

Online Professional Chef Program

TEDCO School of Culinary Arts is proud to partner with [ROUXBE.COM](https://www.rouxbe.com) the worlds premier online culinary program, to bring to you our [ONLINE PROFESSIONAL CHEF PROGRAM](https://www.rouxbe.com).

The culinary training includes a two-level, foundational cooking school, covering everything that is taught in a traditional brick and mortar culinary programs with full support and guidance from our faculty via Zoom/Email and WhatsApp.

The content is delivered completely ONLINE with various modes of learning and assessment, including hundreds of instructional videos, interactive quizzes, instructor-submitted activities and practical in-house assignments graded by our senior chefs.

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| <p>1 Simple to use Student Dashboard to view progress and engagement</p> <p>2 110 hours culinary curriculum</p> <p>3 Over 475 demonstration Videos</p> <p>4 Over 250 Practice Recipes</p> | <p>5 Weekly Zoom classes with TEDCO guide and help you through you journey and live cooking demos and instructions.</p> <p>6 100% support by Email Mobile or Whatsapp</p> <p>7 Rouxbe.com live events run by industry leaders and chefs worldwide.</p> <p>8 Lifetime access</p> |
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Culinary Foundations Level 1



Knives, Knife Cuts & Knife Sharpening	Food & Kitchen Safety	Dry-Heat Cooking Methods	Moist-Heat Cooking Techniques	Stock Fundamentals	Seasoning	Basic Plating	Nutrition in the Kitchen
Selecting a Knife Set Proper Knife Handling Cut with a Chef's Knife Sharpening Your Knife	Food Safety Handwashing Buying & Storing Food Preparing Food Cleaning Up Kitchen Safety Basics	How to Pan Fry Pan Tossing How to Sauté How to Sauté Searing Bread & Batter Foods Shallow Fry & Deep Fry How to Stir-Fry	Submersion Cooking Combination Cooking Stewing Pot Roasting Steaming Introduction Steaming Basics Pressure Cooking	How to Make Stock How to Make Dark Stock How to Make Short Stock How to Make Broth Veal & Beef Stock Plant-Based Stocks	Basic Seasoning How to Brine How to Cook with Herbs Marinades Fats & Oils Acids	The Basics of Plating	Basic Nutrition Diets and Dietary Restrictions Basics of Cooking for Health Support

Culinary Foundations Level 2



Salads & Vinaigrettes	Vegetables	Eggs	Soups	Sauces	Rice & Grains	Legumes
Salad Greens Selecting & Preparing Vinaigrette Basics	Vegetable Pigments Cooking in Water Steaming Vegetables How to Roast Vegetables How to Purée Vegetables	Boiling & Scrambling Frying, Basting & Poaching How to Make an Omelet How to Make a Frittata How to Steam Eggs	Broth-Based Clear Soup Stock-Based Clear Soup Roux-Based Soup Starch-Based Thick Soup Consommé	Béchamel Sauce Velouté Sauce Tomato Sauce Butter Sauce Hollandaise Sauce Demi-Glace Pan Sauce Plant-Based Sauces	Steaming & Boiling Pilaf Method Risotto Method Varying Risotto How to Cook Grains How to Make Polenta	How to Cook Dried Legumes
Meat	Poultry	Fish	Baking Basics & Breads	Pastry Basics	Chocolate	Pasta
How Heat Affects Protein Premium Cuts of Steak Prepping Steaks How to Cook Steaks How to Roast Prime Rib	Poultry Fundamentals Roast a Whole Chicken Enhanced Roast Chicken	How to Buy & Store Fish Cooking Fish How to Pan Fry Fish	Baking Basics Wheat & Gluten Quick Breads Basic Breads by Hand Stages of Bread Making How to Shape an Epi	How to Make Pâte Brisée Pâte Sucrée Pâte à Choux Crêpes Custards Soufflés	Basics of Quality Chocolate	How to Select Pasta How to Cook Pasta How to Make Fresh Pasta Laminated Pasta

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