

## **MODULE 1**

1/10/2026	Classic tomato sauce	Knife prep for onions/garlics, building flavors with aromatics, simple marinara and variations
1/17/2026	Cream and cheese sauce	Bechamel (white sauce), mac and cheese base, how to avoid lumps and curdling
1/24/2026	Pan sauces and gravies	Deglazing with wine/stock, roux vs slurry thickeners, chicken pan sauce with herbs
1/31/2026	Vinaigrettes and emulsions	Oil to vinegar ratios, salad dressings, mayo and hollandaise, practice balancing acid, salt and fat

## **MODULE 2**

2/7/2026	Knife skills and vegetables	Proper grip and safety, dice, slice, julienne, chiffonade, brunoise practice dish: stir fry or roasted veggie medley
2/21/2026	Stocks and soups	Building stock from scraps (veg, beef, chicken), clear soup vs creamy soup, practice dish: chicken noodle or minestrone
2/28/2026	Eggs and breakfast basics	Scrambled (soft vs hard), fried and poached, omelet folding fun add on: french toast
3/7/2026	Cooking proteins	Pan searing chicken and fish, oven-roasting basics, internal temperature cues, practice dish: roasted chicken with pan sauce

## **MODULE 3**

3/14/2026	Pasta and grains	Cooking past properly (al dente, salting water), rice and quinoa basics practice dish: pasta with sauce from module 1
3/21/2026	One-pan meals and stir fry	Timing proteins and veggies together, building balanced meals in one dish, practice dish: chicken and veggie stir fry with sauce
3/28/2026	Sheet pan and oven meals	Roasting veggies and proteins together, seasoning and timing tips practice dish: sheet pan salmon and veggie
4/4/2026	Beginner dinner party	Students choose a protein, sauce, side and veggie, put skills together for a new plate, mini "graduation meal"