

ROMA FIRENZE BOLOGNA PALERMO CATANIA NAPOLI MILANO TORINO

## PROFESSIONAL TRAINING COURSE FOR PASTRY CHEF

The training course for "Pastry Chef" organized by ANPA with the high patronage and the collaboration of the FIP (International Federation of Pastry, Ice cream and Chocolate), the Federation of Italian pastry, ice cream and chocolate makers, the APCI (Italian Professional Chefs Association), the Sicilian Chef and Pastry Chef Movement and the Napolitano's Confectioner Association, is articulated in three main levels:

- **a first level (basic)**, awarded with the Qualification of "Commis Confectioner"
- **a second level (advanced)**, awarded with the Qualification of "Second Confectioner - Sous Chef Pâtissier"
- **a third level (specialist)** awarded with the Qualification of "Head Pastry Chef - Chef Pâtissier"

The structure and the organization of the course will offer, to each student, the ability to customize their training according to the personal profile and the professional and/or business objectives they intend to reach.

These three fundamental levels of pastry training are strictly linked to other education and/or vocational programmes aimed to develop further the knowledge and the technical skills already acquired and to gain a more specialized expertise: **Course for "Chef de partie decorator", Course Chef de partie chocolatier - Chocolatier", Course Chef de Partie Ice Cream Maker-Glacier", Course" Chef de Partie Boulanger/Fournier".**

## COURSE FOR CONFECTIONER (ADVANCED LEVEL)

The training course for "Pastry Chef" (advanced level), organized by ANPA (National Academy of Hotel's Professions) with the high and exclusive patronage of FIP (International Federation of Pastry, Ice cream and Chocolate), the Federation of Italian pastry, ice cream and chocolate makers, the APCI (Italian Professional Chefs Association), the Sicilian Chef and Pastry Chef Movement and the Napolitano's Confectioner Association, is the second step required by the training program and appeal to those who have already attended the course for "Pastry Chef - basic level "and achieved its qualification of "Commis Confectioner" as well as chefs, pastry chefs and restaurant operators wishing to upgrade and to improve their knowledge on the Italian pastry. The course, starting from a focus on the use of raw materials in pastry, it will trace in a more technical manner the dough's process and the leavening, the preparation of the main and most traditional sweets made of shortcrust pastry, sponge cake, cookies, cream puffs, leavened (panettone, pandoro, baba). The course will focus also on the different variants of the preparation of custard (cream pastry with flour, with corn starch, rice starch, chocolate), english custard, butter cream, light creams, mousses and Bavarian, and the basic techniques for the preparation of frozen desserts. Specific attention will be paid to the art of cake design. The training will enable the achievement of a technical and professional training advanced level that will permit to the students to be able to properly carry out, in a pastry department of a hospitality firm or in a artisanal or semi-industrial pastry laboratories, the most important italian and international confectionary preparations, confectionery from the counter (mignon, finger food cakes, macarons), savory pastries and hotel pastries (breakfast products, coffee breaks), as well as the production of modern cakes, traditional bakery and its decorations through the art and techniques of the cake design. The course is totally practical, it will take place in the kitchens of prestigious hotels, restaurants and pastry partners of ANPA, and will allow the students to use professional equipment and tooling in order to ensure the proper execution of sweet, cakes, pastry products and savory pastries following the international standards. The teaching of the courses is entrusted exclusively to Masters Executive Confectioners and Maitre Chocolatier of proven experience and high professionalism.

**OBJECTIVE:** To train professionals figures able to operate in the role of "Sous Chef Pâtissier" in the pastry department of hotels and restaurants at national and international environment, as well as in

artisanal and semi-industrial pastry laboratories, through an innovative methodology based on a full immersion training programme lasting 36 hours spread over a period of one month, with the possibility to carry out a subsequent internship period from 1 to 6 months in hotels, restaurants and pastry laboratories. The method aims to reduce the time spent in the classroom by the students and, conversely, to speed up their contact with local businesses through a concrete experimentation in the field of the skills acquired during the training. A major advantage also for the companies that will benefit from a huge human resources potential that can be integrated into the same business area.

