitchen Service Simulation
- Wine & Oil sensorial analysis (online)
- Professional Pizza & Green
- Professional Gelato & Green
- C.V. and job interview techniques
- Food cost & Management
- Start-up and consulting
- Healthy cooking
- Green and Sustainable Cuisine
- Vegan, vegetarian and raw food
- Zero-Waste Cooking
- Kitchen Waste Management
- Start-up & Consulting
- Finger Food & banqueting
- Savory and Vegan Pastry \*
- "Haute Cuisine" Michelin Star
- Modern cooking, technologies and smoking techniques
- Scientific and medical basis in feeding as remedy for health diseases
- Chemistry and physics of food
- Educational visit
- Botanic & Spices
- Gastronomic excellence
- Mental Chef Coach
- Digital Social Chef

\*Spring/summer session BBQ Healthy and Green\*

CORSO INTENSIVO DI LINGUA INGLESE  
CON COOKING TERMINOLOGY

passion  
for your  
future

## PROFESSIONAL PASTRY CHEF COURSE

Our professional courses have **LIMITED NUMBER** of attendees (no more than 10 participants). This enrolment path ensures that students receive one-to-one attention and hands-on cooking experience in our professional production kitchens. Application can be submitted after an interview with the Admission staff (via SKYPE for non-residents). Italian Chef Academy and ENUIP - Ente Nazionale UNSIC Istruzione Professionale (the National Institute of Professional Education that is accredited by the Italian Ministry of Education, University and Research (MIUR) will issue a diploma upon successful completion of the course. Our mission is to provide professional training programs in Culinary Arts so as to prepare students for employment and advancement in the multi-faceted food-service industry with skills, knowledge and mastery of the fundamentals. The programs are supported by a sound instructional approach and by a range of tools and modern equipment compliant with the most severe food standards in response to the industry's evolving needs.

The training programs consist in theoretical and practical lessons held in large and modern educational kitchens, which are set up for autonomous cooking stations, equipped with top quality tools and equipments. The teaching staff are trained professional chefs, with experience in the real world of restaurants and commercial catering. All our Professional Chef Courses are opened to highly motivated Italian and foreign students: the only requested prerogative is a real and strong passion for Culinary Arts (no past experience is then requested). Courses are held in Italian language with the opportunity for foreign students to have a service of simultaneous interpreting in English language. The English translation has to be booked in advance at the moment of the enrolment.

Students are invited to continue their theoretical and practical study by joining an apprenticeship program. The objective of this program is to put into practice the techniques that students have learned during the cooking classes and to master them. The restaurant where students will be doing the apprenticeship is among our first-class partners. It is an ideal combined program for all those who want to brush up their skills and reach a higher career level, through practice and challenges. Timetable: lessons of 5 hours 3 days a week, usually from 15.00 to 20.00 (on Monday-Wednesday-Friday or Tuesday-Thursday-Saturday) for the first month. For the second part of the course (i.e. workshops), student's full availability will be necessary because lessons could be either in the morning or in the afternoon, everyday.

Courses are organized into 4 different Modules, depending on the number of lessons/workshops and the total hours for the apprenticeship. Students may choose the preferred learning level. However, the difference between modules does not consist in the

different level of knowledge and skills among participants, but only in the number of lessons, insights, and the duration of internship that the student wish to apply for.

Students applying for the different modules will attend the first 4 weeks lessons concerning the Fundamentals all together.

