

# Cooking with Confidence

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**Duration:** 30 hours

**Day & Time:** Saturday; 9:00am – 3:00pm (Chaguaramas)  
Saturday; 9:00am – 2:00pm (Marabella)

**Target Group:** Persons wanting to develop basic formal culinary skills including persons who simply want to learn how to cook.

**Content:**

- ❖ Kitchen tools and equipment
- ❖ Nutritionally balanced meals
- ❖ Measurements
- ❖ Stocks, sauces and soups
- ❖ Cooking techniques for Poultry, Meats and Seafood
- ❖ Introduction to vegetable cookery
- ❖ Cooking techniques for Rice, Pasta and Potatoes

**Level of Certificate:** Participation

**Cost:** \$1800.00 per person + \$25.00 registration fee (includes class materials, ingredients and major equipment\*)

**Venue:** Chaguaramas (TTHTI) and Marabella

**Registration:** Closes two weeks before the start of class. Registration is complete when all required fees are paid.

*\*Participants may wish to purchase the following for their personal use:*

- *Chef knife*
- *Paring knife*
- *Boning knife*

*(A list of suppliers can be provided upon request)*

**TTHTI reserves the right to alter course specifications at its discretion.**