



COOKING TRAINING CURRICULUM

During the cooking training, the students will study how to execute the most iconic Spanish dish **paella**, along with other famous Spanish recipes such as **pan con tomate**, **sangria**, etc.

As part of the study of the mentioned recipes the training will cover the following components:

paella recipe: its origins and history, the main concept of the recipe, the pillars the recipe based on, main cooking techniques to apply;

paella utensils: about paella pan, connection to the dish origins and history, important details for the size, design and material of the paella pan, how to choose paella stove, its size, usage, and its optional design;

flavor structure understanding (salty sweet sour bitter umami), the importance of fat, texture, flavor'X factor, palate fatigue preventing;

seasoning & spices: saffron, local peppers (ñoras, choricero), pimenton de la vera; usage of salt in seafood paella;

culinary stocks and their importance, ingredients and techniques for rich paella stock for different paella types;

seafood: seafood selection for seafood paella, identifying high-quality fresh seafood, frozen seafood and how to defrost it, **the cold chain culinary concept**, seafood cleaning & preparing, flavor extraction technique;

shellfish: shell-on cooking technique, **mussels & clams:** important details about cleaning and storing fresh alive mussels and clams;

meat & chicken: meat and chicken selection, meat and chicken cuts, marinade;

vegetables: selection, cleaning & preparation, cooking techniques;

rice: the best rice types for paella, about different rice types' ability to absorb flavors,

chemical compositions and physical properties of some Spanish rice types, about

amylose in the rice: about how amylose influence on rice texture and reduces its adherent to the bottom of the paella pan;

sofrito importance: about traditional flavor enhancer **salmorreta** that stays behind the magnificent Alicante-style seafood paella, its ingredients and execution;

socarrat: techniques and important details;

cooking temperatures for each recipe stage;

the **ratio of rice to stock** and its dependence on many factors;

other essential cooking details.

During the cooking training many essential basic culinary topics will be covered:

food: selection, reception, storage, frozen products, utensils in contact with food;

contamination: bacteria contamination and its prevention, cross contamination, and its prevention; **cleanliness and hygiene:** cleaning and disinfection of utensils and facilities, personal hygiene.

The entire service provided by the Provider to the Client is a teaching service the sole purpose of which is culinary education for the Client students and is not of a recreational nature.

At the end of the cooking course, each student who completed the course will receive a certificate.