



## ***SANDOBO'S KITCHEN IS A CULINARY TRAINING PROGRAM FOR YOUNG MEN IN SPRINGFIELD, MA***

### **HANDS-ON EDUCATION**

We introduce youth to culinary basics as well as how to safely work within a professional kitchen.



Our 100 hours of training includes:

- basic knife skills
- personal hygiene and sanitary work habits
- identifying common kitchen tools and equipment
- preparation and organization prior to cooking – mise en place
- basic moist heat and dry heat cooking methods
- cooking food to the correct doneness
- vegetable identification and cooking
- stocks, soups, and sauces, including the five mother sauces
- cooking starches
- development of palate

### **EVENTS AND CATERING**

Youth prepare and execute functions from menu planning, ordering, organizing mise en place, and preparing for the event.

On the day of the event, youth set up the room and practice serving and clearing in the dining area. Timely cleanup and teamwork is encouraged.

Our youth have organized buffet meals, served events, and action stations to practice basic a la minute cooking.

### **CERTIFICATION**

Our classes include ServSafe instruction and culminate in youth sitting for the ServSafe Manager certification exam.

### **EMPLOYMENT**

Upon program completion, youth have the opportunity to interview for positions at our campus cafeteria's kitchen, which serves 50 youth and staff daily. Youth employees help the kitchen staff prepare meals and maintain daily kitchen tasks.



### **EMPLOYERS IN THE COMMUNITY**

Youth who are interested in working in the culinary field can meet, shadow, and interview with employers. Sando's Kitchen also welcomes employers who are interested in visiting our campus for demonstrations and talks, mentor beginner culinarians, or want to support our program.

Sando's Kitchen is managed by Commonwealth Corporation. For more information, contact: Alexis Girhiny, Culinary Program Coordinator, at [agirhiny@commcorp.org](mailto:agirhiny@commcorp.org) or 413-584-3627 x6802