**THE BASIC TOPICS • HACCP QUALIFICATION CERTIFICATE • THEORETICAL LESSONS ON PASTRY INGREDIENTS AND BASES, AS FOLLOWS:**

### 1) PASTRY BASES

- Tart and Short pastry: methods and quantities
- Sponge cake, bisquit, filling creams: methods, variants, applications and balancing
- Pate a choux: balancing table and preparations
- Meringue: Italian, French and Swiss type
- Puff Pastry: explanation and making

### 2) FILLINGS

- Crema pasticcera
- Custard cream, Ganache
- Coulis
- Sauces
- Icings
- Jams

### 3) DESSERTS FOR BREAKFAST

- Yeast base activation
- Classic, Italian and Danish croissants
- Brioche
- General overview and preparation of some types of classic breakfast desserts

### 4) CLASSIC TEA BISCUITS

- Technique and preparation of various recipes

### 5) TRADITIONAL DESSERTS

- Overview of the main Italian traditional desserts

### 6) TINY PATISSERIE AND SWEET FINGER FOOD

- Overview and preparation of various classic over-the-counter patisserie
- Petit four

### 7) CAKES: FROM TRADITION TO EVOLUTION

- Overview of traditional cakes by the master pastry chef Sal De Riso

### 8) SEMI-FROZEN DESSERTS – MOUSSE – BAVARIANS

- Processing and balancing technique of semi-frozen desserts
- Semi-frozen desserts with pate-a-bombe base
- Semi-frozen desserts made with English cream

### 9) INNOVATIVE METHODS FOR MODERN DESSERTS

- Execution of various recipes according to the modern methods

### 10) DECORATION TECHNIQUES

- Analysis and preparation of various classic and modern decoration techniques



## MODULE 1 - 235 HOURS - ENGLISH TRANSLATION INCLUDED (NO ACCOMODATION)

- 85 hours of practical and theoretical lessons
- HACCP qualification certificate
- Subscription to Federation of Pastry, Ice cream and Chocolate
- 200 hours of Apprenticeship (on-the-job training) in one of our partner restaurants or pastry shops
- Full uniform (chef coat, pants, chef apron, hat)

### SPECIAL EDUCATION:

- Green and Sustainable Pastry
- Food cost
- C.V. and job interview techniques
- Zero-Waste Cooking
- Pastry Waste Management
- Start Up & Consulting

## MODULE 2 - 410 HOURS- ENGLISH TRANSLATION INCLUDED (NO ACCOMODATION)

- 110 hours of practical and theoretical lessons
- HACCP qualification certificate
- Subscription to Federation of Pastry, Ice cream and Chocolate
- 300 hours of Apprenticeship (on-the-job training) in one of our partner restaurants or pastry shops
- Full uniform (chef coat, pants, chef apron, hat) n The Basic topics + the following workshops:

### SPECIAL EDUCATION:

- Pastry and manual skills
- Professional gelato & Green
- Food Cost
- Green and Sustainable Pastry
- CV & Job interview techniques
- Educational visit
- Start up & Consulting
- Zero-Waste Cooking
- Pastry Waste Management

## MODULE 3 - 535 HOURS- ENGLISH TRANSLATION INCLUDED (NO ACCOMODATION)

- 135 hours of practical lessons
- HACCP qualification certificate
- Subscription to Federation of Pastry, Ice cream and Chocolate
- 400 hours of Apprenticeship (on-the-job training) in one of our partner restaurants or pastry shops.
- Full uniform (chef coat, pants, chef apron, hat)
- The Basic topics + the following workshops:

### SPECIAL EDUCATION:

- "Haute Pâtisserie" Michelin Star 1
- "Haute Pâtisserie" Michelin Star 2
- Gluten-Free and special needs
- Modern cakes
- Professional Mignon, Finger & Veg
- Pastry and manual skills
- Savory and Vegan Pastry
- Pastry Waste Management
- Professional gelato & Green
- Food Cost
- CV & Job interview techniques
- Green and Sustainable Pastry
- 1 Educational visit
- Start up & Consulting
- Food Chemistry
- Zero-Waste Cooking

