

Culinary Competition Seminar

December 7–11 or December 14–18, 2009

As every elite athlete knows, training and preparation are critical to peak performance. The same rules apply to chefs. It takes more than raw talent to be a successful culinary competitor—you need confidence under pressure, flawless skills, and expert coaching.

That's what the CIA's Culinary Competition Seminar is all about. In just five days, you will:

- Gain an understanding of hot and cold food competition criteria and regulations.
- Learn about menu development, station setup, and troubleshooting tactics.
- Explore strategies for planning and executing a market basket, along with plate and platter composition.
- Receive valuable feedback and judging tips from experienced competitors and CIA faculty.



Culinary **GOLD** Can Be Yours



Register Today!
www.ciaprochef.com
1-800-888-7850



Feel free to contact Staff Sergeant Guy C. Winks, Culinary Institute of America military liaison, at 845-905-4425 or g_winks@culinary.edu; or Director of Certification and Training Tama Murphy at t_murphy@culinary.edu or 845-451-1272.

Preparation is Everything...

Training materials from The Culinary Institute of America will give you the edge you need to succeed

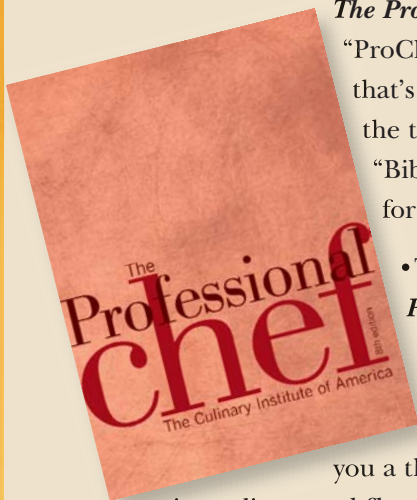
Move Ahead by Going Back to "Basic Training"

Gain the skills you need to compete in today's culinary world.

• You just can't find a more comprehensive resource for identifying, preparing, and presenting food than

The Professional Chef, 8th Edition. "ProChef" is the one reference that's a must in every kitchen. It's the text Paul Bocuse calls the "Bible for all chefs"; get yours for just \$60—a \$10 savings.

• The CIA *Basic Kitchen Preparation* DVD shows you the fundamental techniques for success in the professional kitchen while giving you a thorough understanding of ingredients and flavors. Order today for just \$79.95—a savings of \$20.

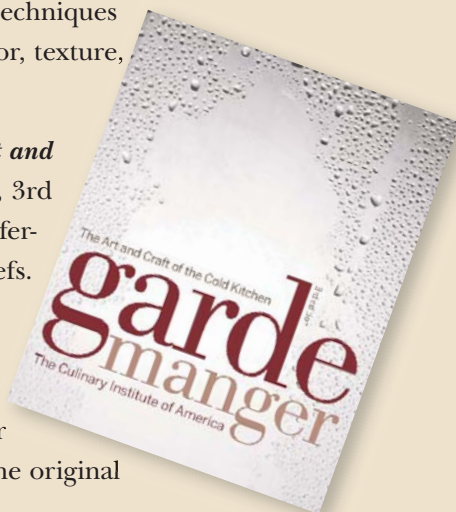


Get a Step Up in the Cold Kitchen

Discover garde manger techniques that highlight color, flavor, texture, and more.

• *Garde Manger: The Art and Craft of the Cold Kitchen*, 3rd Edition is an essential reference for professional chefs. The text includes more than 500 recipes with step-by-step techniques. Order your copy now for just \$60—that's \$10 off the original price.

• Filled with valuable information, our *Garde Manger* DVD provides lessons on composed salads, condiments, and presenting appetizers and hors d'oeuvre. Purchase yours today for \$79.95 and save \$20.



FORT LEE COMPETITION SPECIAL!

Don't let these great deals pass you by.

Sale prices listed on this flyer will be available **only through March 31, 2009**. To receive preferred pricing, call CIA Customer Service at **1-800-888-7850** and mention discount code "Fort Lee."