



**Institute of  
Culinary Education**

EST. 1975

NEW YORK | LOS ANGELES

Culinary Arts  
Culinary Arts & Management-  
Associate of Occupational Studies (AOS)  
Pastry and Baking Arts  
Health-Supportive Culinary Arts  
Restaurant & Culinary Management  
Online – Culinary Arts & Food Operations  
Professional Development

# CAREER PROGRAMS LOS ANGELES CAMPUS





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# A LETTER FROM OUR CEO

For many, food is the ultimate expression of passion, creativity and happiness. For more than four decades, the Institute of Culinary Education (ICE) has been a leader in this realm, offering a broad and diverse assortment of culinary education opportunities, covering multiple dimensions throughout the culinary universe.

Since our founding in 1975, interest in America's culinary landscape has progressively grown, along with its abundant opportunities and economic value. So has ICE. Today, with campuses in Los Angeles and New York City, ICE is a destination for anyone who wants to explore their passion for the culinary arts, from cooking and baking to wine studies and restaurant management.

As a school and community, we are vibrant and focused. ICE students are diverse and have unique talents and individual quests. Our role at ICE is to help our students find and develop their culinary voices. The foundations of ICE are our programs in Culinary Arts, Pastry & Baking Arts, Health-Supportive Culinary Arts and Restaurant & Culinary Management. Whether our students' goals are to become chefs, restaurateurs, food journalists, artisan bread bakers or restaurant managers, our programs provide a classic and valuable foundation. ICE's programs are sophisticated, intensive and student-centric. The diploma programs can be completed in less than one year, and our degree programs offer the benefit of culinary arts, business management and industry-relevant general education courses under one program. This offers our international students the extended flexibility of our F-1 visa.

ICE offers a program specifically crafted for aspiring culinary entrepreneurs. Our innovative Restaurant & Culinary Management program is taught by an experienced group of restaurant owners and consultants who bring real-world experience to the classroom. And we have structured our schedules, curriculum and tuition to facilitate the dual-diploma opportunity for students to combine business with culinary or pastry training.

Some of the most well-known chefs and restaurants in Los Angeles and New York City hire ICE's externs and graduates. And it's no surprise that over the years, ICE and its alumni and faculty have won top industry awards, reviews and accolades including the 2015 IACP "best culinary school" honor. In fall 2016, both The Daily Meal and Edinformatics wrote articles listing ICE as the No. 1 culinary school in America, and in 2019, USA Today ranked ICE as the No. 1 culinary school in America!

In the last six years, ICE has grown with new campuses and new innovative programming. In 2015, we moved into our new New York City campus at 225 Liberty Street. It is a modern and invigorating environment, open day and night with a vast menu of recreational courses open to the public and a highly developed special events division. In 2018, we opened our campus in Pasadena, California, 10 miles from the center of Los Angeles, and in 2019, we launched a plant-based diploma program in Health-Supportive Culinary Arts, inspired by the curriculum of the former Natural Gourmet Institute. In 2020, ICE entered an agreement with the now-closed International Culinary Center (ICC, former French Culinary Institute or FCI) to inherit and incorporate the best elements of the historic school's legacy at our New York and Los Angeles campuses. This included hiring many former ICC instructors and introducing Intensive Sommelier Training in New York.

ICE has a spirit and atmosphere that we don't think you will find in many other schools. Walk through our halls and you will see students, staff, chef-instructors, faculty and a regular menu of industry guest speakers. It is hard to characterize a school or a business in a few words, but at its core, ICE is all about its students. Whether they are with us for a day, a week or a year, students tell us that our school is an exciting, joyful place where they are inspired to learn and succeed. Being part of that success is our passion.



**RICK SMILOW**  
CEO & Chairman



**RICHARD SIMPSON**  
Vice President - Education



**LACHLAN SANDS**  
President - LA Campus



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Career Programs Catalog  
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# A CULINARY EDUCATION FOR THE REAL WORLD

You see it in your neighborhood, and your friends talk about it. It impacts society, culture, health, happiness and even the economy. As a business sector, it is broad, diverse, dynamic and always open to new ideas. This is the culinary landscape of today — and you can be part of it. So what are you waiting for? It's time to make your mark.

## Come As You Are.

Individual talents and tastes are unique, and so are you. The field of culinary arts is not only teeming with opportunity, it is also diverse and in need of people possessing an eclectic mix of skills. These skills are required across a vast array of disciplines, including cooking, pastry & baking, culinary, events and so much more. How are the employment prospects for ambitious culinary professionals for the next 30 years? "On fire," according to The Atlantic and "heating up after a decade of growth," as reported by Restaurant Business in January 2019.

The Institute of Culinary Education is committed to helping you develop your culinary voice. This is your opportunity to be heard.

ICE fosters high standards in education and hands-on training in professional kitchens and labs with modern equipment and technology, and experienced chef-instructors. ICE's renowned externship program provides students the opportunity to work, learn and further hone their expertise alongside competitive talent at well-known dining establishments in one of the world's culinary capitals, Los Angeles. Many of our alumni are award winners and industry leaders. We are proud that so many of our grads are active in all facets of the hospitality and culinary world.\*

\*The 2018-2019 ACCSC (accrediting) annual report employment rate is 82% of 948 students available for employment. The remaining 18% includes students who were employed in an unrelated occupation, unemployed, and whose outcomes were unknown to ICE at the time of filing.

## NYC and LA are Culinary Capitals.

As a student at one of ICE's two campuses, you will be studying in two of the most important cities in America's contemporary food and dining scene. The talent, environment and externship and employment opportunities can help launch your career to wherever your ambition leads you.

## Unlimited, Exciting Culinary Opportunities.

In addition to offering students a wealth of extracurricular activities, the city is our extended classroom. We cultivate relationships with Los Angeles' well-known chefs and restaurants. Our externship program connects students with many of LA's well-known restaurants, including Spago, Border Grill, Cassia, Providence, Kato and Redbird; and Union Square Cafe, Le Bernardin, Nobu, Contra, Don Angie and Momofuku in New York; as well as some of the most incredible bakeries and pastry shops on both coasts. Our students frequently secure positions with the very same businesses even before finishing their externships.

## Are You Ready to Take the Next Step?



*"I was thrilled to learn that the Institute of Culinary Education is expanding and opening its second location in Los Angeles. LA is a hub of culinary innovation, and having a culinary school of ICE's caliber in this market will only enhance the city's standing as a major culinary center in the United States."*

### WOLFGANG PUCK

Chef/Restaurateur/Author/TV Personality

Owns restaurants across the United States and internationally, including Los Angeles, Washington, D.C., Las Vegas, Singapore, Dubai and more. His restaurants have garnered rave reviews and Michelin stars. Chef Puck has been awarded many times, including the James Beard Foundation Award for Outstanding Chef in America twice and the James Beard Award for Restaurant of the Year for Spago. He has written seven cookbooks and is a household name through television appearances and a show on the Food Network.



