

societi
bistro

Kitchen UNconfidential

YOU'VE SEEN IT ON SOME REALITY SHOW... NOW YOU CAN DO IT TOO!
THE UNIQUE OPPORTUNITY TO EXPERIENCE A CHEF'S LIFE...

KITCHEN UN-CONFIDENTIAL IS OUR "TENDERFOOT"
PROGRAMME, WHERE YOU WON'T ONLY LEARN TO COOK - BUT ALSO
GET THE CHANCE TO WORK IN A REAL RESTAURANT KITCHEN.

50 ORANGE STREET, GARDENS, CAPE TOWN
INFO@SOCIETI.CO.ZA

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KITCHEN UNCONFIDENTIAL

Welcome to Hell's Kitchen . . .

Societi's "Kitchen Unconfidential" package is a once in a lifetime opportunity to work alongside professional chefs in Societi Bistro's Kitchen.

Each course is tailor made exactly to your interests. The itinerary provided serves as a rough guide of how your time in the kitchen could be spent.

Chef Stefan Marais will consult with you to discuss what exactly you would like to gain from the experience.

Course material includes a professional Chef's Knife and Butcher style Apron.

We do require "apprentices" to sign an indemnity form prior to them starting in the kitchen.



3 OR 5 DAY PACKAGES AVAILABLE



THE 3 DAY DEMI CHEF PACKAGE

R3000

Includes a complimentary burn, a callous and a scar

Day 1

Areas and Topics Covered:

- Kitchen Protocol, Safety and Procedures.
- Flavours and tasting food. How & Why.
- Mirepoix - Where it all starts
- Dicing Onions like a pro
- Making Stocks and a Soup
- Fresh Pasta
- Fish. How? Why? When? And Where?
- Working on the Cold Larder section for service

Day 2

Areas and Topics Covered:

- Bread - The Basics
- Basic Sauces.
- Risottos
- Making Fresh Ice Creams and Custards
- Working on the Hot Starter section for service

Day 3

Areas and Topics Covered:

- Jus - a Proper brown sauce
- Basil Pesto
- Cooking Fish like a pro
- Understanding Meat
- Working on the grill section or the pass for service



THE 5 DAY CHEF DE PARTIE PACKAGE

R 5000

Including a complimentary callous, scar and a whole new F^&^#ing vocabulary.

Day 1

Areas and Topics Covered:

- Kitchen Protocol, Safety and Procedures.
- Flavours and tasting food. How & Why.
- Mirepoix - Where it all starts
- Dicing Onions like a pro
- Making Stocks and a Soup
- Fresh Pasta
- Fish. How? Why? When? And Where?
- Working on the Cold Larder section for service

Day 2

Areas and Topics Covered:

- Bread - The Basics
- Basic Sauces.
- Risottos
- Making Fresh Ice Creams and Custards
- Working on the Hot Starter section for service

Day 3

Areas and Topics Covered:

- Jus - a Proper brown sauce.
- Cooking Fish like a pro
- Understanding Meat
- Working on the grill section for service

Day 4

Areas and Topics Covered:

- **P**assion
- **A**bout
- **S**weet
- **T**hings that are
- **R**eally
- **Y**um!

Day 5

Areas and Topics Covered:

- Floating on all sections learning little 'tricks of the trade' from the team.
- Working the pass with the chef for service

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Contact

STÉFAN MARAIS
021 42 42 100
CHEFSTEF@SOCIETI.CO.ZA