



L'ESCOLA DE CUINA
I PASTISSERIA DE BARCELONA

DES DE 1977

ENTREES AND PASTRY
CHEF
(386 HOURS)

40th ANNIVERSARY



(EXPERIENCE AND PROFESSIONALISM)
40 YEARS TEACHING PROFESSIONALS

Presentation:

During our 40-year-career (since 1977), Bellart Cooking and Pastry School knows how important a good training is in order to enter in the labour market. Proof of it is the thousands of students who studied in our school and, nowadays, are working in important positions in catering sector all over the world.

Our courses offer a fast and complete training that make possible studying and working at the same time in most cases.

Collaboration with **Universitat de Vic-Universitat Central de Catalunya, Barcelona (Vic's University)** grants our students the access to internships in prestigious establishments of the sector, which strengthens their skills and opens their doors to professional world.



In many restaurants the pastry Chef is also taking care of the cold entrees.

Thanks to our experience, we have designed a complete and intensive training to become an entrees and pastry chef that lasts 9 months. This course ranges from pastry basis, through knowledge of new cooking technologies (Molecular pastry, Sous-vide Cooking...) to haute patisserie, as well as a significant emphasis in oenology and wine-pairing, cocktails, etc., not to forget to teach in a very practical way all the management tools that will allow our students to run and manage any establishment in hospitality sector.

Along with entrees and pastry chef's course and in order to complete their studies, students can do the Chef course specialized in Healthy and Well-balanced cooking, consisting of 92 additional hours.

Our whole team at Bellart invites you to get to know our school and to go into the wonderful world of professional cooking and patisserie.

Course details:

Enterprising matters:

Good hospitality training does not just involve having a good comprehension of different cooking techniques or a wide knowledge about ingredients. It is essential to know how to manage a business. So this is why we give our students fundamental tools, so they can successfully lead their own business in the future.

The three topics contained in this subject go in depth in fundamental aspects in managing hospitality establishments. Along with "Catering Management" (Food Technology II), these topics create the base to manage any business in hospitality area. For this reason, our teachers, who are among the best professionals in the sector, share their knowledge and experiences in:

Commercial Marketing (applied to catering industry):

Students learn about sales and its strategies: how to trade with our creations, who are the potential clients, how to expand our market, how to satisfy clients and customers' needs, variety among products, emphasizing menu engineering.

Food & Beverage:

Direction of Food and beverage department. In this course students learn how to carry out tasks like selling and purchasing raw materials, storage stocks monitoring, setting up buffets and customer service, and also working structure and organizing services, as well as costs control system, sales volume and profit margins of all business dedicated to hospitality.

Managing techniques:

Various topics related with strategies to direct catering: corporate philosophy, communication management, what does managing a business mean?, managerial competences, teamwork, motivation rules, causes of lack of motivation and its consequences, advantages and steps to be taken to delegate, effective ways to maximize time, etc.



Techniques and Practicals of Patisserie (Restaurant Deserts):

Preparation and assemblage of several restaurant desserts with their respective techniques applied to either basic and traditional pastry, or the most modern techniques used currently in avant-garde patisserie. At the end of the class, students taste the desserts.

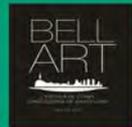
Students perceive step by step each of the details within the elaboration in dessert cooking. This way they obtain the required knowledge to elaborate the most complex and current desserts.

Practicals of Patisserie:

This practical training is given in small groups: real practicals in the catering sector of Desserts. Students make the same recipes elaborated in Techniques and Practicals of Patisserie, under the supervision of a chef. The priority is not just a good flavour and the method of its preparation, but also its presentation and its design.



ENTREES AND PASTRY CHEF - 9 MONTHS



Food technology I:

This subject contains theory and practice of several aspects of hygiene and food safety, as well as knowledge and process of ingredients. It includes:

- Food handler certificate:

This subject introduces basic concepts about hygiene and food safety: food microbiology, personal hygiene, cleanliness and disinfection, reception of raw material, food storage, implementation, recycling and waste management, water, vector control.



Students obtain the food management certificate doing this subject.

- Cooking and pastry techniques:

The main aim of this subject is to consolidate all knowledge acquired in other subjects containing theory and practice; this is why students are taught all techniques related to cooking, mother and derived sauces in order for students to improve either their work in patisserie, or in cooking.

Additionally, students get to know a wide range of ingredients. Classes focus on teaching students how to choose the best products for each dish: desserts, appetizers, main courses, and how to process them to get their optimum performance.



