

TURQUAZ GROUP

TURKEY TRAININGS

INTERNATIONAL MICHELIN-LEVEL CULINARY EXECUTIVE PROGRAM TRAINING CONTENT

1) Training Duration

Total duration: 6 Months

Total weeks: 24 Weeks

Weekly training: 5 days / 8 hours

Total training hours: 960 Hours

Each lesson will be conducted in groups under the supervision of 4 chef instructors.

2) Training Content (Theoretical + Practical)

Our program has been prepared focusing on Turkish Cuisine and World Cuisine, with emphasis on practical skills acquisition and recipe-based learning.

• Theoretical Training Topics (Turkish + World Cuisine – Recipe Focused)

- Reading and writing recipes in a professional kitchen, gram measurements and portioning
 - Creating a mise en place plan and recipe standardization
 - Turkish cuisine recipes: soup varieties, olive oil dishes, meat dishes, kebabs, pilafs and pastries, desserts
 - World cuisine recipes: European, Mediterranean, Asian, Middle Eastern and American cuisines basic techniques and dishes
 - Sauce and garnish preparation, aroma balance
 - Menu planning: starter – main course – dessert harmony
 - Ingredient knowledge and alternative uses
 - Portion cost and maintaining recipe standards
 - Plating and presentation techniques (Turkish and World cuisines)
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Practical Training Topics

- Basic cutting techniques and kitchen preparations
- Soup, sauce, meat, chicken, fish, vegetable and legume applications
- Pilaf, pasta and pastry applications
- Special Turkish dishes (dolma, sarma, kebab, casserole, etc.)
- World cuisine applications (wok, risotto, roast, sauté, burger, steak, etc.)
- Dessert and pastry applications
- Plating and service applications
- Weekly practical exams and final menu application

3) Cuisines and Modules to Be Introduced

Within the scope of the program, participants will receive comprehensive training in Turkish Cuisine and World Cuisine.

Turkish Cuisine Module

- Regional Turkish cuisines: Marmara, Aegean, Black Sea, Central Anatolia, Eastern Anatolia and Southeastern Anatolia
 - Soup varieties and consistency balance
 - Olive oil dishes and mezzes
 - Meat dishes and kebab culture
 - Pilafs and legume dishes
 - Pastries: börek, pide, lahmacun
 - Desserts: syrup-based and milk-based desserts
 - Breakfast products: menemen, gözleme, bazlama, cheese and egg preparations
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World Cuisine Module

- European Cuisine: Italian and French basic dishes and sauces
 - Mediterranean Cuisine: selected dishes from Spain, Greece and Italy
 - Asian Cuisine: Chinese, Japanese and Thai cuisine applications (wok, noodle, stir-fry)
 - Middle Eastern Cuisine: Lebanese, Israeli, Moroccan and non-Turkish regional recipes
 - American Cuisine: burger, steak and basic fast-food / comfort food varieties
 - International soup, sauce and garnish techniques
 - Plating and modern presentation techniques
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4) World Cuisine Training Program

This module aims for participants to gain theoretical knowledge about world cuisines, understand recipe logic, and be able to cook professionally through practical application.

Trainings will be conducted interactively with 4 chefs for 20 students.

Weekly Lesson Structure

- 5 days per week / 4 hours per day
- Daily program: 4 hours theoretical lesson + 4 hours practical kitchen applications

Weekly Training Program – Turkish and World Cuisine

Day 1 – Turkish Cuisine Basic Dishes

09:00 – 10:00: Theoretical – Introduction to Turkish cuisine, ingredient knowledge, recipe logic
10:00 – 12:00: Practical – Soup varieties (lentil, ezogelin, tarhana)
12:00 – 13:00: Lunch break
13:00 – 15:00: Practical – Olive oil dishes and vegetable dishes
15:00 – 16:00: Theoretical – Cooking techniques and portioning
16:00 – 17:00: Practical – Meat dishes and kebab applications
17:00 – 18:00: Practical – Meat dishes and kebab application (on-site restaurant kitchen)

