

FFI SYLLABUS

MODULE 1: KITCHEN FOUNDATION + KNIFE SKILLS

MISE EN PLACE
KNIFE SKILLS 1
KNIFE SKILLS 2
GAZPACHO
MUSHROOM ESCABECHE

MODULE 2: FUNDAMENTALS OF RAW

NORI HAND ROLL
HEIRLOOM TOMATO + ZUCCHINI LASAGNE
KELP NOODLE CACIO E PEPE
RAW PIZZA
BLACKBERRY CHEESECAKE

MODULE 3: FERMENTATION

COCONUT CREAM + COCONUT YOGURT
KOMBUCHA
INFUSED TAMARI
SPROUTED BELUGA LENTILS
KIMCHI

MODULE 4: PANTRY, FREEZER + BLENDS

NUT + SEED MILKS, SMOOTHIES + TRUFFLES
ICE CREAMS
CEREALS
SHERBETS + SORBETS

MODULE 5: FROMAGERIE

CHEESE BASE + CULTURED CREAM
ARTISANAL CHEESES
OLIVE CHEVRE
CRACKERS + CONDIMENTS
MOZZARELLA CAPRESE

MODULE 6: SALADS AND DRESSINGS

COBB SALAD
CALIFORNIA SALAD
KHAO YUM RICE SALAD
THAI SALAD
BEET TARTARE

MODULE 7: THE HUMBLE POTATO

POTATO + CELERIAC ROSTI
POTATO PAVE
GNOCCHI MUSHROOM CREMA
AVOCADO TIKKA + POTATO BREAD
POTATO POT PIE

MODULE 8: RICE + GRAINS + PULSES

CHICKPEA SOCCA
SAFFRON RISOTTO
PAELLA
BLINI + CAVIAR
LENTIL PATE
CHOUX FARCI

MODULE 9: SHALLOW FRY

KIBBEH + MINTED YOGURT
EMPANADA
CRAB CAKE + REMOULADE
PARISIENNE GNOCCHI

MODULE 10: CENTER OF PLATE

EGGPLANT DASHI
SALT BAKED CELERY ROOT
BROCCOLI XO
VEGETABLE TERRINE
LAYERED VEGETABLE ROULADE

MODULE 11: ENCAPSULATED FOODS

CABBAGE + MASA TACOS
GYOZA + MISO GLAZE
DOLMA
YUBA
DOSA
KIMCHI DUMPLINGS

MODULE 12: PIZZA

GF PIZZA
MAKING + STRETCHING DOUGH
PIZZA VARIETIES
FOCACCIA

MODULE 13: FLOUR + WATER

FETTUCCINE PESTO
CHARCOAL AGNOLOTTI
CAPPELLETTI
TORTELLI
COUSCOUS
CAVATELLI
FUSILLI
BEET FARFALLE
SPINACH PAPPARDELLE

MODULE 14: COMFORT

NACHOS
MAC N' CHEESE
MEZZE PLATE + PITA BREAD
MOUSSAKA
HUNGRY ANGELINA BURGER
LASAGNE
BAKED RIGATONI
FRUIT CRUMBLE

MODULE 15: BREAKFAST + BRUNCH

BISCOTTI + SCONES
BAGELS + CREAM CHEESE
QUICHE
GF MILLET TOAST
EGGS BENEDICT
STRAWBERRY SHORTCAKE
GF CHOCOLATE DONUTS

MODULE 16: YEASTED BREADS

SEEDED BREAD
BRIOCHE + BUTTER
CINNAMON ROLLS
TANGZHONG
YEASTED DONUTS
CROISSANTS
PISSALADIÈRE

MODULE 17: SWEET FINALE

BANANA COCONUT TART
CHOCOLATE TART
CHOCOLATE MOUSSE
MOCHI CAKE
PAVLOVA
RED VELVET CAKE
MACARON
PATE DE FRUIT

MODULE 18: THE FINAL PRESENTATION

BEVERAGE PAIRING
PALATE, PLATING + PLANNING
TABLE D'HOTE