



LaSalle College

# PROFESSIONAL COOKING

## DVS DIPLOMA OF VOCATIONAL STUDIES DAY or EVENING | 12 MONTHS - 3 SEMESTERS

5811

The Professional Cooking program (DVS) is designed for creative, independent students with a strong interest in cooking and gastronomy. It's an excellent way to acquire the skills necessary for a stimulating career.

A certified chef is a valuable, highly sought-after resource for the kitchens of large restaurants, hotels, cruise ships, financial institutions, care centers, and senior's residences. In the food industry, a qualified head chef is considered to be a measure of a business growth and success.

Located in the heart of downtown Montreal, North America's capital of gastronomy, LaSalle College is the ideal place to learn cooking.

**This program is offered in French or English.**

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*"Do you love cooking and gastronomy? Are you independent and creative? If so, the Professional Cooking program is for you."*

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### PROGRAM OBJECTIVES

Students will learn to prepare food, select the appropriate cooking technique, organize and manage a kitchen and create specific menus. As well, LaSalle College instills its graduates with fundamentally healthy and environmentally conscious values.

### CAREER PROSPECTS

- Cook
- Chef de partie
- Sous-chef
- Future head chef
- Caterer
- Institutional cooking (hospital, CLSC, etc.)
- Grill cook

### INDUSTRY AFFILIATIONS

- Recipient of the Excellence Award presented by the Quebec Hotel and Restaurant Suppliers Association.
- Member of the Association canadienne des chefs de cuisine
- Member of the Association des restaurateurs du Québec
- Member of the Chaîne des Rôtisseurs




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**PROGRAM CONTENT**


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**SPECIALIZED TRAINING**

- The Trade and the Training Process (30 hrs)
- Hygiene and Food Safety (30 hrs)
- Health and Safety (30 hrs)
- Sensory Properties of Foods (45 hrs)
- Cooking Techniques (30 hrs)
- Kitchen Organization (30 hrs)
- Fruits and Vegetables (60 hrs)
- Basic Preparations (90 hrs)
- Professional Relationships (30 hrs)
- Mise en Place: Soups (45 hrs)
- Basic Doughs, Pastries and Batters (60 hrs)
- Mise en Place: Meat, Poultry and Game (105 hrs)
- Mise en Place: Fish and Seafood (90 hrs)
- Mise en Place: Hors-d'Oeuvres and Appetizers (60 hrs)
- Mise en Place: Desserts (105 hrs)
- Menu Planning (60 hrs)
- Service: Breakfasts (60 hrs)
- Culinary Presentations (45 hrs)
- Service: Menus du jour (60 hrs)
- Service: High-Volume Menus (45 hrs)
- Production: Banquets and Food Service Operations (75 hrs)
- Service: Buffets (45 hrs)
- Service: Table d'Hôte and à la Carte Menus (135 hrs)
- Integration Into the Workplace (105 hrs)

**COURSE CONTEXT**

- A 5-week apprenticeship in a restaurant or food service business.
- Kitchen production and dining room service in an actual business context.
- Teachers with extensive experience in the restaurant and food businesses.

**ADMISSION CRITERIA**

To be eligible for admission to the Professional Cooking program, candidates must meet one of the following requirements:

- Persons holding a Secondary School Diploma or its recognized equivalent (a comparative evaluation of your studies issued by the MICC) The diploma or its recognized equivalent must be in your file before the start of class.
- Persons who are at least 16 years of age on September 30 of the school year in which their training is to begin and have earned the Secondary IV credits in language of instruction, second language and mathematics in the programs of study established by the Minister, or have been granted recognition of equivalent learning.
- Persons who are at least 18 years of age upon entry into the program and have the following functional prerequisites: the successful completion of the general development test and SPR 3, 4, 5, 6, or recognition of equivalent learning.
- Persons having earned Secondary III credits in language of instruction, second language and mathematics in the programs of study established by le ministère de l'Éducation, du Loisir et du Sport du Québec. (MELS)

**TEACHING EQUIPMENT**

- Teaching, production and demonstration kitchens
- Teaching and public dining room
- Teaching bar

