



## **FANJOY JUNIOR CHEF™ CULINARY FUNDAMENTALS**

### **Program Teachings & Recipes for Beginner Youth**

### **14-24 years**

#### **Week 1: Orientation to the Kitchen**

Orientation to the kitchen  
Sanitation & Safety, Part 1  
Understanding & Caring for Tools and Equipment  
Team Work & Group Norms for Fanjoy Junior Chef™  
Introduction to Knife Skills  
Understanding Vegetables, Part 1  
Fundamentals of Cooking Rice

#### **Recipe this Week**

Thai Chicken Stir Fry  
Jasmine Rice

#### **Week 2: Intro to Stocks & Soups**

Basic Principles of Cooking & Food Science, Part 1  
Working with Chicken: Sanitation & Safety, Part 2  
Fundamentals of Stocks & Soups, Part 1  
Intro to Nutrition & Wellbeing, Part 1  
Understanding Vegetables: Herbs & their Uses, Part 2

Homemade Vegetable Stock  
Homemade Chicken Stock  
Ginger Carrot Soup

#### **Week 3: Fundamentals of Sauces**

Basic Principles of Cooking & Food Science, Part 2  
Sanitation & Safety, Part 3  
Mise en Place – Organization & Preparation  
Fundamentals of Mother Sauces, Part 1  
Fundamentals of Pasta Types & Cooking Methods

Bechamel Sauce  
Mac & Cheese

#### **Week 4: Intro to Dry Heat Methods of Cooking**

Working with Chicken: Sanitation & Safety, Part 2  
Using Dry Heat Methods: Searing Proteins  
Fundamentals of Mother Sauces, Part 2

Chicken Volute Sauce  
Spinach & Chevre Stuffed  
Chicken Breasts

#### **Week 5: Fundamentals of Sauces, Part 2**

Fundamentals of Stocks & Soups, Part 2  
Using Dry Heat Methods: Roasting

Roasting Beef Bones  
Homemade Beef Stock  
Beef Barley Soup  
Herb Roasted Vegetables

Working with Vegetables: Cooking with the Seasons, Part 3  
Intro to Nutrition & Wellbeing, Part 2

### **Week 6: Fundamentals of Potato Cookery**

Fundamentals of Mother Sauces, Part 3  
Sanitation & Safety: Review  
Understanding Cooking with Meats: Versatility of Ground Beef  
Intro to Nutrition & Wellbeing: Cooking Healthy Food on a Budget, Part 3  
Understanding Vegetables: Cooking Potatoes, Part 3

Canadian Shepherd's Pie  
Demi Glaze & Beef Gravy  
Garlic Mashed Potatoes  
Confit Garlic

### **Week 7: Fundamentals of Plant Based & Vegetarians**

Fundamentals of Mother Sauces, Part 4  
Introduction to Plant Based Meat Substitutions: Beyond Beef  
Introduction to Building Bold Flavour Profiles

Vegetarian "Meaty" Lasagna  
Homemade Tomato Sauce

### **Week 8: Introduction to Cultural Cuisine**

Fundamentals of Knife Skills  
Using Dry Rubs & Dry Heat to Build Bold Flavour Profiles  
Basics of Wraps & Sandwich Making  
Introduction to Foods of the World: Understanding Food & Cultural Cuisines  
Wrap up of our Junior Chef Fundamentals Group, Farewells & next steps in Cooking with Fanjoy for Culinary Classics + Life Skills

Mexican Fajitas OR Tacos  
Guacamole  
Fajita Spice Mix

Fanjoy Junior Chef™ Fundamentals Culinary Course SUMMER 2022