



Pinnacle
Culinary Arts Institute

Durham Campus Location:

2102 Angier Avenue

Durham, NC 27703

Phone: 919-638-8444

www.cookinginthetriangle.com

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"Experience the Joy of Cooking"

**Fall Semester begins
September 2014**

Director: Chef Gladwin Jarvis

*ServSafe® Certified Manager
Certified Food Safety and Sanitation
Conference of Food Service Protection
Accredited by American Nutritional Standard
Institute (ANSI)*

**For More Information and
Application for Admission
go to:**

www.cookinginthetriangle.com

(919) 638-8444

Overview and Mission of PCAI

Our competency-based programs are geared to prepare students for entry-level positions in the Food Service Industry. Included in the course are **Food Safety and Sanitation, Culinary Terminology Essentials, Knife Skills, Fundamentals of Cooking Techniques, Principles of Baking, Flavor Profiles, Garde-Manger, Soups and Stocks, Plate Presentation, and Basic Pastry**. Integrated throughout the course are career preparation standards which include basic academic skills, communication, interpersonal skills, problem-solving, workplace safety, technology and employment literacy.

The goal is to gain experience and understanding of the ingredients, equipment, cooking techniques and service procedures which are utilized in the culinary and hospitality industries. We will strive to develop speed, consistency, efficiency and teamwork while practicing the working methods of professional cooks and service personnel.



PCAI Program Curriculum and Objectives

Weeks 1-4

Culinary Skills and Techniques

- Kitchen Orientation
- Knife skills
- Mise en Place, Kitchen safety and sanitation
- Food Pyramid and Nutrition

Culinary Fundamentals

- Stocks: vegetable, brown and white stocks
- Thickening and binding agents
- Sauces: classic and contemporary sauces
- Braising, stewing, sauté, deep and shallow frying, steaming
- Vegetable and starch cookery
- Soups, purees, creams, broths, consommé, chowder, vinaigrette
- Defining and classifying fruits and vegetables

Weeks 5-8

Food Theory I

- Fundamentals of Dry Cooking:
 - Roasting,
 - Grilling and
 - Sautéing
- Fundamentals of Wet Cooking:
 - Poaching,
 - Stewing and
 - Steaming
- ServSafe and Food Sanitation training
- **ServSafe and Food Sanitation testing**

Meat/Fish Fabrication

- Butchering of primal and sub-primal cuts of meat
- Poultry butchery
- Fish and seafood classification
- Preparation of both fish and Bi-Valves
- Basic charcuterie

Weeks 9-12

Food Theory II

- Healthy cooking
- Food science
- Nutrition
- Breakfast Cookery
- Cuisine Foci:
 - American regional
 - Italian
 - French

Principles of Baking

- Weights and measures
- Use of bakeshop equipment
- Understanding ingredients
- Quick breads, Muffins, Scones, Biscuits, Cookies
- Basic Yeasted Breads: soft rolls,
- Pies, cobblers, and crisps

Weeks 13-20

(Foodservice Management)

FOH & BOH Operations

- Understanding of how a menu and concept impact employee selection, staffing and scheduling
- Leadership and management skills
- Dining room organization and operations
- Opening and closing procedures
- Customer care

Menu Engineering & Cost Control

- Menu design
- Marketing tool
- Determining selling prices
- Utilizing budgets and income statements
- Managing labor costs
- Legal aspects of foodservice



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Program Tuition:

12-week Tuition: \$4300
Includes **The Art of Pastry Creations** and
The Art of Culinary Cooking

20-week Tuition: \$5300
Continuation of the 12-week Semester with
an extended focus on **Foodservice
Management**

Administration Fee: \$175
Application Fee: \$25

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Application Fee: \$25

12-week Semester Total: \$4500

20-week Semester Total: \$5500

Each student receives these as part his/her Program:

2 Chef Jackets
2 Chef Pants
Chef Cap
Knife Set
All Textbooks/ Workbooks needed for semester
Recipes
Access to Cookbook Library
Choice of **free** magazine subscription to either **Gourmet Magazine** or **Cooking Light**

Class Schedule:

Monday, Wednesday – Friday 8:30am – 12:00pm

First session: Lecture 8:30am – 10:00am

Break: 10:00am – 10:15am

Second session: Practicum 10:15am – 11:45am

Third session: Clean-up 11:45am – 12:00 noon

*****Please visit www.cookinginthetriangle.com
and click on "FINANCIAL AID" to obtain contact information to the various types of
funding options for your education*****

High School Diploma/GED is required for admission into Pinnacle Culinary Arts Institute Culinary Program



Adult
Cooking Classes

Inspired by all those creations made on The Food Network and the Cooking Channel? Ever wanted to try your hand at some delicious new meal? Here at Pinnacle Culinary Arts Institute, you will be trained by world renowned-institute trained Chef Instructors on the basics of knife skills, culinary sanitation and then jump right into island-styled cooking and fast, fun and easy desserts. At the conclusion of each class, students will have had hands-on experience helping to create each dish, taste each creation and receive all recipes. Check out the **upcoming 6-Clinic Series – the fun starts on Monday September 9th: \$400 for all classes including chef coat:**

Class 1: THE CARIBBEAN FRY

- .island coconut chicken.*
- .citrus vinaigrette & baby greens.*
- .beer-battered flounder & from-scratch onion rings.*

Class 2: SWEET & SOUR

- .jamaican jerk wings.*
- .raspberry vinaigrette & fresh baby spinach.*
- .dominican chicken.*

Class 3: COOKING FROM THE PANTRY

- .easy breezy corn fritters.*
- .chicken parmigiana ala linguini.*
- .green beans almandine.*

Class 4: POACHING & GRILLING

- .poached salmon & lemon butter sauce.*
- .grilled garden medley.*
- .key west key lime tartlets.*

Class 5: PAN-SEARING & ROASTING

- .ginger teriyaki dressing & garden greens*
- .mini island crab cakes.*
- .roasted root vegetables.*
- .berry medley crisp.*

Class 6: CLASSICAL COOKING

- .pesto vinaigrette & bitter greens.*
- .pork medallions w/ Bermuda onions & red peppers.*
- .potato crown.*



Junior Chef's
Academy Classes

For all you Junior Master Chefs out there, sign up and attend one of PCAI's cooking classes geared towards the Fresh Generation! Impress your friends with your skills in the kitchen! Learn techniques of culinary and pastry arts and have fun doing it! Want to learn how to make an awesome gourmet dish or an unbelievably mouth-watering dessert? Sign up now for our next session! **\$55/each class OR \$300 for all 6 classes.**

Below are **examples** of Junior Chef Academy Class Schedule:

MEAL CONCEPT CLASSES

SUNRISE BREAKFAST

- .kids are creating a fun morning breakfast.*
- .granola-from-scratch. apple pancakes. caramelized bacon. fresh-squeezed juice.*

BOURBON STREET

- .our Junior Chefs learn about the Creole flavors of New Orleans.*
- .shrimp popcorn style, corn griddle cakes and beignets.*

ALL-AMERICAN DREAM

- .kids get to make fun & tasty American classics.*
- .chicken tenders, mac & cheese, corn on the cob, mini-apple pies.*

ITALIANO NIGHT!

- .your little Chefs try their hand at authentic cuisine.*
- .vegetable Pizza, spaghetti & meatballs-from-scratch, cheese straws.*

SPECIALIZED SKILLS CLASSES

SWEET TOOTH

- .let the flour fly. kids will satisfy their sweet tooth with some great desserts.*
- .brownies, blueberry muffins, pineapple upside down cake, chocolate-banana smoothie.*

AFTERNOON SPECIAL

- .kids will get to create fun, healthy & creative snacks.*
- ."bump on a log", s'mores, "flower pot", "pig in a blanket".*