Materials used:

Fruit, vegetables and legumes
Dairy products
Porcine, ovine and bovine products, poultry, hunting species, cold meat
Bovine quartering
Fish and seafood
Herbs and spices
Dried fruits and oily products
Mushrooms and truffles
Greases

Food technology II:

This practical subject consists of cost management and pricing (imperative to manage prices and costs in a restaurant), dietetics, nutrition and special diets (indispensable to offer a well-balanced gastronomic offer to everyone). It includes:

Catering management:

This part analyses broadly what to take into account when setting up a catering establishment. It starts with the trading account in order to develop pricing, calculate costs of raw materials and product prices, etc.

Furthermore, it is a tiny incursion in basic concepts of accounting, profitability ratio, fixed and variable costs, optimizing resources, etc.

Introduction to dietetics:

This subject shows all guidelines to know what we eat and what we should eat. Healthy and natural food. Nutrients and calories. How we use energy. What does grease provide? What do proteins provide? Vitamins in our diet. The importance of mineral products

Introduction to special diets:

It is very important to know about the main pathologies closely related to food that someone can suffer in order to adjust meals to his/her health needs.

In this subject, there will be explained pathologies such as: celiac disease, renal insufficiency, gout, high blood pressure, diabetes mellitus, high cholesterol levels, osteoporosis, obesity, constipation, diarrhea, cancer and diets according to age. In all those cases, it is explained which products can be eaten and which are not recommended. Furthermore, students are provided the tools to create different kind of diets according to each palate.



Chef's topic 2:

Along with Chef's topic 1, this subject gives wider knowledge to students, not just in haute cuisine, but in haute patisserie. It includes new cooking tendencies such as sous-vide cooking. Furthermore, at our school we are determined to provide a comprehensive training. That's why our students learn the basis of restaurant service, cocktails, oenology and wine-pairing. Finally, the course is completed with vegetarian cuisine, which is more and more significant in cuisine scene.

Themes in Chef's topic 2 are:

Desserts in catering: desserts d'auteur, chocolate treatment, ice-creams and sorbets, molecular pastry..

Cuisine: haute alternative vegetarian cuisine and sous-vide cooking.

Lounge services: table services, cocktails, oenology and wine-pairing.

Desserts d'auteur:

In this case, we will modify the previous perspective and we will dive into the world of desserts in haute catering. We will do this regarding its main protagonists, master pastry cooks or other cooks who have made significant contribution in patisserie. We will dedicate each session to one of those cooks and its creations, selecting one or more of his/her main contributions. Students will analyse his/her career and his/her source of inspiration, innovation and applied techniques. The chef integrates a personal perspective in the format or the serving, as well as variations in the method or complementary combinations.



Molecular pastry:

New textures and uses to prepare deserts by using chemical products, and that can help preparing new and spectacular creations.

Delicate miniature preparations can either appear in a dessert menu or in a tasting menu, always following the latest gastronomic trends, served in small format, or else, parts of a dessert, or simply just new ways to prepare traditional patisserie bases.

The aim of this subject is presenting an assortment of preparations in a menu and combinations of flavours and textures.



Chocolate treatment:

We get into the world of chocolate by talking about its principal characteristics, different kinds of chocolate and different applications or ways of manipulation.

Students are taught different warm-up techniques according to each kind of chocolate, available facilities and specific applications. Different stages of dark, milk and white chocolate while being in different warm-up phases are shown.

Students will create basic decoration such as petite four, chocolate curls or other kind of pastries and a wide variety of bonbons. Basis to elaboration of truffles, creamy chocolates and ganache. Finally, students create a cake made of chocolate incorporating topics as sponge cake, mousse and chocolate icing.

Ice creams and sorbets:

The world of ice creams and sorbets is a world apart with very special characteristics. Formation and technical explanations about how to elaborate a balanced mixture gather importance, as well as each ingredient role in the formula, different kind of sugars and its characteristics, balance between solids and liquids textures, among others.

The suggested recipe book contains: classic and refreshing sorbets, preparation of ice creams, combining fruits with dairy bases and other formula using alcohol and aroma.

Suggestion seems to be useful on a small scale, in catering establishments or specialised business or people wishing to recycle their knowledge.



Haute alternative vegetarian cuisine:

This subject consists of a new elaborated program with new biological and wholegrain products, which have a fundamental nutritional value and are required by our organism.

Elaborations suitable to vegetarians, celiacs, diabetics, etc. are cooked with seaweed, tofu or seitan. This subject shows step by step all techniques applied in this alternative cooking with a design perspective.

This subject will be seen only in practical classes.

Sous-vide cooking:

The aim of this subject is training the future professionals in high new technologies applied to cooking and pastry.