Day 2 – Turkish Cuisine Pastries and Desserts

09:00 – 10:00: Theoretical – Recipe logic of pastries and desserts
10:00 – 12:00: Practical – Börek, pide, lahmacun
12:00 – 13:00: Lunch break
13:00 – 15:00: Practical – Syrup-based and milk-based desserts
15:00 – 16:00: Theoretical – Cost calculation in recipes, portion management
16:00 – 17:00: Practical – Breakfast products (menemen, gözleme, bazlama)
17:00 – 18:00: Practical – Pastry and dessert applications (on-site restaurant kitchen)



Day 3 – World Cuisine Basic Dishes

09:00 – 10:00: Theoretical – Introduction to world cuisines and regional differences
10:00 – 12:00: Practical – European cuisine: risotto, pasta, basic sauces
12:00 – 13:00: Lunch break
13:00 – 15:00: Practical – Mediterranean cuisine: olive oil dishes, salads, seafood
15:00 – 16:00: Theoretical – Menu planning and recipe combination
16:00 – 17:00: Practical – Plating and presentation techniques
17:00 – 18:00: Practical – World cuisine applications (on-site restaurant kitchen)

Day 4 – World Cuisine Meat and Vegetable Applications

09:00 – 10:00: Theoretical – Basic techniques of Asian and Middle Eastern cuisine
10:00 – 12:00: Practical – Asian cuisine: wok and noodle applications
12:00 – 13:00: Lunch break
13:00 – 15:00: Practical – Middle Eastern cuisine: hummus, falafel, kebab
15:00 – 16:00: Theoretical – Spice usage and aroma balance
16:00 – 17:00: Practical – Vegetable and garnish applications
17:00 – 18:00: Practical – Meat and vegetable dishes (on-site restaurant kitchen)

Day 5 – World Cuisine Desserts and Final Applications

09:00 – 10:00: Theoretical – Desserts and pastries in world cuisines
10:00 – 12:00: Practical – European and American desserts
12:00 – 13:00: Lunch break
13:00 – 15:00: Practical – American cuisine: burger, steak and garnishes
15:00 – 16:00: Theoretical – Cost and portion standards in recipes
16:00 – 17:00: Practical – Plating and presentation applications
17:00 – 18:00: Practical – Final menu application (on-site restaurant kitchen)



FIRST TERM (FIRST 3 MONTHS) – TURKISH CUISINE

Training Modules and Theoretical Topics (12 Weeks)

A) Basic Kitchen Training (Weeks 1–2)

Theoretical Topics

- Professional kitchen organization and workflow
- Hygiene, sanitation and food safety
- Knife types and cutting techniques theory
- Recipe reading and writing, gram and portion logic
- Mise en place (preparation) system

Practical Training

- Basic chopping and preparation work
 - Stock preparation (beef stock / chicken stock)
 - Onion sautéing, tomato paste roasting, basic flavor foundation
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B) Soups and Sauce Fundamentals (Weeks 3–4)

Theoretical Topics

- Consistency and balance in soups
- Thickening techniques
- Sauce logic and recipe standardization

Practical Training

- Lentil, ezogelin, yayla, tarhana, tomato soup
 - Yogurt tempering, flour roasting, consistency techniques
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C) Olive Oil Dishes – Mezzes – Cold Kitchen (Weeks 5–6)

Theoretical Topics

- Cooking sequence and aroma management in olive oil dishes
- Portion standards in mezes
- Service order in cold kitchen

Practical Training

- Stuffed vine leaves, dolma, barbunya, beans
 - Haydari, hummus, eggplant salad, piyaz etc.
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D) Stew Dishes and Legumes (Weeks 7–8)

Theoretical Topics

- Soaking and cooking logic of legumes
- Flavor depth in stew dishes
- Spice balance in Turkish cuisine

Practical Training

- Dried beans, chickpeas, türlü, casserole
- Meat and vegetable dishes

E) Pilafs – Bulgur – Pasta – Side Products (Week 9)