521 E. Green Street, Pasadena, CA



*"When I visited ICE in New York, I was so impressed with the school's facilities and culinary programs. I know our LA chefs and restaurateurs are looking forward to having a premier culinary school for aspiring chefs and having a resource for recruiting talent close to home. It's a great time to be cooking in LA — there is so much opportunity for those who want a career in the culinary field."*

**SUZANNE GOIN**

**Chefs/Restaurateur/Author**

Suzanne Goin is the co-owner of the Lucques Group in Los Angeles and their associated catering and baking operations. Chef Goin has received numerous awards, including the 2016 James Beard Award for Outstanding Chef in America, Best Chef: California in 2006 and a Best New Chef honor by Food & Wine Magazine in 1999. She is the author of two cookbooks, "Sunday Suppers at Lucques" and "The A.O.C. Cookbook," and has appeared on PBS's "Chef's Story."



*"ICE has a reputation for producing some of the most talented and reliable students in the culinary field. We are thrilled to have ICE finally here in LA!! We can't wait to have some of those students in our facilities"*

**JON SHOOK + VINNY DOTOLO**

**Chefs/Restaurateurs/Authors**

LA-based chefs Jon Shook and Vinny Dotolo are the co-owners of Animal, Son of a Gun, Jon & Vinny's and Petit Trois. With their philosophy of casual atmosphere, serious food and contemporary flavors, this duo — who met in culinary school in Florida — are key players in the evolution of the Los Angeles restaurant scene. The chefs also co-authored "Two Dudes, One Pan: Maximum Flavor From a Minimalist Kitchen." They have received numerous awards, including a James Beard Award for Best Chef: West in 2016, Food & Wine's Best New Chef in 2009 and StarChefs' Rising Star Chef in 2008.



*"I've been working with ICE students in New York for years and they are consistently among the best young chefs in my restaurants. I'm very much looking forward to having an institution like ICE produce the same level of talent for my LA and Las Vegas restaurants and to what their next generation of culinary leaders will do for the West Coast food scene."*

**TOM COLICCHIO**

**Chef/Restaurateur/Author/TV Personality**

Owner of Crafted Hospitality, author of three cookbooks and the head judge on Bravo's "Top Chef" since the Emmy Award-winning show's inception. Chef Colicchio has won multiple honors, including three stars from The New York Times, the James Beard Foundation Award for Best New Restaurant for Craft, Bon Appétit's Chef of the Year, and the James Beard Award for Outstanding Chef in America.

# CULINARY LEADERS PRAISE ICE

ICE is proud of its reputation throughout the industry and among our alumni's employers. Chefs and culinary leaders in New York, Los Angeles and nationwide trust ICE graduates as key players in their kitchens and management teams. Likewise, ICE's VIP alumni are eager to praise ICE as a major component to starting their success stories.



Chef Wolfgang Puck and Students at the 2019 Pasadena Commencement Ceremony



*"What can be better for a young person interested in the culinary arts than to be in the heart of diverse New York City, working with great chef-instructors and modern facilities? This is ICE at its core."*

**CHEF MARCUS SAMUELSSON**  
**Chef/Restaurateur/Author**

Marcus Samuelsson Group operates Red Rooster and 10 other concepts in New York City, Canada, Sweden and beyond. Chef Samuelsson has won several James Beard Awards including Best Chef: New York City in 2003. The author of three books including "The Rise: Black Cooks and the Soul of American Food" is a past winner of Bravo's "Top Chef Masters" and "Chopped All-Stars."



*"As a chef-owner with 12 restaurants on two continents, I face the constant challenge of staffing my kitchens with well-trained cooks. The Institute of Culinary Education has proven to be an excellent resource for us for many years. With its world-class programs and curriculum, I know I will continue to rely on ICE to recruit skilled, ambitious young professionals."*

**CHEF DANIEL BOULUD**  
**Chef/Restaurateur/Author**

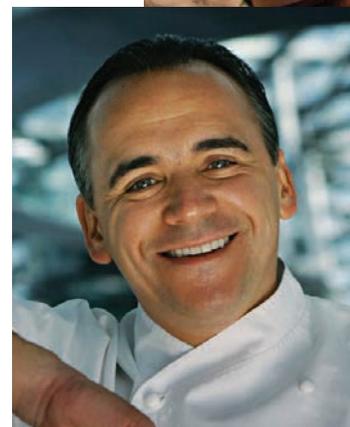
Daniel Boulud owns and operates 12 restaurants in the U.S., Canada and Singapore, as well as several locations of his Épicerie Boulud bakery and viennoiserie. A multiple James Beard Award winner including Best Chef: New York City and Outstanding Restaurant, his flagship eponymous restaurant has been consistently ranked as one of the best in the world. Chef Boulud has also received a Légion d'honneur from the president of France.



*"Year after year, Union Square Hospitality Group's restaurants have benefited enormously from an infusion of talented alumni from ICE's Culinary Management program. It's really amazing to see what kind of important contributions ICE alumni have made to our restaurants — from fine dining to casual. When an applicant comes to us from ICE, we know they've been schooled in both the technical and hospitality skills so crucial to succeed in this business."*

**DANNY MEYER**  
**Restaurateur/CEO**

Danny Meyer and USHG operates nearly 20 restaurants, including NYC stars Union Square Cafe, Gramercy Tavern and The Modern. A James Beard Award winner and Bon Appétit's Best Restaurateur in America, Meyer is also the founder of the Shake Shack chain.



*"ICE instills in its alumni the highest of standards and discipline, which is always shown through their work. At Jean-Georges and other restaurants, we look forward to seeing ICE on an applicant's resume and are always impressed by their determination, imagination and devotion to the culinary arts."*

**CHEF JEAN-GEORGES VONGERICHTEN**  
**Chef/Restaurateur/Author**

Chef Vongerichten owns over 30 restaurants spanning the globe in countries including the U.S., Brazil, China and Japan. A James Beard Award winner multiple times over, Chef Vongerichten has also been named Chef of the Year by Esquire magazine.



