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Toast of the Coast: Keiser to offer a free Culinary Boot Camp

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Keiser University's Center for Culinary Arts will host a free Culinary Boot Camp in Melbourne this summer.

This free three-course crash series for would-be chefs allows students the use of the university's commercial facilities at the Melbourne campus to learn culinary fundamentals and experience a significant change in their cooking.

In the first series, students will learn knife skills, including different cuts, such as julienne, brunoise, batonette, dicing and fluting mushrooms.

The Level Two course teaches the five mother stocks and sauces, such as béchamel sauce, tomato sauce, hollandaise sauce, espagnole sauce and veloute sauce. Students also will learn other sauces that can be made from these basics and how to make soups from stock.

In Chillin' and Grillin', the emphasis is on marinating various cuts of meats, poultry and seafood, ingredients to use in marinating, grilling techniques, proper temperatures and how to tenderize different foods to achieve succulent flavors.

Participants also receive a basic culinary kit.

These fun -- and free -- career exploration classes are from 11 a.m. to 2 p.m. July 10, 17 and 24.

Further details are available by calling Keiser University at 409-4800.