



DAY or EVENING | 12 MONTHS - 3 SEMESTERS
1470 hours

DEP
5811

The Professional Cooking program (DEP) is designed for creative, independent students with a strong interest in cooking and gastronomy. It's an excellent way to acquire the skills necessary for a stimulating career.

A certified chef is a valuable, highly sought-after resource for the kitchens of large restaurants, hotels, cruise ships, financial institutions, care centers, and senior's residences. In the food industry, a qualified head chef is considered to be a measure of a business growth and success.

Located in the heart of downtown Montréal, North America's capital of gastronomy, LaSalle College is the ideal place to learn cooking.

This program is offered in French or English.

Training Objective

Students will learn to prepare food, select the appropriate cooking technique, organize and manage a kitchen and create specific menus. As well, LaSalle College instills its graduates with fundamentally healthy and environmentally conscious values.

Career Prospects

- Cook
- Chef de partie
- Sous-chef
- Future head chef
- Caterer
- Institutional cooking (hospital, CLSC, etc.)
- Grill cook

Teaching Equipment

- Teaching, production and demonstration kitchens
- Teaching and public dining room
- Teaching bar

Course Context

- A 5-week apprenticeship in a restaurant or food service business
- Kitchen production and dining room service in an actual business context
- Teachers with extensive experience in the restaurant and food businesses





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Concentration Courses

- The Trade and the Training Process (30 h)
- Hygiene and Food Safety (30 h)
- Health and Safety (30 h)
- Sensory Properties of Foods (45 h)
- Cooking Techniques (30 h)
- Kitchen Organization (30 h)
- Fruits and Vegetables (60 h)
- Basic Preparations (90 h)
- Professional Relationships (30 h)
- Mise en Place: Soups (45 h)
- Basic Doughs, Pastries and Batters (60 h)
- Mise en Place: Meat, Poultry and Game (105 h)
- Mise en Place: Fish and Seafood (90 h)
- Mise en Place: Hors-d'Oeuvres and Appetizers (60 h)
- Mise en Place: Desserts (105 h)
- Menu Planning (60 h)
- Service: Breakfasts (60 h)
- Culinary Presentations (45 h)
- Service: Menus du jour (60 h)
- Service: High-Volume Menus (45 h)
- Production: Banquets and Food Service Operations (75 h)
- Service: Buffets (45 h)
- Service: Table d'Hôte and à la Carte Menus (135 h)
- Integration Into the Workplace (105 h)

Industry Affiliations

- Recipient of the Excellence Award presented by the Quebec Hotel and Restaurant Suppliers Association
- Member of the Association canadienne des chefs de cuisine
- Member of the Association des restaurateurs du Québec
- Member of the Chaîne des Rôtisseurs

Admission Criteria

To be eligible for admission to this program leading to a Diploma of Vocational Studies (DEP), candidates must meet one of the following requirements:

- Holding a Secondary School Diploma or its recognized equivalent, for example, an Attestation of Equivalence of Secondary V studies, or a postsecondary diploma such as a Diploma of College Studies (SEC) or a Bachelor's degree
- Being at least 16 years of age on September 30 of the school year in which their training is to begin and have earned the Secondary IV credits in language of instruction, second language and mathematics in the programs of study established by the Minister, or have been granted recognition for equivalent learning
- Being at least 18 years of age upon entry into the program and have the following functional prerequisites: the successful completion of the General Development Test or recognition of equivalent learning

Diploma

This program leads to a Diploma of Vocational Studies (DEP).

Methods of Instruction

On-campus

- At the Montréal campus