Sous-vide technique brings benefits to professionals either in preservation or cooking of ingredients: preparations with this technique are prolonged, their texture and flavours improved and cooking spending less raw materials is possible thanks to the vacuum. Moreover, this technique permits a better organisation and timing in order to optimize human resources. Students will cook a great variety of dishes and will perceive the advantages of cooking food in a vacuum bag.

Table services and its techniques:

There are several aspects when serving a table: different kind of services, required cutlery to serve food and its utilisation (how to serve fish, meat, poultry, soups or creams, bread, etc.), uncorking bottles and serving them, as well as set the table (tablecloth, napkins, cutlery, glassware and apt plates to each kind of food and event). The art of cutting cheese and fruit in front of the client and serving it will be taught as well as dessert trolley service, hot drinks (coffee, tea, infusions, chocolate, etc.).

Cocktails:

Theoretical and practical subject, explanation of every cocktail families: digestive, appetizers', alcohol free, long drink, cava, etc. Student can see and taste either classic cocktails or new combinations. They learn how to technical specification and how to optimize the preparation profitability paying attention to measures.

Oenology, wine-pairing with various dishes and desserts:

Acquiring knowledges about preparation and wine-tasting from theoretical and practical perspectives. Designation of origin. Wine menu: preparation depending on the aim and kind of restaurant. Grapes: kind and conditions. Wine: service, presentation and maintenance and wine-pairing. Oenological management: sales, stocks. Tasting: introducing to wine-tasting. Senses analysis: aroma, colour, texture, etc. Blind tasting.



ENTREES AND PASTRY CHEF - 9 MONTHS



Practicals of Chef's topics 1 and 2:

On one hand, practicals of Chef's topic 1 and 2 are focused to copy dishes seen in class. On the other hand, students must consolidate haute cuisine and pastry knowledge and, basically, develop their creativity since specific practices.

In both cases, there are small groupes. Classes look for technical perfection either traditional or innovative in cooking and pastry.

Cocktails, oenology, wine-pairing and table service are theoretical and practical subjects. Practicals are implied.

The only non practical subject is Sous-vide cuisine, as it is a technique subject.



PLEASE NOTE THAT ALL OUR COURSES ARE TAUGHT IN SPANISH

ENTREES AND PASTRY CHEF - 9 MONTHS



CHEF SPECIALISED IN HEALTHY AND BALANCED CUISINE



The increasing demand of professionals who cook in a healthy and balanced way and who offer alternatives to people who suffer from pathologies requiring a special diet has led us to create this course.

It consists of two subjects that should be added to module A+B in the afternoon exclusively. Students get the Chef specialised in Healthy and Balanced Cooking certificate.

The program includes:

Gastronomy and Food Health:

Therapeutic cuisine focused in people who cannot eat certain ingredients: celiac, hypocholesterolaemia, allergy to food, diabetes, osteoporosis, obesity, etc. It consists of putting into practice theory subjects related with special diets.

Ingredients and their health benefits:

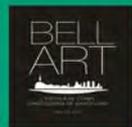
Ingredients are the most important thing when elaborating healthy and balanced food. This is not just about choosing the best quality, but also using organic products, because they are more natural, without chemical treatments.

Students learn how to use these ingredients and how to change from a traditional diet to a new alternative diet in an adaptable and progressive way. The body needs to get used slowly to new food and to the changes its metabolism will produce, this is why we think professional chefs can help with this.

- Students can only do this course if they are registered in module A+B afternoon lectures.



ENTREES AND PASTRY CHEF - 9 MONTHS



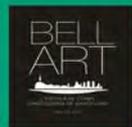
ENTREES AND PASTRY CHEF (9 MONTHS).Group A

Timetable A: Morning timetable (the school has different schedules on mornings)

Day	Time	Subject	Explanation
Monday	11:00 h a 13:00 h	Enterprising matters	Commercial Marketing (sales strategies), Food and Beverage (restaurant managing) or Managing techniques (leadership, applied psicology) are some of the discussed matters of this subject.
Tuesday	13:00 h a 15:00 h	Practicals of Patisserie	In small groups, real practicals in creative desserts. Preparation, presentation and design
Wednesday	11:00 h a 13:00 h	Food Technology I	Food quality, freezing and unfreezing process, types of cooking, raw materials, food safety, gastronomic terms...
Thursday	9:00 h a 11:00 h	Techniques and Practicalcs of Patisserie	Preparaton and assemblage of several Mediterranean desserts and basic and traditional applied techniques.
	11:00 h a 13:00 h	Food Technology II	Catering management (costs and pricing); introduction to dietetics and special diets (addressed to people with pathologies).
	13:00 h a 15:00 h	Chef's topic 2	Techniques and preparation of different kinds of cuisine and pastry, such as: molecular pastry, alternative vegetarian cuisine, chocolate treatment, table service, cocktails, oenology and wine-pairing, desserts d'auteur, ice creams and sorbets.
Friday	11:00 h a 13:00 h	Practicalcs of Chef's topic 2	In small groups in order to improve learning systems.