## **EDUCATIONAL PROGRAM:**

- **The raw materials used in confectionery and their characteristics (3 hours)**  
Milk, condensed milk, milk powder, milk derivatives, cream, whipping cream, vegetable cream, yogurt, cottage cheese, mascarpone, mozzarella, butter, vegetable butter (cocoa butter, coconut butter, peanut butter), vegetable oils, olive oil, seed oils (soy, peanut, sunflower, corn, rapeseed, coconut, palm, various seeds), margarines, sweeteners (sugars, sucrose, sugar, crystalline, powdered, granulated, raw, syrup sugar, fructose, glucose, glucose syrup, lactose, maple syrup, honey), chocolate (the different classifications: extra, fine, common, milk, fine milk, dark, white), sweets (the candies, fruit jellies, gums, liquorice, candy, nougat, the marzipan or almond paste), thickeners (tragacanth gum, arabic gum, agar-agar, pectin, alginates, carragenati, seed flour carob, gelatin, albumin, gellan gum, gum xentana), yeast, food additives, eggs, flour and starches
- **The basic preparations and the fundamental doughs (6 hours)**  
The shortcrust pastry: mix of doughs (classical method, sandblasted method, mounted method, balancing of the shortcrust pastry, different combinations of doughs). Special additions to the dough base (nuts, cocoa, starch). Classification of shortcrust pastry (sable pastry, shortcrust common pastry, pastry Milan, pastry for funds, shortbread). The puff pastry: the ingredients, the different types of pastel, the mixture of dough (different input methods in pastel stick), the “peghe” into the puff pastry, baking puff pastry. The sponge cake: the ingredients, performance techniques of sponge cake execution, enrichment of the dough base, cooking. Cookies: the classic, almond and chocolate biscuit, marzipan, meringue. Cream Puffs and cupcakes: ingredients, preparation techniques and cream puffs cooking. The choux pastry dough. Weights mounted.
- **Leavened dough (6 hours)**  
Panettone, Pandoro, the croissant with natural and mixture leavening, the babà
- **The creams (6 hours)**  
The custard: custard with flour, with corn starch, rice starch, rice starch and corn, chocolate (preparation of some recipes). The english custard (preparation of some recipes). Butter Creams: (preparation and recipes for the Italian meringue, for semifreddo base, for the english custard). Light Creams: caramel light cream, light cream with Cointreau, light cream with hazelnut. The cream chibouste (preparation and recipes for cream chibouste with honey and chocolate). Mousseline cream (preparation and recipes for mousseline cream with almonds, nuts and chocolate). Meringues: (preparation and recipes for classic, Italian and Swiss meringue). The mousse: (preparation and recipes for chocolate mousse, chocolate ganache method, white chocolate, chocolate based frozen desserts, lemon, raspberry, cottage cheese, yogurt). The Bavarian (preparation and recipes for the Bavarian with pistachio, vanilla, caramel, milk and orange. The semifreddo base (preparation and recipes for semifreddo base with cooked sugar, milk and syrup).
- **The art of cake design: Techniques for filling and decorating cakes: (15 hours)**  
Preparation and use of sugar paste in pastry: processing techniques and staining. The choice of bases and of the fillings to be used for decorating a cake: doughs, creams and fillings. Technical design of a decorated cake. Realization techniques of flowers and decorations using gum paste and powder colors. The coverage of the cake with sugar paste and decorating techniques. Mounting techniques and coverage of a multi-floor cake.
- **Prevention and Safety (optional teaching module - cost € 120.00 + VAT 22%)**

**STAGE (TRAINING ON THE JOB):** It is an important and challenging educational opportunity for the students that, at the end of the course and after passing the final exam, will be able to request to the

ANPA Stage Division, the opportunity to realize an internships period from 1 to 6 months (subject to the availability and the final decision of the hosting companies), in the pastry department of a hotel or extrahotel firm or in pastry shops and laboratories, as an assistant to the Executive Confectionery Chefs. During the period of training on the job, therefore, the student will test on the field the technical skills acquired during the second training course, as well as he will learn new procedures and new pastry processes according to the standards of work and business strategy of the hosting company. The internship does not constitute an employment relationship and could be only applied by persons in possession of the requirements of Article. 18, paragraph 1, letter d of Law 196/1997 and art. 11 of Law Decree n. 138/2011.

<b>START COURSES</b>	Every month
<b>DURATION</b>	A month and a half of practical training, with the possibility to carry out a subsequent path of stage from 1 to 6 months in company
<b>PARTICIPANTS</b>	Max 15
<b>FREQUENCY</b>	Three times a week (Monday, Wednesday, Friday)
<b>TIMETABLE</b>	15.00 – 18.00
<b>COST</b>	€ 1100,00 + VAT 22%
<b>STAGE</b>	Allowed students to meet the requirements of Article. 18, paragraph 1, letter d of Law 196/1997 and art. 11 of Legislative Decree 13 August 2011. For the activation of the stage is scheduled payment of € 150.00 + VAT 22 % to answering internships ANPA, only upon verification by the same requirements of the participant the performance of the internship. This fee covers the training period from 3 to 6 months exclusively within a single structure. If the student intends to carry out the training period in most structures, for each activation stage it will be necessary to pay the sum of € 150.00 + VAT 22 %
<b>INSTALLMENTS</b>	€ 242,00 + 2 installments of € 550,00 € 242,00 + 12 installments of € 97,50

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