



**EVENING | 5 MONTHS - 1 SESSION**  
**525 hours**

**ASP**  
**5824**

The Market-Fresh Cooking specialization attestation is geared towards individuals who would like to advance in the cooking field, are passionate about gastronomy, and want to further improve their cooking skills.

This program will allow students to familiarize themselves with current culinary products, create new recipes, use their creativity, create industry connections, and fine-tune their career opportunities.

Students will grow in an interactive environment and participate in activities at a restaurant open to the public, giving them a concrete opportunity to apply their skills.

Located in the heart of Montreal, a leading North American culinary city, LaSalle College is the perfect location to complete a specialization in professional cooking.

"Are you a creative, independent cook who is passionate about gastronomy? Then the Market-Fresh Cooking program is right for you!"

## Program Objectives

In their training courses, students will explore the latest food trends and technologies, perfect their skills in various global and local culinary methods and specialize in pastries and butchering.

## Career Prospects

- Station Chef
- Sous-chef
- Future chef
- Institutional cook
- Hotel cook
- Pastry Chef / Baker
- Butcher

## Admission Criteria

To be admitted to the Market-Fresh Cooking study program, you must fulfill one of the following conditions:

- Have one of the following vocational studies diplomas: 5311 Cuisine OR 1038 Cuisine d'établissement OR 5811 Professional Cooking OR 1538 Professional Cooking
- Have completed and provided proof of studies recognized as equivalent
- Work in a career or profession related to this program of study





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## Industry Connections

- Recipient of the excellence trophy from the Association des fournisseurs d'hôtels et de restaurants du Québec
- Member of the Association des restaurateurs du Québec
- Member of the Culinary Federation
- Member of the Chaîne des rôtisseurs

## Concentration Courses

- The Trade and The Training Process (30 hrs)
- Charcuterie Products (45 hrs)
- Bread Products (30 hrs)
- International Dishes (45 hrs)
- Dishes made with Regional Products (90 hrs)
- Plated Desserts (60 hrs)
- Recipe Development (30 hrs)
- Recipe Standardization (30 hrs)
- Mise en place and service : Market Fresh Menus (120 hrs)
- Mise en place and service : Tasting Menus (45 hrs)

## Educational Equipment

- Teaching, production and demonstration kitchens
- Teaching and commercial restaurant

## Learning Environment

- Put skills into practice at various major events.
- Work in culinary production and service in a real commercial restaurant.
- Learn from teachers with experience in the food service and restaurant industry.