ICE Commencement Ceremony at NYU's Skirball Auditorium



*"My experience at ICE was shaped by the tremendous quality of the ICE instructors and the wisdom, experience, and passion they bestowed on their students. Chefs Einav Gefen and Ted Siegel remain mentors to this day. I believe ICE is a dynamic and forward-thinking hub of culinary education."*

**CHEF MAXIME BILET**

**Founder**  
Imagine Food Innovation Group  
Co-author of "Modernist Cuisine: The Art and Science of Cooking," James Beard Foundation 2012 Cookbook of the Year. Named to 2012 Forbes "30 Under 30" list. Former positions include chef at award-winning Jack's Luxury Oyster Bar in New York City and as development chef at The Fat Duck, outside London.  
**Culinary, '05**

*"I chose ICE as a postgraduate education because I wanted to be a chef but didn't need to pursue another degree — I wanted to work! I needed a strong foundation in classic technique taught in a relatively short time, that I could take to any restaurant and build my skills on, and that's exactly what I got at ICE. I hire many ICE alumni straight out of school and they are well prepared to get started in the kitchen and move quickly up the ranks. In fact I just promoted an ICE alum to a sous chef position."*

**CHEF IVY STARK**  
**Consulting Executive Chef**

Casa Bocado  
Colorado native and UCLA history major, now recognized as one of New York City's top female executive chefs. Author of "Dos Caminos Mexican Street Food." Former positions include Border Grill (Los Angeles), Sign of the Dove, Brasserie 8 ½, and Rosa Mexicano.  
**Culinary, '95**

*"ICE gave me the solid foundation I needed to embark on a successful and unique culinary career. The instructors, facilities, curriculum and industry access are of the highest quality and I left the program having gained an invaluable education. Since becoming a leader myself, I have gone on to hire several other alumni, all of whom have impressed me greatly. The technical competency and overall maturity of the student population remains a gold standard in the field."*

**GAIL SIMMONS**  
**Culinary Expert/Food Writer/TV Personality**

Permanent judge of Emmy-winning series "Top Chef," the top-rated food show on Bravo; host of "Top Chef: Just Desserts." Food & Wine special projects director, including the annual Food & Wine Classic in Aspen. Former special events manager for Chef Daniel Boulud's restaurant empire.  
**Culinary, '99**

*"ICE helped lay the foundations of my education as a chef. It was there that I learned the basics, and those lessons have stayed with me throughout my entire career, from Paris to Monte Carlo to New York City. My professors at ICE not only taught me invaluable lessons about food and its preparation, but they also trusted me to build on that education through my own life experiences."*

**CHEF MARC MURPHY**  
**Chef/Restaurateur/TV Personality**

Executive chef and owner of Landmarc and Benchmark Events by Marc Murphy; judge on Food Network's "Chopped" and regular contributor to Food Network programming, including "Iron Chef America" and "The Best Thing I Ever Ate"; frequent guest on "The Rachael Ray Show" and the "Today Show." Author of "Season With Authority."  
**Culinary, '90**

# CULINARY ARTS

Welcome to the foundation of your career — the ICE Culinary Arts diploma program. Think beyond cooking classes. Our award-winning 642-hour comprehensive curriculum is designed to teach you the practice and art of cooking through theory, technique, palate training, speed and teamwork. These will be your essentials for success in the culinary landscape.

## Your Priority Is Learning. Ours Is You.

Imagine a classroom where you and your progress matter. With no more than 16 students per instructor, the curriculum covers many of the necessities to thrive in the culinary industry as well as forge the personal relationships that will guide you through your journey.

Every class will cover a specific skill — classes will intensify in difficulty as you continue to grow and develop. Beginning with basic palate development, our chef-instructors will help train your senses, guiding you through the vast sea of subtle tastes and flavors, from herbs and condiments to vegetables and meats.

Your education will continue through an introduction to the culinary techniques that we recommend you master such as knife skills, dry- and moist-heat cooking methods, sauce making, restaurant simulations and pastry and baking, to name a few. Your chef-instructors' mentoring will help you build a solid foundation and support your success.

## Real-Life Experience. Experiences for Life.

Your culinary roots will be grounded in classical French technique; however, your experience in the

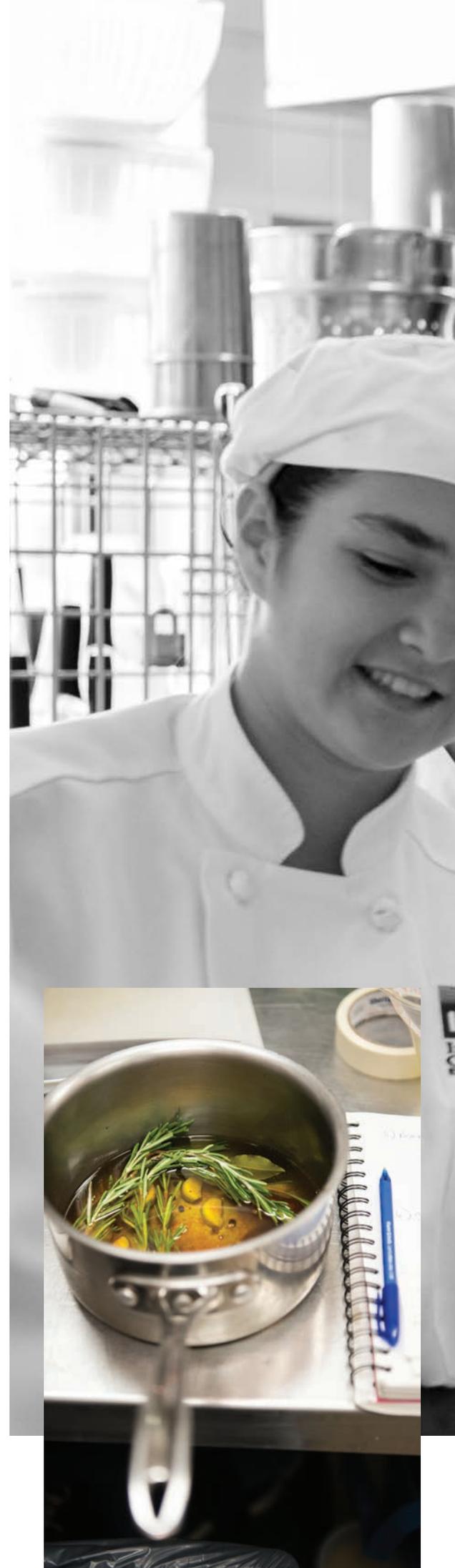
program will be unmistakably global. Thailand, India, Japan, Italy — the techniques, ingredients and distinctive flavors of all these regions and others will be a part of your culinary passport, taking you anywhere in the industry.

The ultimate reinforcement of knowledge comes from real-life application. After 432 hours of intensive classwork, our invaluable externship program will take you on-site — imagine 210 hours in a restaurant, hotel, catering kitchen or other culinary enterprise. With a multitude of externship options to choose from, your education will continue as you hone your skills through practice. By the end of the Culinary Arts diploma program, students have been taught the skills to tackle professional culinary tasks with confidence.