Theoretical Topics

- Water ratio in pilaf and cooking grain by grain
- Types of bulgur and areas of use
- Garnish planning and service harmony

Practical Training

- Rice pilaf, bulgur pilaf, stuffed pilaf
 - Side products and garnishes
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F) Pastries (Week 10)

Theoretical Topics

- Types of dough, fermentation and resting
- Recipe logic of pide / lahmacun / börek
- Oven temperatures and cooking control

Practical Training

- Pide, lahmacun, börek varieties
 - Dough rolling and filling preparation
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G) Meat Dishes and Kebab Module (Week 11)

Theoretical Topics

- Meat cutting knowledge and portioning
- Marination, resting and cooking levels
- Fire management on the grill

Practical Training

- Meatball varieties
 - Chicken skewer, kebab varieties
 - Grill service applications
-

H) Turkish Desserts and Final Menu (Week 12)

Theoretical Topics

- Syrup ratio and consistency in syrup-based desserts
- Cooking and binders in milk-based desserts
- Menu planning (starter – main – dessert)



Practical Training

- Rice pudding, kazandibi, muhallebi
- Şekerpare, revani, semolina halva etc.
- Final Turkish menu application

On-Site Restaurant Practice During 3 Months

- Every day between 17:00 – 18:00
- Trainings conducted in the on-site restaurant kitchen
- Students gain experience in real service order in:
 - Preparation
 - Cooking
 - Portioning
 - Plating
 - Service flow

SECOND TERM (SECOND 3 MONTHS) – WORLD CUISINE

Training Modules and Theoretical Topics (12 Weeks)

A) Introduction to World Cuisine + International Kitchen Discipline (Week 1)

Theoretical Topics

- Introduction to world cuisines (regional culinary cultures)
- Recipe standard in international kitchens
- Gram measurement, portioning, repetitive production (standard production)
- Menu flow: starter – main – dessert
- Time management in professional kitchens



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Practical Training

- Pasta varieties (fettuccine, penne, spaghetti)
 - Risotto applications
 - Pizza dough and basic oven products
 - Italian sauces (tomato-based, cream-based)
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B) European Cuisine – Italian (Weeks 2–3)

Theoretical Topics

- Basic techniques in Italian cuisine
- Pasta varieties, cooking times and al dente logic
- Risotto technique (starch control)
- Sauces and balance in Italian cuisine

Practical Training

- Lentil, ezogelin, yayla, tarhana, tomato soup
 - Yogurt tempering, flour roasting, consistency techniques
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C) European Cuisine – French (Week 4)

Theoretical Topics

- Basic cooking techniques in French cuisine
- Sauce culture and basic sauce logic
- Cooking levels in oven dishes

Practical Training

- French basic sauce applications
 - Oven dishes (gratin, etc.)
 - Cream soup applications
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D) Mediterranean Cuisine (Weeks 5–6)

Theoretical Topics

- Product and flavor balance in Mediterranean cuisine
- Cooking techniques for seafood
- Recipe standard in salads and cold starters

Practical Training

- Seafood applications (grill / oven)
- Mediterranean salads and cold starters
- Olive oil modern plates
- Garnish and sauce pairings

E) Asian Cuisine (Weeks 7–8)

Theoretical Topics

- Wok logic in Asian cuisine
- Sauce balance (soy-based system)
- Noodle and rice varieties
- Spice/aroma balance in Asian cuisine

Practical Training

- Wok chicken / wok vegetable applications
- Noodle varieties
- Marination and cooking with Asian sauces
- Stir-fry applications

F) Middle Eastern + North African Cuisine (Weeks 9–10)

Theoretical Topics

- Spice balance in Middle Eastern cuisine
- Meze culture and recipe standard
- Aroma management in pilaf and meat dishes
- Service culture and plate arrangement



Practical Training

- Hummus, falafel, baba ghanoush
 - Kebab varieties and pilafs
 - Tagine / casserole-style applications
 - Menu creation with mezzes
 - Dough rolling and filling preparation
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G) American Cuisine (Week 11)

