



# NATIONAL CULINARY AND BAKING SCHOOL

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8400 Center Drive, La Mesa, California 91942 / [www.nationalschools.com](http://www.nationalschools.com) / (619) 249-5180

## *Message from the President:*



Welcome! National culinary and baking school has been in business for 41 years teaching Culinary, Bakery and Advanced Pastry Arts. During this time, we have taken great efforts to build a reputation with the employers who frequently hire our graduates. For this reason, the first step toward being considered for a place among the few students who occupy each class is to demonstrate a strong passion for cooking. Therefore, to allow each individual the opportunity to demonstrate his or her passion to become a chef, I ask every applicant to attend a class prior to enrolling. In this way, students may discover how classes are taught through our unique hands-on training methods. In addition, this also allows us to personally evaluate each applicant's potential. We look forward to personally welcoming you to National culinary and baking school and encourage you to observe a class. Dal Smith, Owner

## CULINARY ARTS PROGRAM



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Upon completion of the program, the culinary professional will have mastered cooking and presentation methods and techniques. Once such knowledge has been acquired, however, employers will provide applicants with an opportunity to prove themselves. They will expect you to consistently prepare and “plate” food in accordance with their recipes and requirements. The methods and techniques you will learn here will apply to any recipe.

As graduates, each culinary student of National School pledges his or her knowledge and skill to the advancement of the profession and to pass the knowledge gained to those that follow. In turn for this pledge, each student shall receive the personal attention of both the owner and

members of the professional staff and faculty. A culinary credential from National culinary and baking school will open many doors of opportunity in the hospitality industry. Indeed, what you will find here is a real restaurant without the “front of the house”, backed up by knowledge based on more than 25 years of experience in the industry. To be a great chef, you must have a passion for what you do and always strive to enhance your skill and the professional reputation of your craft.

## Curriculum for Culinary Arts

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1. Introduction to the Profession
2. Sanitation
3. Food and Kitchen Safety
4. Equipment Identification
5. Basic to Advanced Cooking Principles
6. Stocks, Sauces, and Soups
7. Mise en Place and the Cooking of Meats, Poultry, and Fish\*
9. Mise en Place and Cooking of Vegetables and Starches
10. Salads and Salad Dressings
11. Hors d'Oeuvres and Appetizers
12. Sandwiches
13. Baking Basics, Breakfast Preparation and Cooking Eggs
14. Food Presentation and Garnishing
15. International Cuisines
16. Food Cost
17. Building the Menu

\*This is the module where you will begin combining your knowledge of sauces with an entrée. You will learn how to cook simultaneously; a meat dish with related sauce will be prepared and served with a starch and vegetable of the day. You will learn to cook, “plate”, and garnish dishes within the time limit set by National culinary and baking school’s Executive Culinary Instructor.



# BAKING AND PASTRY PROGRAM



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Upon completion of this program, students will, receive Baking/Pastry credentials comprised of the following six (6) modules:

1. Bread
2. Pastry
3. Cake & Cake Decorating
4. Wedding Cake
5. Hot & Cold Complex Plated Individual Desserts
6. Sugar & Chocolate Confectionery Art

Each of the six independent modules consists of 100 hours of training in a commercial kitchen totaling 600 hours.

Those who graduate with a certificate in all 6 modules are eligible to work in a commercial environment, earn the Servsafe® (sanitation) certificate awarded by the National Restaurant Association, and receive a certificate for nutrition & kitchen management.

Students who do not complete all six modules will not achieve employment credentials. The following pages identify the start dates for such modules.

Credential candidates can commence study of any individual module according to the calendar dates on page 2.

**Note:** Modules are taught on a rotating basis. To graduate, a student must complete each module regardless of the order taken.

# Curriculum for Baking and Advanced Pastry Arts

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1. Introduction to the Profession
2. Sanitation
3. Food and Kitchen Safety
4. Equipment Identification
5. Principals of Baking
6. Breakfast Pastries:
8. Individual Pastries
9. Quick Breads, Cookies, and Cakes
10. Custards, Creams, mousses, and soufflés
11. Pies, Tarts, and fruit desserts
12. Frozen Dessert
13. Sugar Work
14. Chocolate Artistry
15. Individual/Advanced Level Plated Desserts

Recipes are the foundation of the bakery art followed by measurement. You will learn about different types of yeast and dough products that are either high or low in fat and sugars, as well as rolled-in yeast dough products. There are different flours and grains used in baking that you will learn about and formulas used in making bread. You will learn the primary fundamentals of making breakfast pastries and other sweet dough products that you will need to know to work in any restaurants where breakfast and bakery items are served. A few examples include: puff pastries, croissants, cinnamon rolls, brioches, and Danish pastries. Individual pastries contain multiple components and include pre-made elements of short dough crust, sponge, or meringue topped with layers of fillings such as frangipane, Ganache, butter cream, and jams. You will also learn to make ice cream and sorbets, along with fancy frozen desserts such as bombes. In addition, you will learn the artistic use of sugar in decorations. We will instruct you in ways to achieve the high gloss and hard brittle texture of chocolate by tempering and you will be instructed in advanced chocolate decorations, including, molded chocolates. Finally, you will learn a variety of plated desserts that require unique plate presentation for special desserts served primarily in restaurants.

