



by **sushi robots**

Vocational training

Gyoza and Ramen: professionally prepared using Japanese techniques



Place

21 rue Lavoisier, 17440 Aytré



Duration

5 days (35 hours)



Target

Person wishing to diversify their menu (food truck, restaurant, dark kitchen, etc.) and acquire new culinary techniques.



Prerequisites

None – This training is accessible to beginners.



Terms and conditions of access

The training is accessible by registration via the bulletin available on the website or sent by email.

It is possible to register up to 15 days before the start of the training.



Effective

8 people maximum



Teaching methods

The theoretical courses are based on an illustrated presentation support (a copy of the support is given to each participant).

Practical lessons take place in the teaching kitchen.

Goals :

- Explain the origin of the philosophy and ideologies related to Gyoza and Ramen
- Know the traditional and modern cooking utensils
- Choosing your raw materials (introduction to sourcing)
- Develop different homemade Gyozas while optimizing production
- Develop different types of homemade Ramen while optimizing its production

Programme

Days 1 and 2: Making Gyoza



Day 1

Theory and History of Gyoza

- Origins and ideologies linked to Gyoza

Presentation of traditional and modern utensils

Choosing a suitable flour

Presentation and choice of flours

Introduction to raw material sourcing

Presentation of flours

Making Gyoza dough and forming dough discs

Preparing a classic stuffing

Discovery of the finished product

Tasting of Gyoza and other dumplings

Manual assembly of Gyoza

Cooking Gyoza

Day 2

Making Gyoza with a guide

Variations on stuffings and pastas to vary your menu

Making your catering production profitable

- Use machines to facilitate manufacturing
- Adapt your recipes
- Organiser sa production
- Freeze your production

Evaluation



Validation of skills

Final practical test End of training diploma.



Accessibility

Our premises are accessible to people with disabilities, however, we recommend that you contact us so that we can welcome you in the best possible conditions.

Days 3, 4 and 5: Making Ramen



Day 3

Theory and History of Ramen

- Origins and ideologies linked to Ramen
- The different varieties of Ramen: presentations of homemade and prepared noodles, tares, broths and toppings

Presentation of the utensils needed for preparation

Organization and optimization of preparation

Preparation of homemade broths:

- Chicken-based broth
- Vegetable-based broth
- Fish-based broth

Making Tare with Soy Sauce and Miso

Making the fillings

Day 4

Presentation of the utensils needed for the presentation

Chopsticks, bowls, Ramen spoons

Homemade Noodle Preparation

Making Ramen (pork, fish, seafood, vegetarian) with soy sauce

Making Ramen (pork, fish, seafood, vegetarian) with miso

Tasting

Preparing Ramen on your own

Day 5

Practical and theoretical evaluation

Returns and tasting

Theory: Discovering different types of hot and cold Ramen

Personalized creations and achievements

Contact and disability representative:

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