## PASTRY CHEF

module 1\_ 230 hours

module 2\_ 400 hours

module 3\_ 520 hours

module 4\_ 650 hours

## MODULE 4 - INTERNATIONAL PASTRY PROGRAM 655 HOURS- ENGLISH TRANSLATION INCLUDED (NO ACCOMODATION)

- 155 hours of practical lessons
- HACCP qualification certificate
- Subscription to Federation of Pastry, Ice cream and Chocolate n
- Full uniform (chef coat, pants, chef apron, hat)
- 500 hours of Apprenticeship (on-the-job training) in one of our partner restaurants or pastry shops
- The Basic topics + the following workshops:

### SPECIAL EDUCATION:

- Green and Sustainable Pastry
- "Haute Pâtisserie" Michelin Star 1
- "Haute Pâtisserie" Michelin Star 2
- French Haute Patisserie
- Marmalades, preserves and fruit jellies
- Professional Chocolate lab
- Classic Sicilian Pastry
- Classic Italian & International Pâtisserie
- Gluten-Free and special needs
- Modern cakes
- Zero-Waste Cooking
- Pastry Waste Management
- Professional Mignon, Finger & Veg
- Pastry and manual skills
- Savory and Vegan Pastry
- Professional gelato & Green
- Food Cost
- CV & Job interview techniques
- 1 Educational visit
- Start up & Consulting
- Digital Social Pastry Chef
- Food Chemistry
- Mental Chef Coach



## MASTER IN CULINARY ARTS

### Timetable: 5 hours each lesson

The Master in Culinary Arts is aimed at highly motivated students who aspire to become professionals in the catering sector and intend to build, from the fundamentals, adequate training.

It is set out in two parts: the first, with 310 hours circa, of theoretical- practical lessons at Italian Chef Academy Headquarters; the second consists of a practical training period (option, not included in the subscription cost) selected by the Institute. Practical and theoretical classes are held in fully equipped facilities. The Laboratories are built with the most advanced technology. In each cooking laboratory, students have their own space and their own equipment, guaranteeing them to work with comfort and efficiency at the highest levels. Lessons are held by renowned Italian and international chefs, academics and experts in the field. The objective of the Internship program is to put into practice the techniques that students have learned during the cooking classes and to master them. The restaurant where students will be doing the in- ternship is among our first-class partner restaurants and pastry shops. It is an ideal combined program for all those who want to brush up their skills and reach a higher career level, through practice and challenges. In order to apply for a course you need to attend an interview with our admissions officers at our premises or via SKYPE for non-residents so as to assess to the real motivation of candidates.

### MASTER IN CULINARY ARTS:

- 170 hours PROFESSIONAL COURSE FOR CHEF
- 120 hours PROFESSIONAL COURSE FOR PASTRY CHEF

• **N. 1 Master (Advanced Professional short course)** in Baking Bread certified by the Italian Chef Association (AIC):

• The topics of the course include different varieties of traditional and aromatized breadsticks, varieties of Italian focaccias and other bakery products and special breads with theoretical and practical notions in: kne- ading methods; the raw materials, chemical and organoleptic characte- ristics; the rising; and practical execution of different types of BREADS.

• **N. 1 Master ((Advanced Professional short course)** in Pizza certified by the Italian Chef Association (AIC):

• The topics of the course include: Flour: classifications, types, quality and use; dough: the fermentation and the leavening; Pizza baking tech- niques; different types of pizza.

**INTERNSHIP** (optional, not included in the subscription cost).

ITALIAN CHEF ACADEMY MASTER ARE RECOGNIZED BY  
ENUIP, THE ITALIAN INSTITUTE OF PROFESSIONAL  
EDU- CATION, ACCREDITED BY MIUR, THE ITALIAN MINISTRY  
OF EDUCATION, UNIVERSITY AND RESEARCH.



