

A CHAPTER OF



INTRODUCING THE HFAA HANDS-ON PROFESSIONAL DEVELOPMENT SERIES AT THE ICC



The International Culinary Center is proud to present a series of hands-on professional development programs together with HFAA. You'll work in our cutting-edge facilities with renowned Chef-Instructors. In these intimate, hands-on courses, you'll learn techniques and recipes from the best. Learn new techniques and recipes that will allow you to take your culinary skills to a whole new level and improve patient satisfaction all while adding a dose of creativity and fun to your team's production schedule. Certificates will be awarded to all participants.

HANDS-ON CULINARY TECHNIQUES CLASSES:

SESSION TOPIC : GLUTEN FREE COOKING AND BAKING

While there is a growing market of ready-to-eat gluten-free products available, the food is considerably more expensive than its non-gluten-free counterparts. This session will explore fundamental principles and techniques of gluten free cooking and baking so you can enhance your menu offerings with a variety of "home made" quality choices for customers on gluten-free meal plans.

1 session | 6 hours | Next class starts May 11, 2011 | 9:00am-3:00pm

SESSION TOPIC : HEALTHY COOKING WITH FRESH HERBS & SPICES

Knowing how to use fresh herbs and spices appropriately in cooking has always been a sign of a good chef, but new research shows that not only do herbs and spices make food taste better, but they may also make food better for you. Now, more than ever, it is important to explore the full-range of uses for fresh herbs and spices in your own cooking

Kick your dried herb and spice habit and learn how to utilize readily available fresh herbs and spices to enhance everything from grilled meats and stews to dressings and marinades.

1 session | 6 hours | Next class starts July 25, 2011 | 9:00am-3:00pm

To enroll or for more information visit:

<https://secure.internationalculinarycenter.com/healthcare.html>

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