Theoretical Topics

- Burger standard in American cuisine
- Steak cooking levels (rare – well done)
- Garnish and sauce pairings
- Fast-food / comfort food production standard

Practical Training

- Burger varieties and sauces
 - Steak and garnish applications
 - Potato and side product varieties
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H) World Desserts + Final Menu (Week 12)

Theoretical Topics

- Dessert recipe logic in world cuisine
- Consistency, cooking levels and portion standard
- Final world cuisine menu planning

Practical Training

- European/American desserts (basic applications)
 - Final world menu application
 - Plating and service arrangement
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On-Site Restaurant Practice During the Second Term

- Every day between 17:00 – 18:00
- Trainings conducted in the on-site restaurant kitchen
- Students gain experience in real service order in:
 - Preparation
 - Cooking
 - Portioning
 - Plating
 - Service flow

Instructor Team (4 Chefs + 1 Assistant)

The planned 6-month Turkish and World Cuisine training program will be conducted by 4 professional chef instructors actively working under the Gastronomy Chefs Federation and having professional kitchen experience.

Throughout the training period, theoretical and practical education will be delivered to a group of 20 foreign students with simultaneous coordination, practice monitoring, individual guidance and on-site restaurant kitchen applications.

Chef Instructors

- Salih Güney
- Görkem Göl
- Zümeyra Yiğitoğlu
- Büşra Akar

• Training Assistant: Hürü Çil
(Training processes, practice coordination, in-class support and operational follow-up)

Our instructor team conducts the program with a training approach focused on recipe standardization, professional kitchen discipline and practical skill acquisition in Turkish and world cuisine fields.



Guest Chefs and On-Site Venue Applications

Our training program is not limited to classroom and kitchen applications only.

In order to strengthen the professional development of participants, special lessons and workshops supported by expert guest chefs will be planned during the program.

Additionally, in order to increase students' adaptation to the professional kitchen environment, practical trainings will be conducted at on-site restaurant and business kitchens during certain periods.

Additional Supports Planned Within the Program

- Periodic guest chef workshops
- On-site practice in professional restaurant kitchens during selected weeks
- Real workflow experience through menu planning and service order
- Venue/business experience suitable for the relevant concept within world cuisine modules
- Menu creation and service simulation with students during final weeks

Training Location

The planned 6-Month Turkish and World Cuisine Gastronomy Training Program will be conducted within Selahaddin Eyyubi Vocational and Technical Anatolian High School and Practice Hotel.

Address:

Gazi 1384/3 Street No:13–15
34260 Sultangazi / Istanbul

Within the scope of the program:

- Theoretical lessons will be conducted in classroom environments
- Practical kitchen trainings will be conducted in professional kitchen workshops
- Restaurant applications between 17:00–18:00 will be carried out in the practice hotel kitchen

The training process will be planned within operational kitchen flow suitable for real service order to ensure students adapt to professional kitchen discipline.



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The physical infrastructure, kitchen equipment and practice areas of Selahaddin Eyyubi Vocational and Technical Anatolian High School and Practice Hotel enable the program to be carried out in accordance with both academic and operational standards.

Certification Status

- At the end of the training, participants will receive a Gastronomy Chefs Federation Approved Certificate
 - Course participation certificate
 - MYK certification is optional
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Privileges and Gifts to Be Presented to Participants

Gastronomy Chefs Federation Membership Insignia

- Special design metal badge
- With federation logo
- Together with official membership certificate

International Participation Certificate

- Special design, embossed printing
- Federation seal and signed
- Verifiable serial number

Personalized Graduation Chef Jacket

- Name embroidery
- “International Culinary Program Graduate” inscription
- Federation logo

Logo Professional Chef Knife

- Laser-engraved name
 - Special boxed
 - Federation logo
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Personal Portfolio File

- Menus prepared by the student throughout the program
- Plate photographs
- Evaluation forms
- Performance report signed by chef instructors

Federation Reference / Recommendation Letter

- Official letterhead document
- Signed by chef instructors
- Valid reference for international career

CONTACT & BOOKINGS

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