

Centre de Formation Touristique et Hôtelière de Cotonou CFTH

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Hôtellerie - Gastronomie - Luxe

Professional Chef Training Program

CFTH E- Brochure



Bienvenue à CFTH

About Us

CFTH is one of the prestigious French Culinary Schools in West Africa, it is the first culinary school in Benin Republic which started in 1993 by a group of Chefs who were trained in Europe, and they saw the need to train aspiring chefs who could not afford going overseas to learn. We are indeed proud to have trained more than half of the best Culinary Chefs in Benin Republic. We are known for offering a high quality, fast paced and intensive culinary courses. To ensure that each student receives personal attention, classes are limited per intake which guarantees hands-on teaching. We accept students who show a flair for cooking, an aptitude for entertaining and a passion for food.

Our Mission

The ambition of CFTH is to become the preferred school for current and future professionals within the industries of Hospitality, Luxury and Gastronomy.

Driven by the core values of tradition and innovation, humility, work and open vision.

We are dedicated to providing the best culinary education and professional training to a new Generation of chefs

- By **interactively teaching the Art & Science of Cooking**, focusing on Global Cuisine, Modern Food styles and Innovative culinary trends
- By providing a learning environment that facilitates **personal individual attention** and Development in **small classes**; and
- By **practical exposure to industry** which realistically prepares our students to be hardworking, Responsible, adaptable and capable chefs in real-life kitchens, as well as physically, mentally and emotionally equipped to meet the demands and rigours of industry.

Be Ready to Shine.

Becoming a top chef takes ambition, dedication, passion and skills, our training is saddled to develop the full range of skills and qualities needed to be a professional chef and equip students with the needed tools to build and sustain a rewarding career in the food service industry.

CFTH Professional Chef Training Program (12 months) DQP

This course is designed to launch your career as a professional chef and prepare you for the demands of today's employers. During the program you will attend theory and practical classes where you will learn the fundamentals and foundation of culinary art. Upon successful completion of the program Students will receive an International Recognized diploma certificate in Cuisine and Patisserie (Diplome de Qualification Professionnelle DQP), Accredited by the Ministry of Education and Tourism Benin Republic.



First Six Months:

Kitchen Fundamentals, Studies, Dietetics, Environmental Awareness and Sustainability,
Global Cuisines, Pastry Arts, Mid-session Assessment.

Kitchen Fundamentals

Intro to the kitchen, hospitality & catering industry - Kitchen Brigade, Professional ethics, Culinary Terminology

Personal Development as a cook, Numeracy and units of measurement

Personal Hygiene and Safety in the Kitchen

Food Safety and Quality Assurance

Kitchen and Workplace Safety – Cleaning & Sanitation, First Aid, Fire, HACCP

Basic Kitchen Equipment, Fundamental Cooking Techniques, Knife skills & Vegetable cuts

Basic Food Ingredients – Starches & Thickeners, Flavorings, Fats & Oils, Leavens, Additives & Preservatives

Food Preparation Methods - Protein, Vegetable, Fruit and Starch Preparations

Food Production and the Principles of Mise en Place – Prep Lists, Prep Plans, Ingredient Lists, Portion Control.



Studies, Dietetics, Environmental Awareness and Sustainability

Basic Nutrition & Food Pyramids, Grains & Starches; Vegetables & Fruits; Proteins & Dairy; Fats & Oils

Food Additives & Preservatives, Food Allergies, Intolerances & Eating with Health Conditions

Environmental Awareness – Water & Air Pollution, Climate Change & Global Warming,

Waste Production Recycling, Healthier Food Preparation and Cooking; Low Fat Cooking – without Oil, Butter & Cream.



Global Cuisines



European, Asian and African Cuisines

INDUSTRY PLACEMENT

Two weeks experiential learning in CFTH Restaurant

Pastry Arts



Cakes, French Pastries, Bread & Viennoiserie, Decorations, Hot and Cold Desserts

INDUSTRY PLACEMENT

Two weeks experiential learning in CFTH Restaurant

Mid-Session Assessment



FIVE MONTHS INTERNSHIP

Training in a Hotel or Restaurant kitchen with a Chef de Cuisine ET Patisserie

12th Month

Course Recap

Exams and Graduation Ceremony

How do I apply?

Purchase the application form

Complete the application form

Write a short motivational letter as to why you wish to do the course

You need to have an International/ECOWAS Passport, or a National Identity Card.

SSCE/GCE Result

Five Passport Photo

Submit via email or drop with the school registrar

Accommodation

Suitable hostel accommodation is available for all International students.



Program Fee

Application fee:	20.000Fcfa
Course fee:	350.000Fcfa
Accommodation:	150.000Fcfa

Uniform

Men

Black Trousers and Dark Blue Shirt

Women

Black pants Trousers and White Shirt

