Professional Culinary Foundations Training Course

13 – 17 December 2026
Cape town

AGILE LEADERS
Training Center

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Ref: 1572_215889 **Date:** 13 – 17 December 2026 **Location:** Cape town **Fees:** 4500 Euro

Overview

Professional Culinary Foundations Training Course is a one-week foundation programme for aspiring cooks, junior kitchen staff, hospitality employees, and career changers who leave with a Culinary Foundations Practice File. Participants build safe, organised kitchen habits through knife work, mise en place, stocks, sauces, core cooking methods, seasoning, ingredient handling, and basic menu execution. The course emphasises first principles and guided practice rather than advanced production. Agile Leaders Training Center presents professional culinary foundations through practical kitchen tools.

Who Should Attend

- Teams responsible for preparing ingredients and organising kitchen stations
- Staff responsible for basic hot- and cold-kitchen production
- Hospitality employees moving into culinary support duties
- Supervisors responsible for coaching entry-level kitchen practice
- Career changers seeking structured professional kitchen foundations

The course assumes participants can follow workplace instructions and basic recipes, and it leaves advanced culinary production and specialist pastry outside its scope.

Departments and Industries

The course supports departments and industries that require safe, consistent entry-level culinary practice.

- Hotel, resort, and restaurant kitchens
- Banqueting and event catering operations
- Institutional and corporate food service
- Hospitality training and workforce development
- Central kitchens and meal-production facilities

Learning Objectives

By the end of this course, participants will be able to:

- Organise a safe workstation using mise en place principles
- Apply basic knife handling and classical vegetable cuts
- Prepare foundational stocks, soups, sauces, and thickening systems
- Compare dry-heat, moist-heat, and combination cooking methods
- Control seasoning, doneness, time, temperature, and cross-contamination

- Execute and review a simple multi-component menu

Course Agenda

Day 1: Professional Kitchen Organisation and Safety

- Kitchen Brigade, Roles, and Communication Map
- Mise en Place and Station Readiness Checklist
- Personal Hygiene and Cross-Contamination Controls
- Time, Temperature, Cleaning, and Sanitation Record
- Equipment Identification and Safe-Use Routine

Day 2: Knife Skills and Ingredient Preparation

- Knife Selection, Grip, Sharpening, and Safe Handling
- Classical Vegetable Cuts and Size Consistency
- Yield, Trim, Waste, and Portion Worksheet
- Herb, Aromatic, and Basic Ingredient Preparation
- Preparation Sequence and Workstation Reset

Day 3: Stocks, Soups, Sauces, and Flavour Building

- Stock Components, Ratios, and Production Control
- Soup Types and Texture Development
- Foundational Sauce Structure and Thickening Methods
- Seasoning, Tasting, and Palate-Development Log
- Cooling, Storage, Labelling, and Reheating Checks

Day 4: Core Cooking Methods and Doneness

- Dry-Heat Methods: Roasting, Grilling, Sautéing, and Frying
- Moist-Heat Methods: Boiling, Simmering, Poaching, and Steaming
- Combination Methods: Braising and Stewing
- Protein, Vegetable, and Starch Doneness Checks
- Timing, Multi-Tasking, and Quality-Control Plan

Day 5: Guided Menu Execution

- Suggested Exercise: Build a Safe Mise en Place Plan
- Suggested Exercise: Complete Knife-Cut and Yield Practice
- Suggested Exercise: Prepare a Stock, Sauce, or Soup Component
- Suggested Exercise: Apply Two Contrasting Cooking Methods
- Capstone Exercise: Culinary Foundations Practice File

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Practical Exercises

The course uses guided activities to connect culinary theory with safe and repeatable kitchen execution.

- Suggested activity: organise and inspect a workstation before production.
- Suggested activity: complete standard cuts and compare yield, consistency, and waste.
- Suggested activity: prepare and evaluate a stock, soup, and sauce foundation.
- Suggested activity: select cooking methods for ingredients and check doneness.
- Suggested activity: coordinate a basic menu using a timed production plan.

FAQs

Who should attend a professional culinary foundations training course?

The course suits aspiring cooks, junior kitchen staff, hospitality employees, and career changers who need structured first principles for professional kitchen work.

What does culinary foundations training cover?

It covers workstation organisation, safety, knife skills, ingredient preparation, stocks, soups, sauces, core cooking methods, seasoning, doneness, timing, and basic menu execution.

How does this course differ from advanced culinary techniques training?

This course builds entry-level methods and safe work habits, while advanced training assumes established skills and concentrates on complex production and execution.

Why is mise en place important in a professional kitchen?

Mise en place aligns ingredients, tools, portions, timings, safety checks, and task order before cooking so the station can work consistently.

How are food safety principles integrated into culinary practice?

Participants apply hygiene, separation, time and temperature control, cleaning, sanitation, storage, labelling, and allergen-awareness checks throughout production.

Conclusion

Participants take back a Culinary Foundations Practice File linking station readiness, knife work, ingredient preparation, stocks, sauces, cooking methods, safety controls, and timed menu execution. The file provides a structured reference for practising, checking, and improving essential kitchen work before moving to advanced culinary production.