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ENTREES AND PASTRY CHEF - 9 MONTHS



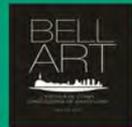
ENTREES AND PASTRY CHEF (9 MONTHS).Group C

Timetable C: Afternoon timetable (the school has different schedules on afternoons)

Day	Time	Subject	Explanation
Monday	13:00 h a 15:00 h	Practicals of Patisserie	In small groups, real practicals in creative desserts. Preparation, presentation and design
	15:30 h a 17:30 h	Enterprising matters	Commercial Marketing (sales strategies), Food and Beverage (restaurant managing) or Managing techniques (leadership, applied psicology) are some of the discussed matters of this subject.
Wednesday	15:30 h a 17:30 h	Food Technology I	Food quality, freezing and unfreezing process, types of cooking, raw materials, food safety, gastronomic terms...
Thursday	13:00 h a 15:00 h	Food Technology II	Catering management (costs and pricing); introduction to dietetics and special diets (addressed to people with pathologies).
	15:30 h a 17:30 h	Techniques and Practicalcs of Patisserie	Preparaton and assemblage of several Mediterranean desserts and basic and traditional applied techniques.
	17:30 h a 19:30 h	Chef's topic 2	Techniques and preparation of different kinds of cuisine and pastry, such as: molecular pastry, alternative vegetarian cuisine, chocolate treatment, table service, cocktails, oenology and wine-pairing, desserts d'auteur, ice creams and sorbets.
Friday	17:30 h a 19:30 h	Practicals of Chef's topic 2	In small groups in order to improve learning systems.

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ENTREES AND PASTRY CHEF - 9 MONTHS



Course details:

Please, note that all our courses are taught in Spanish

Starts: October 2017

Ends: June 2018

Enrolment: 1.675€ (30% discount until June 2nd)

Evaluation and university certification: 240€

School equipment: knives cage, uniform, books, tablet and accident's insurance: 590€
(Working clogs not included)

Total course: 7.920€*

Fee payment options:

Option A: Fractioned payment: 880 €/month (9 months: October to June)

Option B: Cash payment: 7.128 € (10% discount included)

Option C: Cash payment of 4.989 € (10% discount included) and 264 €/month (9 months: October to June)

CERTIFICATES:

BELLART Entrees and pastry Chef Diploma (386 hours)



UVIC University extension diploma of Cooking Management and Chef (480 hours)
UNIVERSITAT DE VIC
UNIVERSITAT CENTRAL
DE CATALUNYA

Third diploma option: Chef specialised in Healthy and Balanced Cuisine (92 hours).

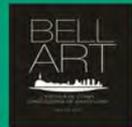
This last option can be taken just by students who take Module A+B in the afternoon. This way, they will get the two first diplomas and Chef specialised in Healthy and Balanced Cuisine Diploma. It consists of 92 additional hours and an additional cost of 450€ (not included in the total course price).

All subjects are taught in Bellart Cooking and Pastry School.

* Total course cost does not include school equipment, enrolment, evaluation and university certification.

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ENTREES AND PASTRY CHEF - 9 MONTHS



ACCESS:

This course is designed for people from all nationalities who want to become cooking and pastry professionals. It is not required to have either any cooking or pastry knowledge or previous certification to get Bellart's diploma and UVIC certificate.

REQUIREMENTS:

1- UNIVERSITY EXTENSION CERTIFICATE OF PROFIT ON COOKING MANAGEMENT AND CHEF

Module A+B 180 hours and 300 hours of internship in sector establishments.

It contains the following subjects:

- Food Technology I, Food Technology II, Enterprising matters.
- + 300 internship hours.

Evaluation and university certificate*: 240 €

Optional:

2- UNIVERSITY CERTIFICATE OF PROFIT ON CHEF AND ADVANCED COOKING MANAGEMENT.

120 hours of class in Module A+B

3- UNIVERSITY CERTIFICATE OF UNIVERSITY SPECIALIZATION ON ADVANCED COOKING MANAGEMENT.

Students who have passed subjects corresponding to course 1 can get certificate 2 in university studies by passing two of the following subjects:

- Chef's topic I
- Chef's topic II
- Chef specialised in Healthy and Balanced Cuisine

To obtain certificates 2 and 3 (university studies) students have to pay 180€ extra (plus 250€ from certificate 1) for evaluation and certification.

* The payment of the fee for the evaluation and certification for the University extension certificate (240 €) is compulsory. This amount might change as is the University who decides it.

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