## You Can Already Taste Your Success — Now Let Us Help You Refine Your Palate.

Our flexibility and affordable options are designed to help you find your culinary voice. What is most convenient for you: morning, afternoon or evening? We have a schedule that will fit yours.

## This Is Your Calling ...





*“As a career changer, ICE’s Double Diploma program spoke perfectly to both sides of my brain. With Culinary Arts, I learned the proper techniques to express my creativity through food, and with Culinary Management, I gained practical knowledge about the food business to turn my creativity into a profitable career.”*

— **ZACH GRAY**  
Culinary/Management



# CULINARY ARTS

The diploma program consists of nine courses. The first eight courses are composed of 108 four-hour lessons held at ICE. The ninth course is an off-site externship. The program is constructed as follows:

## **COURSE 1: CULINARY FUNDAMENTALS 1 - KITCHEN ESSENTIALS - 60 HOURS**

After a comprehensive introduction to knife skills and food safety, you'll use a range of methods for preparing vegetables, progressing from salads to complex plant-based cuisine. You will begin to explore the techniques that underlie fine cooking including the concept of mise en place, that is critical in professional cooking environments.

Course highlights:

- Classical and contemporary knife skills
- Food safety and sanitation
- Product identification of vegetables, herbs, spices, legumes and more
- Breakfast cuisine and egg cookery including emulsions

## **COURSE 2: CULINARY FUNDAMENTALS 2 - POULTRY, PORK AND LAMB - 48 HOURS**

The first in a series of three courses on protein-based cuisine, this course covers key techniques like sautéing, roasting, braising and grilling. You will fabricate the essential cuts and prepare stocks and sauces that completely utilize each ingredient. Then you'll prepare dishes to practice each technique and build your confidence and competence, with increasing attention to time management and organization.

Course highlights:

- Classical roasting, grilling, sautéing and braising techniques
- Fabrication of poultry, pork and lamb
- Introduction to sauce making
- Modern techniques such as sous vide

## **COURSE 3: CULINARY FUNDAMENTALS 3 - VEAL, BEEF AND SEAFOOD - 56 HOURS**

With the same structure as Course 2, you'll fabricate steaks, cutlets and chops, and prepare soups, brown sauces and pan sauces as you continue to deepen your understanding of fundamental techniques. You'll also start applying these methods to seafood, including flatfish, round fish and shellfish as you prepare dishes that highlight the special skills that these foods require.

Course highlights:

- Selecting and fabricating fish and shellfish
- Fabrication of large subprimals of beef
- Introduction to professional plating
- Roasting, grilling, sautéing, searing, poaching and braising techniques

## **COURSE 4: PLATING AND RESTAURANT SIMULATION - 52 HOURS**

In this final course of the series, you'll further refine your abilities as you produce composed entrées and simulate the experience of cooking in a restaurant, including more complex sauces. You will also gain exposure and prepare game specialties like rabbit, quail and venison.

Course highlights:

- Simulated restaurant environment
- Menu and plate development
- Advanced sauce technique
- Fabricating and cooking game

## **COURSE 5: PASTRY AND BAKING - 52 HOURS**

The skills taught in this course are not just for desserts — they can be used in savory cooking. From custards and pizza to biscuits, frozen desserts and ice cream, you will prepare specialties that can be part of exciting entrees or memorable finales to the dining experience.

Course highlights:

- Fruit-based desserts
- Baking quiches, pies and tarts
- Introduction to bread baking
- Creating plated desserts

## **COURSE 6: INTERNATIONAL CUISINE 1 - MEDITERRANEAN, THE AMERICAS, & ASIA - 56 HOURS**

Centering on flavor profiles and specific techniques, this course acquaints students with essential dishes from around the world on a culinary journey through the countries of the Mediterranean, North and South America and Asia. Understanding the herbs, spices, ingredients and methods that characterize these cuisines will broaden your palate and culinary perspective, as international flavor profiles play a key role in contemporary culinary arts.

Course highlights:

- International palate development
- Creating an inviting dim sum buffet
- Studying the spice trade and Middle Eastern cooking

## **COURSE 7: INTERNATIONAL CUISINE 2 - FRANCE, ITALY & GARDE MANGES - 48 HOURS**

France and Italy are considered the touchstones for all western cuisines — and for good reason. In this course, students become familiar with characteristic ingredients, methods and dishes from some of the most important cuisines in Europe. Using authentic recipes and ingredients, students are exposed to the diversity and beauty that characterize regional European cuisines.

Course highlights:

- Refine our palates with nuances of European cuisine
- Pasta making from scratch
- Preparing, stuffing and cooking sausages
- Making fresh mozzarella

## **COURSE 8: ADVANCED CUISINE - 60 HOURS**

Whether with hydrocolloids, fermentation or plant-based cooking, today's kitchens rely on innovative ideas and modern techniques to produce their signature dishes. In this course, you'll study the methods, flavors and presentations that today's best restaurants use to take food to the next level and create enjoyable dining experiences. Finally, with a basket of seasonal ingredients, students will work alone to create a unique menu that demonstrates their skill and creativity.

Course highlights:

- Fermentation, preserving and pickling
- Modern culinary techniques
- Advanced plating and presentation
- Cooking of the contemporary masters

## **COURSE 9: EXTERNSHIP - 210 HOURS**

At the end of their in-class training, all students complete an externship course. While ICE strongly recommends that students extern in restaurant kitchens, individuals may request venues such as hotels, catering companies, corporate dining rooms or test kitchens in accordance with their professional goals.

*Curriculum, ingredients and recipes are examples and are subject to change at any time without notice.*



*“As a dual Culinary and Culinary Management student, ICE provided exactly the foundation I was looking for to transition seamlessly into the food industry. The instructors, advisors, curriculum, volunteer opportunities and facilities all played impactful roles in my culinary school experience, and I felt better prepared to approach my new career with confidence.”*

**LAUREN JESSEN**  
Culinary Arts/Restaurant & Culinary Management



**COMBINE BUSINESS AND CULINARY EXPERTISE TO ACCELERATE SUCCESS**

Learn your practical kitchen skills while refining your business acumen. Maximize the time of your career devoted to the classroom experience. Enrolling in our Restaurant & Culinary Management program in addition to either the Culinary Arts or Pastry & Baking Arts programs gives you the opportunity to pursue dual diplomas, bringing you knowledge and expertise in both while offering valuable tuition incentives.