#### **TEACHING PLAN**

**THE TEACHING PLAN INCLUDES LESSONS AND WORKSHOPS ON THE FOLLOWING SUBJECTS:**

- FOOD SAFETY AND HACCP
- LABORATORY PRACTICE
- COOKING & PASTRY TECHNIQUES
- KITCHEN ORGANIZATION
- COMMODITY ECONOMICS AND PRODUCT ANALYSIS
- SENSORY ANALYSIS
- OENOLOGY: TASTING TECHNIQUES AND COMBINATIONS STUDY
- NUTRITION AND HEALTHY DIET

#### **WITHIN THE MASTER, WE ORGANISE ALSO:**

- MEETINGS WITH QUALIFIED FOOD PRODUCERS
- DEMO IN CLASSROOM
- PROFESSIONAL APPRENTICESHIP
- FINAL EXAMINATION

#### **FEES INCLUDE**

- 5 HOURS LESSONS (FROM MONDAY TO FRIDAY)
- PRACTICE IN KITCHEN LABORATORIES
- TEACHING OUTINGS
- TEXT BOOKS
- N.1 CHEF JACKETS, TROUSERS, ONE HAT, ONE APRON, WITH THE SCHOOL LOGO
- N.1 PASTRYCHEF JACKETS, TROUSERS, ONE HAT, ONE APRON, WITH THE SCHOOL LOGO
- ACCESS TO THE CULINARY LIBRARY
- ACCOMMODATION NOT INCLUDED

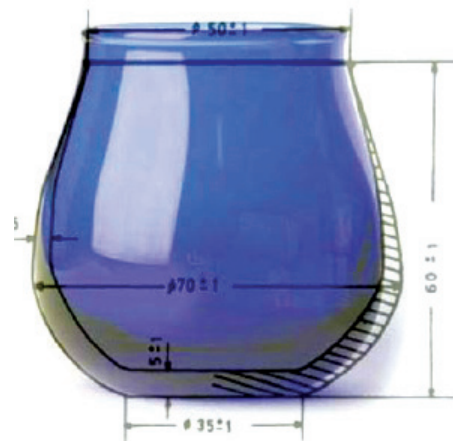
**Keep Calm and  
have a great  
course**

ITALIAN CHEF ACADEMY

## WINE & OIL TASTING



Wine and Extra-Virgin Olive Oil are the essence and the two kings of Italian food and wine culture. Whether you are a wine novice or an enthusiast and you would like to know which wines and olive oils would best pair our recipes, this class is the perfect way to learn how to match food and wine for any occasion. ITALIAN CHEF ACADEMY within the education path, organizes a WINE & OIL TASTING laboratory, a session on sensorial analysis and the related tasting techniques. Pairing wine with food is more art than science!



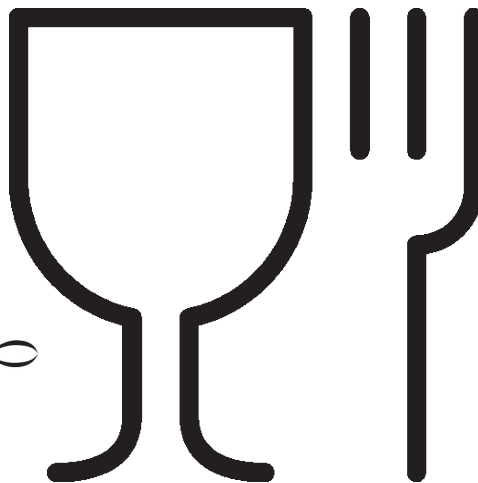
## INTERNSHIP

IN ITALY AND AROUND THE WORLD

The internship (optional and free of charge) is available after the final assessment.

**ITALIAN CHEF ACADEMY** has made arrangements with some of the most famous national and international restaurants and hotels. Here students can put into practice and improve all those skills learnt during the cooking lessons as well as improve their knowledge in their particular area of interest.

### FIVE STAR HOTEL



### MICHELIN STARRED RESTAURANTS PART-



OSTERIA FRANCESCANA



**Partnerships  
with selected  
restaurants  
and hotels**

BECOME  
A CHEF AND  
WORK AROUND  
THE WORLD

**ITALIAN CHEF ACADEMY**

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