

 ITALIAN  
CHEF  
ACADEMY®

1°  
PROFESSIONAL  
SCHOOL OF CULINARY ARTS  
IN ITALY



passion  
for your  
future

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

*Through practice we can bring notions to life what you can imagine with Theory*

## THE 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 foods 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 San 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
- Suitability for the job interviews

■ 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. The "Recognition of Quality Culinary Education" award seeks to recognize training and education that meet or exceed the culinary standards education established by WACS. 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.

■ 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.

■ 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.

■ Practical and theoretical classes are held in **fully equipped** facilities.

■ 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 on-going 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**.

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



RECOGNITION  
OF QUALITY  
CULINARY EDUCATION  
WORLD ASSOCIATION  
OF CHEFS SOCIETIES



E' UN CENTRO DI FORMAZIONE PROFESSIONALE  
DOTATO DI CERTIFICAZIONE DI QUALITA' SVIZZERA  
ISO 9001-2008 N° CH-50862 RILASCIATO DA IQNET/SQS



ENTE DI FORMAZIONE PROFESSIONALE ITALIANO



Federazione Internazionale  
Pasticceria  
Gelateria Cioccolateria

## PROFESSIONAL CHEF COURSE

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## PROFESSIONAL PASTRY CHEF COURSE

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## 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 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 9.30 to 14.30 (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 (Fundamentals + Workshops as mentioned below)
- Weekly progressive learning tests
- HACCP qualification certificate
- 200 hours of Educational Apprenticeship (on-the-job Training) in one of our partner restaurants.
- Full uniform (chef coat, pants, cgef apron, hat)

#### WORKSHOPS:

- Food cost & Management
- Healthy cooking
- C.V and job interview techniques
- Educational visit

### MODULE 2: 400 TOTAL HOURS (3-4 MONTHS)

- 100 hours of practical lessons (Fundamentals + Workshops as mentioned below)
- Weekly progressive learning tests
- HACCP qualification certificate
- 300 hours of Educational Apprenticeship (on-the-job Training) in one of our partner restaurants.
- Full uniform (chef coat, pants, cgef apron, hat)

#### WORKSHOPS:

- Food cost & Management
- Healthy cooking
- C.V. and job interview techniques
- Educational visit
- Modern cooking Technologies
- Start up consulting
- Botanic & Spices
- Gastronomic Excellence around the World

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

- 130 hours of practical lessons (Fundamentals + Workshops as mentioned below)
- Weekly progressive learning test
- HACCP qualification certificate
- 400 hours of Educational Apprenticeship (on-the-job Training) in one of our partner restaurants
- Intensive Course in English
- Full uniform (chef coat, pants, cgef apron, hat)

#### WORKSHOPS

- Modern cooking
- Wine & Oil – sensorial analysis and Wine & Food Pairing
- C.V. and job interview techniques
- Gastronomic Excellence around the World

## CHEF

module 1\_ 280 hours

module 2\_ 400 hours

module 3\_ 530 hours

module 4\_ 670 hours

- Professional Pizza Laboratory
- Professional Gelato Laboratory (Italian ice-cream)
- Food cost & Management
- Start-up & Consulting
- Healthy cooking
- Finger food and Banqueting
- Botanic & Spices
- Modern cooking technologies
- Savory patisserie
- Educational visit

### MODULE 4 ICP INTERNATIONAL CULINARY PROGRAM 670 TOTAL HOURS (5-6 MONTHS)

- 170 hours of practical lessons (the Fundamentals + the Labs mentioned below)
- Weekly progressive learning tests
- HACCP qualification certificate
- 500 hours of Educational Apprenticeship (on-the-job Training) in one of our partner restaurants.
- Intensive Course in English
- Full uniform (chef coat, pants, cgef apron, hat)

#### WORKSHOPS:

- World's cuisine 1 - India
- World's cuisine 2 - South America
- World's cuisine 3 - Asia
- World's cuisine 4 - Europe
- World's cuisine 5 - Africa
- Modern cooking
- Wine & Oil sensorial analysis and Wine & Food Pairing
- Professional Pizza Laboratory
- Professional Gelato Laboratory
- C.V. and job interview techniques
- Food cost & Management
- Start-up and consulting
- Healthy cooking
- Start-up & Consulting
- Finger Food & banqueting
- Savory patisserie
- Gourmet Culinary
- Modern cooking technologies
- Scientific and medical basis in feeding as remedy for health diseases
- Chemistry and physics of food
- Food and religions 1 & 2: Judaism, Christianity, Islam, Buddhism, Induism, Eastern philosophy and Zen
- Educational visit

# PROFESSIONAL PASTRY CHEF COURSE

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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 BASICS • 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 - 110 HOURS (1 MONTH)

- 60 hours of practical lessons
- HACCP qualification certificate
- 50 hours of apprenticeship in partner restaurants and laboratories for meritorious students only\*
- Full uniform (chef coat, pants, cgef apron, hat)

### MODULE 2 - 230 HOURS (3-4 MONTHS)

- 80 hours of practical
- HACCP qualification certificate
- 150 hours of Apprenticeship (on-the-job training) in one of our partner restaurants or pastry shops
- Full uniform (chef coat, pants, cgef apron, hat)
- The Fundamentals + the following workshops:

#### WORKSHOPS:

- Food cost
- Educational visit
- C.V. and job interview techniques
- Savory pastry

### MODULE 3 - 400 HOURS (4 MONTHS)

- 100 hours of practical lessons
- HACCP qualification certificate
- 300 hours of Apprenticeship (on-the-job training) in one of our partner restaurants or pastry shops.
- Full uniform (chef coat, pants, cgef apron, hat)
- The Fundamentals + the following workshops:

#### WORKSHOPS

- Food cost
- Banqueting and finger food
- C.V. and job interview techniques
- GELATO laboratory
- Educational visit
- Patisserie "haute couture" 1
- Savory pastry
- Patisserie "haute couture" 2

### MODULE 4 - 520 HOURS (5 MONTHS)

- 120 hours of practical lessons
- HACCP qualification certificate
- Full uniform (chef coat, pants, cgef apron, hat)
- 400 hours of Apprenticeship (on-the-job training) in one of our partner restaurants or pastry shops

## PASTRY

module 1\_ 60 ore\*

module 2\_ 230 ore

module 3\_ 400

module 4\_ 520 ore



#### WORKSHOPS:

- Food cost
- C.V. and job interview techniques
- Educational visit
- Savory pastry
- Banqueting and finger food
- Gelato laboratory
- Patisserie "haute couture" 1
- Patisserie "haute couture" 2
- Patisserie "haute couture" 3
- International Patisserie "haute couture"
- Chocolaterie
- Healthy Desserts
- Healty pastry-Gluten Free&Intolerance
- Assembling and frosting

Keep Calm  
and have a great  
course

ITALIANCHEFACADEMY



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 complement 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 PARTNERS





Partnerships  
with selected **restaurants**  
and **hotels**



BECOME  
A CHEF  
AND WORK  
AROUND THE  
WORLD

**ITALIAN CHEF ACADEMY**

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