The ICE Dual Diploma program offers you the option to efficiently develop your culinary skills and earning potential, offering a savings of 10% of tuition when you combine the Culinary Arts or Pastry & Baking Arts Program with the Diploma in Restaurant & Culinary Management.



# CULINARY ARTS & MANAGEMENT ASSOCIATE OF OCCUPATIONAL STUDIES PROGRAM

Immerse yourself in a 60-week associate's degree program that blends the best of our hands-on Culinary Arts training program and our pragmatic Restaurant & Culinary Management program with general education classes relevant to careers in the food service industry. The Culinary Arts & Management Associate of Occupational Studies (AOS) degree program is a 62-credit hour educational experience with an industry externship that provides students with a strong foundation of skills, and real-world experience to launch a career.

## Professional Equipment. Professional Approach.

Picture pristine, professionally designed kitchens with almost every tool available at your fingertips. No, you're not in a restaurant — you're in the ICE professionally equipped kitchen classroom. Our expert chefs will guide you through 25 credit hours of culinary training, teaching the practice and art of cooking through theory, technique, palate training, speed and teamwork.

As part of the 21 credit hours of restaurant and culinary management training, students study the finer points of running a successful business. We teach how to develop profitable business concepts, write a business plan, market to a target audience and best practices for time management, leadership and self-motivation.

This comprehensive 24-course curriculum ends with an externship in a restaurant, hotel, food media or a culinary business in accordance with each student's professional goals. Students gain hands-on experience and make important industry connections. With an associate degree in culinary education, mentorship from expert chef-instructors and guidance from our Career Services team, ICE graduates are ready to pursue their culinary career dream.

## In Class Connections. At Home Flexibility.

Culinary labs in our expertly designed kitchens take students around the globe as they explore cuisines from France, Italy, Japan, Thailand and more. Our chef-instructors will teach the fundamentals of ingredient identification to help hone palates and practice culinary techniques commonly used in restaurant kitchens. In the classroom students study management skills alongside classmates who may become future industry peers.

The general education courses, including history and culture of food, social psychology, business communication, leadership, change management and more, are delivered online to provide added flexibility. The Culinary Arts & Management associates degree program is designed to provide a well-rounded education to help graduates thrive wherever their career path takes them.

## Start At ICE And Go Anywhere.

ICE alumni are scattered around the world, and our Career Services team is here to help you find your externship and open doors for future employment opportunities. With your strong foundation of skills, where would you like your culinary path to take you?





# CULINARY ARTS & MANAGEMENT ASSOCIATE OF OCCUPATIONAL STUDIES PROGRAM



The associate's degree program consists of 24 courses that are divided into three subject areas: culinary arts training; restaurant and culinary management training; and asynchronous online classes that teach essential soft skills employers seek. The final course is an off-site externship. International students should note that this program qualifies for F-1 visa applications. The program is constructed as follows:

## **COURSE 1: CULINARY FUNDAMENTALS 1 - KITCHEN ESSENTIALS - 2.5 CREDITS**

After a comprehensive introduction to knife skills and food safety, you'll use a range of methods for preparing vegetables, progressing from salads to complex vegetarian dishes, as you begin to explore the techniques that underlie fine cooking.

Course highlights:

- Grilled Eggplant and Portobello Sandwich with Fresh Mozzarella and Romesco
- Vegetarian Three-Bean Chili with Ancho and Sweet Chili Peppers
- Grain Bowl with Quinoa/Lentil Pilaf and Roasted Vegetables

## **COURSE 2: CULINARY FUNDAMENTALS 2 - POULTRY, PORK & LAMB - 2.0 CREDITS**

The first in a series of three courses on protein-based cuisine, this course will stress key techniques like sautéing, roasting, braising and grilling. With an emphasis on sustainability, you'll fabricate the essential cuts and prepare stocks and sauces that completely utilize each ingredient. Then you'll prepare dishes to practice each technique, building your confidence and competence.

Course highlights:

- Sous Vide Chicken Breast with Jus Lié
- Sautéed Duck Breast with Orange Gastrique
- Pan-Roasted Rack of Lamb with Red Wine Pan Sauce
- Grilled Brined Pork Chop with Caramelized Onion and Bourbon Sauce

## **COURSE 3: CULINARY FUNDAMENTALS 3 - VEAL, BEEF & SEAFOOD - 2.0 CREDITS**

Structured in the same way as Course 2, you'll fabricate steaks, paillard, cutlets and chops, and prepare soups, brown sauces and pan sauces as you continue to deepen your understanding of fundamental techniques. You'll also apply these methods to seafood including flatfish, round fish and shellfish.

Course highlights:

- Braised Osso Bucco with Risotto
- Sautéed Filet Mignon with Béarnaise
- Lobster Bisque & Crab Cakes
- Grilled Swordfish with Beurre Rouge

## **COURSE 4: PLATING & RESTAURANT SIMULATION - 2.0 CREDITS**

In this final course of the series, you'll further refine your abilities as you prepare game specialties like rabbit, quail and venison. You will also plate entrées as you simulate the experience of cooking in a restaurant.

Course highlights:

- Roast Squab with Dirty Rice and Pan Gravy
- Braised Rabbit with Prosciutto and Red Onions
- Pan-Roasted Cod with Manilla Clams and Chorizo
- Grilled Hangar Steak with Caramelized Shallots and Chive Mashed Potatoes
- Herb Risotto with Seared Sea Scallops

## **COURSE 5: PASTRY & BAKING - 2.0 CREDITS**

The skills taught in this course are not just for desserts — they can be used in savory cooking as well. From custards and pizza to biscuits and frozen desserts, you will prepare specialties that can be part of exciting entrées or memorable finales to the dining experience.

Course highlights:

- Chocolate Soufflé
- Sweet and Savory Quick Breads
- Pizza and Flatbreads
- Crème Brûlée, Hanna Cotta and Crème Caramel

## **COURSE 6: INTERNATIONAL CUISINE 1 - MEDITERRANEAN, THE AMERICAS & ASIA - 2.0 CREDITS**

From Greece to North Africa, Mediterranean cuisine has an important influence on the way many chefs cook today. You will explore the staple ingredients, various flavor profiles and key dishes of the region and use them as a portal to studying the foods of the Americas.

The panoply of Asian flavors and techniques have a growing influence on culinary arts around the world. Understanding how to use the ingredients and methods that characterize these cuisines is a necessity in today's global food scene. Centering on flavor profiles and specific techniques, this course acquaints students with the essential dishes of India, China, Japan and Thailand.

