

Wednesday PC Junior Rijswijk

Date	Week	Time	Lesson	Theme	Information
02 September 2026	36	10:30 - 16:00	Introduction	Working safely	Bring chef's attire / Intro team/procedures + Workshop Basic Techniques: Cutting techniques: brunoise, herbs and mayonnaise
09 September 2026	37	10:30 - 16:00		Working safely	Vegetable stock, mincing an onion, mirepoix, bouquet garni, knife techniques, hygiene, prep for making stocks
16 September 2026	38	10:30 - 16:00		Working safely	Fillet a fish, fish stock, deep fry fish, ravigotte sauze, julienne technique form 'en papillotte'
23 September 2026	39	10:30 - 16:00		Working safely	Deboning a chicken, chicken soup and Chinois cutting technique
30 September 2026	40	10:30 - 16:00		Product and quality	Basic cleaning of meat, beef stock (oxtail or minstrone), difference between roast and stewing meat and making croquettes or bitterballen
07 October 2026	41	10:30 - 16:00		Product and quality	Mayonnaise based sauces, using tempering for paprika + curry mayonnaise, dressings, vinaigrette, prepare a salad, tomato: pliceren, ciseleren, antiboise
14 October 2026	42	10:30 - 16:00	Field trip		No exams / practice techniques learned at home / attend field trip
21 October 2026	43	10:30 - 16:00		Product and quality	Reflect on what you have learned, practice and prepare a no-waste dish/ Spoil your family or Workplacement Chef!
28 October 2026	44	10:30 - 16:00		Product and quality	Jus de Veau, demi glace, searing steak, green pepper sauce/red wine sauce
04 November 2026	45	10:30 - 16:00	Guest speaker		Guest Teacher: Topic: Teacher's Expertise and Composition & Plating
11 November 2026	46	10:30 - 16:00		Hygiene / environment	Gastrique, Hollandaise, beurre blanc sauces
18 November 2026	47	10:30 - 16:00		Hygiene / environment	Cooking rice, potato preparations, eggs, blanching vegetables
25 November 2026	48	10:30 - 16:00		Hygiene / environment	Thickened soups, tomato soup, Roux / Spoil your family or Chef from work!
02 December 2026	49	10:30 - 16:00	Pause		
09 December 2026	50	10:30 - 16:00	Field trip		No exams / practice techniques learned at home / attend field trip
16 December 2026	51	10:30 - 16:00		Hygiene / environment	Milk-based bavarois, Milk-based ice-cream, tulle, parfait
23 December 2026	52	10:30 - 16:00	Pause		Winter Holiday
30 December 2026	53	10:30 - 16:00	Pause		Winter Holiday
06 January 2027	1	10:30 - 16:00		Professional Kitchen	Fruit bavarois, crème anglaise, sorbet, fruitcoulis, tulle
13 January 2027	2	10:30 - 16:00		Professional Kitchen	Chocolate mousse, panna cotta, fruit compote, orange syrup
20 January 2027	3	10:30 - 16:00		Professional Kitchen	Cake, butter cookies, brownies, crispy biscuit, tulle
27 January 2027	4	10:30 - 16:00		Professional Kitchen	Deboning chicken, filleting fish, practice basic techniques and your questions answered
03 February 2027	5	10:30 - 16:00		Practice	Prepare for exams / Summer kickoff
10 February 2027	6		EXAM		
24 February 2027	8	10:30 - 16:00	Introduction	Working safely	Bring chef's attire / Intro team/procedures + Workshop Basic Techniques: Cutting techniques: brunoise, herbs and mayonnaise

Date	Week	Time	Lesson	Theme	Information
03 March 2027	9	10:30 - 16:00		Working safely	Vegetable stock, mincing an onion, mirepoix, bouquet garni, knife techniques, hygiene, prep for making stocks
10 March 2027	10	10:30 - 16:00		Working safely	Fillet a fish, fish stock, deep fry fish, ravigotte sauce, julienne technique for 'en papillote'
17 March 2027	11	10:30 - 16:00		Working safely	Deboning a chicken, chicken soup and Chinese cutting technique
24 March 2027	12	10:30 - 16:00		Product and quality	Basic cleaning of meat, beef stock (oxtail or minestrone), difference between roast and stewing meat and making croquettes or bitterballen
31 March 2027	13	10:30 - 19:00	Restaurant lesson	Product and quality	Reflect on what you have learned, practice and prepare a no-waste dish/Spoil your family or Chef from work!
07 April 2027	14	10:30 - 16:00		Product and quality	Mayonnaise based sauces, using tempering for paprika + curry mayonnaise, dressings, vinaigrette, prepare a salad, tomato: pliceren, ciselieren, antiboise
14 April 2027	15	10:30 - 16:00	Field trip		No exams / practice techniques learned at home / attend field trip
21 April 2027	16	10:30 - 16:00		Product and quality	Jus de Veau, demi glace, searing steak, green pepper sauce/red wine sauce
28 April 2027	17	10:30 - 16:00		Hygiene / environment	Gastrique, Hollandaise, beurre blanc sauces
07 May 2027	18	10:30 - 16:00		Hygiene / environment	*Attention: class on different day due to Liberation day. Cooking rice, potato preparations, eggs, blanching vegetables
12 May 2027	19	10:30 - 16:00	Guest speaker	Guest speaker	Guest Teacher: Topic: Cooking with the help of AI + Composition & Plating
19 May 2027	20	10:30 - 16:00		Hygiene / environment	Thickened soups, tomato soup, Roux
26 May 2027	21	10:30 - 16:00		Hygiene / environment	Milk-based bavarois, Milk-based ice-cream, tulle, parfait
02 June 2027	22	10:30 - 16:00		Professional Kitchen	Fruit bavarois, crème anglaise, sorbet, fruitcoulis, tulle
09 June 2027	23	10:30 - 16:00		Professional Kitchen	Chocolate mousse, panna cotta, fruit compote, orange syrup
16 June 2027	24	10:30 - 16:00		Professional Kitchen	Cake, butter cookies, brownies, crispy biscuit, tuile
23 June 2027	25	10:30 - 16:00		Professional Kitchen	Deboning chicken, filleting fish, practice basic techniques and your questions answered
30 June 2027	26	10:30 - 16:00		Practice	Prepare for exams / Summer kickoff
07 July 2027	27	10:30 - 16:00	EXAM		
14 July 2027	28	10:30 - 16:00	EXAM		