

# Culinary Arts Preliminary Series

## Summer Program at A la Carte Cooking School!

**C.A.P.S.**

Ages 13 - 19

**Jr. C.A.P.S**

Ages 8 - 12

### ***A comprehensive program for serious young and teenage chefs.***

*The program is offered twice during the summer with each week-long series covering the fundamentals of the culinary world. Classes will not repeat recipes, only reinforce concepts. Students may choose to take one session or both; however students must attend Monday thru Friday. If you are interested in attending professional culinary school or becoming a chef, this is the preparatory program for you and we recommend that you take both sessions. Our program is taught by our patient, professionally-trained chefs.*

#### Session 1

CAPS (5 hours)

July 6<sup>th</sup> – 10<sup>th</sup> 11am-4pm

Jr. CAPS (2½ hours)

July 13<sup>th</sup> – 17<sup>th</sup> 11am-1:30pm

#### Session 2

August 3<sup>rd</sup> – 7<sup>th</sup> 11am-4pm

August 10<sup>th</sup> – 14<sup>th</sup> 11am-1:30pm

### **Class Content for Each Week:** (Jr. C.A.P.S. varies slightly)

**Day 1:** *Knife Skills, Kitchen Organization, Tools & Equipment, Reading Recipes, Measuring Ingredients, Egg Cookery, Salad Dressings, Mayonnaise*

**Day 2:** *Herbs and Spices, Soups, Stocks, Sauces, Food Storage*

**Day 3:** *Braising, Poaching, Homemade Pasta*

**Day 4:** *Baking Desserts, Working with Chocolate, Sautéing, Deglazing, Broiling, Frying*

**Day 5:** *Grilling, Roasting and Bread Baking (including Pizza, Calzones and Focaccia)*

\*Each session will focus on these concepts but will contain NEW recipes; students should attend both sessions.

#### **Pricing:**

Single Session:

C.A.P.S.

\$575

Jr. C.A.P.S.

\$325

(Students receive an A la Carte apron)

Both Sessions:

\$1100

\$600

(Students receive an A la Carte chef jacket)

**\*\*SIGN UP FOR BOTH SESSIONS BY May 15<sup>th</sup> AND RECEIVE AN ADDITIONAL 10% OFF!  
(\$990 for C.A.P.S., \$540 for Jr. C.A.P.S.)**

***CALL TODAY TO SIGN UP - CLASS SIZE IS LIMITED***



32 Atlantic Ave, Lynbrook, N.Y. 11563

(516) 599-2922

[www.alacartecs.com](http://www.alacartecs.com)