Course highlights:

- Falafel
- Roast Turkey with Mole Negro
- Jamaican Jerk Chicken
- Pad Thai
- Northern Indian Lamb Curry
- Sushi

## **COURSE 7: INTERNATIONAL CUISINE 2 - FRANCE, ITALY & GARDE MANGER - 2.0 CREDITS**

France is considered the touchstone for all Western cuisines — and for good reason. In this course, students become familiar with characteristic ingredients, methods and dishes from some of the most important culinary regions in the country: Provence, Burgundy, Normandy and Alsace.

Regionality is the essence of all things Italian and this concept is central to our presentation of Italian cuisine. We'll focus on Piedmont, Tuscany, Abruzzo and other regions that comprise what we think of as modern-day Italian cuisine.

Course highlights:

- Bouillabaisse with Rouille
- Cassoulet
- Fresh Egg Pasta with Pesto

## **COURSE 8: ADVANCED CUISINE - 2.5 CREDITS**

Whether it's hydrocolloids, fermentation or zero-waste cooking, today's kitchens rely on innovative ideas and modern techniques to produce signature dishes. In this course, you'll study the methods and flavors that the best restaurants are using to take food to the next level and create memorable dining experiences. Finally, with a basket of seasonal ingredients, students will work alone to create unique menus that demonstrate their skill and creativity.

Course highlights:

- Slow-Roasted Lamb Neck with Salsa Verde and Arugula Salad
- Citrus-Cured Fluke with Shiso Bavarois and Ponzu Gelée
- Goat Cheese Cake, Honey-Ginger Ice Cream, Almond Sponge
- Compressed Watermelon, Black Olive Crumbs, Feta Spheres and Balsamic Caviar





### **COURSE 9: CONCEPT DEVELOPMENT & MENU DESIGN - 3.0 CREDITS**

From creativity to profitability, this course is designed to acquaint students with the realities of a culinary business concept. By surveying the industry, students explore a wide range of operations and analyze concepts, as well as research feasibility and location selection. This course also gives a comprehensive view of key aspects of the menu, including planning, pricing, layout and design. Students prepare sample menus as a project, which will become part of their final business plans.

### **COURSE 10: MARKETING - 2.0 CREDITS**

Culinary businesses are marketing businesses from the moment an idea is developed through opening and operation. This course provides an in-depth examination of how a marketing plan is developed, including market research, positioning, product mix and life cycle. This includes development of potential strategies for advertising, merchandising, public relations, social media and promotion.

### **COURSE 11: FOOD SAFETY - 1.0 CREDIT**

Proper food handling and safety procedures are important elements of a successful culinary business. In this course, students earn the nationally recognized ServSafe certification while studying the essential principles of food safety.

### **COURSE 12: PURCHASING & COST CONTROL - 3.0 CREDITS**

Strategies for purchasing and control are vital for the success of any culinary operation. This course examines labor, beverage and food costs and revenue control. Purchasing guidelines, inventory and control, employee-performance standards, productivity and scheduling, use of point-of-sale systems, computers and new technology are also reviewed.

### **COURSE 13: SUPERVISORY MANAGEMENT & FOOD SERVICE LAW - 3.0 CREDITS**

People are the most important resource in any culinary business. In this course, students focus on the major functions of management, including leadership, motivation, communication, hiring practices, recruitment, training, discipline and staff organization. Additionally, this course focuses on the legal rights and responsibilities of owners and operators. Topics include labor relations, employment law, real estate and contracts. Various business structures are also surveyed.

### **COURSE 14: SERVICE MANAGEMENT - 2.0 CREDITS**

Managing the front of the house requires particular knowledge and skill. Students are introduced to the tools and techniques of service and service management in restaurants and other foodservice operations. This course also covers how to build customer relations.

### **COURSE 15: FINANCE & ACCOUNTING - 3.0 CREDITS**

A working understanding of numbers is critically important to culinary success. This course focuses on the use of financial statements as a tool for control and decision-making. Topics include budgets, balance sheets, break-even analysis, cash flow and financing. Actual case studies are used to provide real experience.

### **COURSE 16: BEVERAGE & WINE - 2.0 CREDITS**

Beverage sales is a challenging business, and this course explores all areas of beverage service, including wine, spirits, beer, mixology, non-alcoholic drinks and bar design. Wine tasting and appreciation are included. Students will study proper alcohol service and earn the ServSafe Alcohol certification.

### **COURSE 17: FACILITIES & DESIGN - 2.0 CREDITS**

This course examines how to bring a concept to life, from construction design to final inspection. Whether planning to renovate or building a restaurant from scratch, students gain insight into capital costs and budgeting, as well as how to work with architects, designers and contractors. Topics include equipment and systems basics, space analysis, product and people flow, and kitchen and interior design.

### **COURSE 18: SOCIAL PSYCHOLOGY AND INTERPERSONAL RELATIONS - 3.0 CREDITS**

This course will examine social context and the way it influences our thoughts, feelings and behaviors. Students will be encouraged to reflect on the application of social psychology concepts to real-world problems as well as incorporate concepts explored in class to real-life scenarios.

### **COURSE 19: BUSINESS COMMUNICATIONS - 3.0 CREDITS**

This course will examine and apply the types and purposes of various business documents; create messages using appropriate channels for delivery based on context, audience and purpose; and explore the effect of technology — like social media — on business communication. Students will also study written and verbal communication strategies as they relate to recipe writing, reviewing, food blogging and culinary demonstrations.

### **COURSE 20: FOOD AND APPLIED NUTRITION - 3.0 CREDITS**

An introductory course in the study of the principles of human nutritional needs. Students examine current dietary guidelines, the function of nutrients and dietary preferences. Students will study menus and modify recipes to optimize nutritional content and balance the current trends in nutritional study with culinary and baking techniques. The course highlights the relationship between diet, health, disease and how applied nutrition can benefit immune-challenged populations and the average healthy individual.

### **COURSE 21: LEADERSHIP, TEAM BUILDING AND CHANGE MANAGEMENT - 3.0 CREDITS**

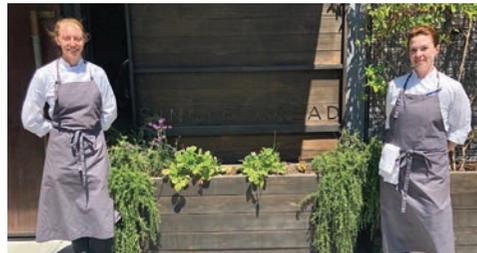
Great leadership goes beyond good management and permeates a culture. This course will explore leadership variables and principles, the power of vision, the importance of ethics, the empowerment of people, understanding and developing others as well as performance management. Additionally, students will identify their own leadership styles and how best to utilize them to maximize leadership through organizational change and team building.

