



FERRANDI
PARIS

Introduction to the Fundamentals

OF FRENCH CUISINE

•
Campus of Paris

The Introduction to the Fundamentals programs are designed specifically for food enthusiasts, aspiring entrepreneurs or professionals seeking to discover the fundamentals of French Gastronomy. Through these highly immersive and practical programs, participants will acquire the fundamentals of professional techniques, understand the working environment of a professional kitchen and master the most iconic recipes of French Gastronomy.

100 % in English

(2 weeks - 70 hours)

3 000 (tax included) €

• Run a work station

- Respecting health and safety rules
- Using technical sheets

• Understanding the material and equipment for:

- Preparation (knives, blender, cutter, crockery, mandolin),
- Cooking (oven, salamander grill, range cooker)
- Storage and preservation (positive and negative cold rooms, stockrooms)

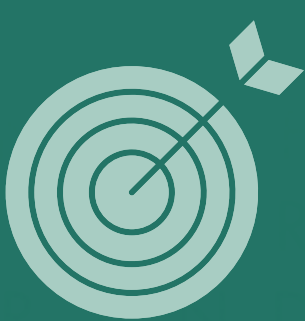
• Acquire professional vocabulary

• Master the techniques for:

- Preliminary preparation (peeling, chopping, carving)
- Slow and fast cooking (braising, stewing, poaching, grilling, roasting, frying, sautéing, steaming)
- Production of sauces (decoction, infusion, fusion, liaison and emulsion)
- Plating and presentation

• Understand quality and purchase criteria

- Dairy and eggs - fish and meat - fruit and vegetables - spices and condiments...



LEARNING OBJECTIVES

- Acquire the basic professional techniques of French cuisine
- Understand the working environment of a professional kitchen
- Produce and present dishes from starter to main

• Contact us for more information: ferrandi-international@ferrandi-paris.fr or +33 (0)1 49 54 28 00 •



ADMISSION CONDITIONS

- Be at least 18 years old
- Hold a high-school level diploma
- Speak English fluently

HOW TO APPLY TO THE PROGRAM?

- Online Application
- Application Review
- Admissions Decision

A SUPPORT DEDICATED TO INTERNATIONAL STUDENTS

FERRANDI Paris and its partner Livin France guide students through different needs before and after their arrival in France:

- Administrative procedures (VISA, accomodation, insurance, bank account...)
- Integration into the student life
- Welcome sessions



With more than a 100 years of history, FERRANDI Paris is the leading school in culinary and hospitality management in France. We offer a unique range of courses from vocational programs to Master's degrees, along with a diverse student body from France and around the world ranging from young people, to adults, and even established professionals and career switchers. FERRANDI Paris is a school of experimentation where excellence is achieved both individually and collectively in a spirit of solidarity. It will teach you to think bigger and aim higher in order to join the most prestigious companies.



40

Teaching labs

2 500

Students

2 000

Professionals in continuing
education

110

Full-time faculty

300

International students
and professionals

30

nationalities