

ProStart TEACHER FORUMS

These intense, hands-on sessions, designed for FACS and ProStart educators, will give attendees three days of culinary foundations, procedure training for culinary competition teams, and in-depth dessert and plating instruction. Each session will enhance and enrich the abilities and skills of educators working with high school students in culinary education classrooms.



PLEASE EMAIL STACIA PAYNE, SLPAYNE1@MCCNEB.EDU, TO REGISTER!

All sessions are \$50 each and will be held at the Fort Omaha campus in building 022, Institute for the Culinary Arts.

MAY SESSIONS | COOKERY - MAY 23-25, 2018

SESSION 1: FOUNDATIONS SKILLS: PAN SAUCES + SOUP BASICS*

Morning lessons will include lessons to define what makes for great sauces and soups, and you'll spend time evaluating one another's knife skills to complete your mise en place. Then, you'll execute recipes that will become part of your curriculum- and team-building repertoire for your students, and learn about evaluating work with our chef-instructors in this delicious, fun, foundational class. Lunch is included.

05/23/2018-05/23/2018

08:00AM - 04:00PM

SESSION 2: IN-DEPTH: APPETIZERS + VEG AND STARCHES*

This session will be spent learning about keys to creating delicious, beautiful appetizer and side dish courses! Complete with hands-on cookery and evaluation by your peers and our chefs, Session 2 will broaden your palate, and give you deeper understanding of the best ways guide your students in the preparation, service and plating of appetizers and sides! This will be a tasty day! Lunch is included.

05/24/2018-05/24/2018

08:00AM - 04:00PM

SESSION 3: BAKESHOP BLITZ*

This session is the sweetest one yet! Time will be devoted in the morning to learning pastry techniques. After a lunch-and-learn centered on tempering chocolate and spun sugar, take time in the afternoon to practice chocolate and sugar work, and explore recipes that will help you change your students' dessert game in delicious ways! Lunch is included.

05/25/2018-05/25/2018

08:00AM - 04:00PM

* no discounts



Metropolitan Community College
**INSTITUTE FOR THE
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JULY SESSIONS | CULINARY COMPETITION (JULY 23-25, 2018)

SESSION 1: (CULINARY) TEAM BUILDING*

In this first in-depth session, we will share and discover definitions of the "ideal competitor" (it's not what you think it is), and our culinary team coaches will share what makes the competition team experience such an enriching, positive experience for students who are members of ICA's Culinary Team Nebraska. In the afternoon we'll explore how CTN's methods can be applied to high school culinary teams like yours, with tools to put concepts into practice in your program. Lunch is included.

07/23/2018-07/23/2018

08:00AM - 04:00PM

SESSION 2: MENUS, LABELS + RECIPES: KEYS TO SUCCESS*

We'll spend time in the morning defining what a strong, effective, clear menu looks like. After a menu writing brainstorm, we'll turn our attention to the labeling system that makes executing that menu possible. In the afternoon we'll convert both menu and labels into standardized recipes that define our ingredients, methods and intent clearly. Lunch is included.

07/24/2018-07/24/2018

08:00AM - 04:00PM

SESSION 3: COMPETITION RUN-THROUGH: EXECUTE!*

What you learned in the first two sessions gives you the tools to execute your menu with teammates today, while you learn about building a cart for competition using best practices. You'll practice writing timelines, equipment lists, and learn effective on-the-clock communication. In this session you'll be in the kitchen, executing as you intend your team to execute, and testing your skills against the clock, with the benefit of feedback from our guest judges. This day will give you valuable new perspective to carry back to your team in the Fall. Lunch is included.

07/25/2018-07/25/2018

08:00AM - 04:00PM

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