### **COURSE 22: CAREER AND SELF-MANAGEMENT - 2.0 CREDITS**

This course is designed to enhance student success in transitioning to, and succeeding in, the hospitality industry by providing career planning tools, expected behaviors and soft skills essential for career success. The course emphasizes three key areas for professional success: life planning, workplace skills and career planning. Students study how to connect personal, professional and financial goals and how these goals ultimately contribute to career and personal success.

### **COURSE 23: THE HISTORY AND CULTURE OF FOOD - 2.0 CREDITS**

The historical influence on modern foodservice is analyzed, and culinary trends in history are identified and investigated. Topics will include the relation of food to personal and cultural identity and the interconnections between cuisine, historical events and international locations.



### **COURSE 24: EXTERNSHIP - 8.0 CREDITS**

This is the last course in the program in which students work at a foodservice-related site. While ICE strongly recommends that students extern in restaurant kitchens, they may request venues such as hotels, catering companies, corporate dining rooms or test kitchens in accordance with their professional goals.

# PASTRY & BAKING ARTS

Our 610-hour pastry and baking diploma program will provide a classic and well-rounded foundation for your career. Graduates aspire to eventually be pastry chefs, bakers, cafe owners, culinary entrepreneurs and more. Roll up your sleeves and get ready.

## Now Is the Time – Make Your Mark.

Take a breath and a proud step forward. You are about to become part of the ICE Pastry & Baking Arts program, which delivers an amazing wealth of skills and knowledge. Graduates of our well-known program have gone on to win national awards, write top cookbooks and appear on TV and in leading food magazines.

## Old World, New World and the Whole World.

Drawing from the rich baking and pastry traditions of France, Italy, Austria and Switzerland, as well as contemporary American variations, our Pastry & Baking Arts program is not only international in scope, but also constantly evolving through modern global influences. Our award-winning program and curriculum have been shaped by two chefs, first by Nick Malgieri, the former executive pastry chef at Windows on the World and a member of Pastry Art & Design's 1998 and 1999 "Ten Best Pastry Chefs" roster. More recently, Creative Director Michael Laiskonis has continued the program's development, applying his experience as former executive pastry chef at Le Bernardin and 2007 winner of the prestigious Outstanding Pastry Chef in America award from the James Beard Foundation.

## Like Our Curriculum, You Will Evolve.

In no other culinary field do art and technique combine so beautifully as in pastry and baking. Your hands-on education covers the crucial components of this complex and graceful art form

with hands-on guidance by our chef-instructors.

Imagine a curriculum designed to help you become an accomplished professional, creating flaky croissants, silky gelato and crusty breads. Signature desserts, elegant tiered cakes and decadent chocolates will also be part of your repertoire. It is a remarkable journey that begins with a comprehensive exploration and critical tasting of ingredients to learn how flavors and textures combine. You will progress through development of all the dough-based products from delicate strudel to tarts and puff pastries. Our breads are a special source of pride with a curriculum designed by Sim Cass, the founding baker of renowned Balthazar Bakery. Students will experience preparing all the yeast-raised favorites from bagels and brioche to pizza and baguettes.

With a strong emphasis on theory, you will progress through cakes and chocolate, studying the key ratios and methods that allow you to go beyond the recipes to create your own formulas. Decorating instruction includes inscriptions and piping, skills students should apply to create a tiered cake of your own design. Chocolate confections are also part of the curriculum, from the simple truffles to intricate showpieces.



## A Large School Offering an Intimate Experience.

With no more than 16 students per instructor, your learning is our main focus. By the program's end, you will have made everything from cakes and confections to classic breads and elegant desserts with ease, preparing you to create intricate and imaginative recipes of your own.

We offer you a personal experience that extends far beyond the classroom. Our Career Services staff is here to support your career ambitions.

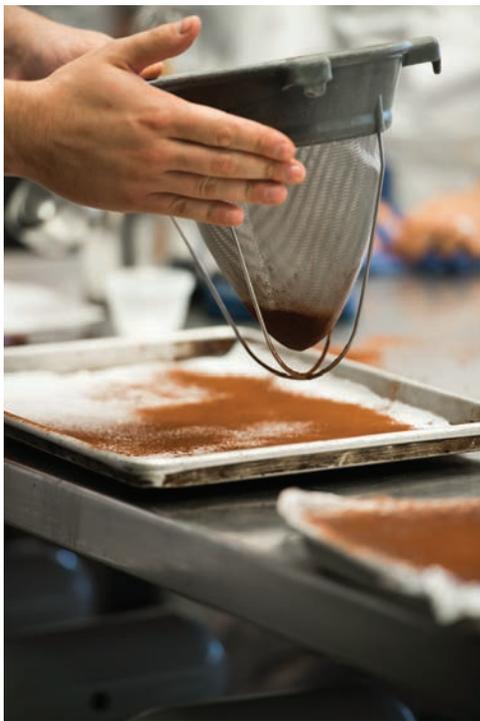
## Externships Put Your Career in Motion Right Away.

After 400 hours of careful instruction and practice, you will take the exam that matters: real-world experience. Through our externship program, you will spend 210 hours on-site in a restaurant, hotel, catering kitchen or other pastry enterprise. The multitude of externship options speaks to the reach of our professional network in Los Angeles. You will put your skills to work in real time in an actual kitchen outside of the classroom walls. Plus, these externships can provide you with invaluable contacts for your career. You will live the excitement of pursuing your dream.



*"An ICE education is one of the most rewarding, awe-inspiring investments you can make in yourself. From day one you become part of a broad network of creative classmates, industry influencers and a team of staff dedicated to helping you succeed."*

**AMY SIMIDIAN**  
Pastry & Baking Arts



# PASTRY & BAKING ARTS

The diploma program contains nine courses. The first eight courses are composed of 100 four-hour lessons that are held at ICE. The ninth course is an off-site externship. The program is constructed as follows:

## **COURSE 1: INTRODUCTION TO BAKING TECHNIQUES AND INGREDIENTS: PART 1 - 44 HOURS**

The program begins by giving students an in-depth presentation of the ingredients, techniques and procedures they will use throughout the program:

- Identification and discussion of the essential ingredient groups: sugar, dairy and fruit.
- Weights and measures, culinary math, food safety, sanitation and equipment identification.
- Introduction to basic decorating skills, the use of a pastry bag and making and utilizing cornets.
- Techniques for preparing fruit-based desserts, including poaching, roasting, macerating, drying and candying.
- The theory and practice of sugar cookery including the preparation of sugar syrups, glazes, fudge and caramel.

## **COURSE 2: INTRODUCTION TO BAKING TECHNIQUES AND INGREDIENTS: PART 2 - 56 HOURS**

All well-executed desserts rely on a mastery of fundamental techniques. In this course, students begin the journey with instruction on:

- The basics of egg theory as they prepare egg-based desserts like crème brûlée, bread pudding, custards and éclairs made with pâte à choux.
- Preparation of additional egg-based desserts such as soufflés and meringues. How to prepare a variety of cheesecakes along with classic pastry cream.
- Production of frozen desserts such as ice creams and sorbets.

## **COURSE 3: BREADS AND OTHER YEAST-RAISED DOUGHS - 36 HOURS**

Bread is at the crossroads of the culinary and baking arts. At the heart of this deceptively simple food is some of the program's most challenging material.

- The technique and theory of working with yeasted doughs: fermentation, dough hydration, temperature control, kneading and formation methods.
- How to calculate and utilize bakers' percentages, as well as pre-ferment, sour and straight dough formulations.
- Application of this theoretical knowledge by baking a variety of breads, including braided, olive and sourdough loaves along with brioche, bagels, baguettes, focaccia and pizza.

## **COURSE 4: PASTRY DOUGHS - 64 HOURS**

Mixing, rolling, turning and forming: These are the essential skills students should practice as they learn to prepare the wide variety of doughs that are

the basis of so many pastry items, including:

- The trio of classic doughs: pâte brisée (flaky), pâte sucrée (sweet) and pâte sablée (cookie) to make individual tarts and pastries.
- Laminated or layered doughs, including puff pastry, croissant and Danish doughs, both by hand and with a commercial sheeter.
- Proper rolling techniques for preparing tarts, galettes, pies (single-crust, two-crust, and lattice), palmiers, mille-feuille, fruit strips, pithiviers, croissants, pains au chocolat and a variety of Danish specialties.
- Specialty pastry shop items including phyllo, donuts, cannoli and hand-stretched classic strudel.

## **COURSE 5: CAKES, FILLINGS, AND ICINGS: PART 1 - 48 HOURS**

From the humble pound cake to the classic génoise, students go beyond the recipes to explore the theory and technique of cake making and expand their abilities to create original cakes. Instruction includes:

- Butter-based and egg-foam cakes, including layered and rolled versions.
- The theory of batter balance as they prepare cakes using various mixing techniques including: one-stage, high-ratio and creaming method. Cakes prepared include carrot, pound, white, yellow, crumb and chocolate along with muffins. Egg-foam cakes such as angel food, chiffon and génoise are also included.
- Icings and fillings such as curds and ganaches as well as both Swiss and Italian meringue-based buttercreams.
- A wide variety of piped, dropped, molded, bar and sheet cookies including biscotti, brownies, madeleines, macarons, spritz, Florentines and rainbow cookies.
- Cupcakes and gluten-free baking.

## **COURSE 6: CAKES, FILLINGS, AND ICINGS: PART 2 - 52 HOURS**

Batters produce more than the familiar cakes we often see: More complex techniques give us not only an international assortment of cakes, but cookies as well. Covered here are:

- Complex layered goods including plain and

chocolate-nut sponges, génoise and biscuit joconde.

- A classic assortment of cakes, including opera, miroir, tiramisu, crêpe and charlotte royale.
- Our plated dessert section includes theory, preparation and presentation of multi-element, contemporary plated desserts. Students recreate and prepare recipes by award-winning chef and ICE Creative Director Michael Laiskonis.

## **COURSE 7: CHOCOLATE CONFECTIONS - 44 HOURS**

Of the various mediums used by pastry chefs to express their vision, none is more seductive than chocolate. This comprehensive course takes students beyond the basic techniques and allows them to experience the joy of creativity as they produce and assemble a chocolate showpiece. Instruction includes:

- Chocolate production, theory and tempering methods.
- Dipping and enrobing.
- Preparation of fondant, truffles, butter crunch and nougatine; molded, dipped and filled chocolates; and the highlight of this section, showpieces.
- Advanced methods including piped and framed centers and isomalt casting.

## **COURSE 8: CAKE DECORATING - 56 HOURS**

Cake decorating represents the ultimate fusion of art and craft. The students' effort and practice in prior classes is rewarded as they take their skills to a new level by preparing tiered cakes. Instruction includes:

- Buttercream flowers and borders, royal icing and fondant (draping, crimping and ruffling)
- Gum paste flowers, including azaleas, lilies, roses and more.
- Floral arrangement and tiered cake assembly including splitting, filling, crumb coating and the usage of marzipan for covering cakes and making flowers, fruits and vegetables. Finishing techniques like petal dusting and tier assembly. This course culminates in the creation of an original three-tiered wedding cake.



*"I love to be a small part in other people's happiness. ICE opened my eyes to all sides of the business in a timeline that allowed me to work full time. ICE taught me how to keep focused on my vision and manage all the details of it."*

**CRYSTAL HANKS**

Pastry and Baking Arts/ Restaurant & Culinary Management



**COURSE 9: EXTERNSHIP - 210 HOURS**

At the end of their in-class training, all students complete an externship. While the Institute of Culinary Education recommends that students extern in restaurant kitchens, they may request venues such as hotels, catering companies, corporate dining rooms or pastry shops that meet their professional goals and fulfill academic requirements.

*Curriculum, ingredients and recipes are examples and are subject to change at any time without notice.*



*“After a successful 20 years in some amazing kitchens, I’d earned a lot of opportunities — and I chose to join the team at ICE. I have always admired ICE, and education is the perfect opportunity for me to give back, to inspire the next generation of chefs to enjoy and excel in a career in culinary or pastry arts.”*

**MICHAEL LAISKONIS**

ICE Creative Director; Former Executive Pastry Chef, Le Bernardin; 2007 James Beard Award for Outstanding Pastry Chef; 2014 IACP Culinary Professional of the Year



# HEALTH-SUPPORTIVE CULINARY ARTS

## Natural Gourmet Center

ICE's new Health-Supportive Culinary Arts career training program promotes nutrition, wellness and sustainability with a vegetable-forward curriculum inspired by the Natural Gourmet Institute. Health-supportive cuisine has the power to heal and can appeal to plant-based, vegetarian and vegan lifestyles, while including instructional exposure to proteins.

### ICE & Natural Gourmet.

ICE now offers America's first nationally accredited health-supportive, plant-based curriculum. Annemarie Colbin, Ph.D., founded the Natural Gourmet Cookery School in her Upper West Side apartment in 1977, two years after Peter Kump founded his eponymous cooking school (now ICE). Both received rave reviews, grew, became accredited diploma programs and changed their names over the following 30 years. In 2019, the educational institutions collaborated to offer Natural Gourmet Institute's unique health-supportive approach to cooking at the Institute of Culinary Education's New York and Los Angeles campuses, which cultivate creativity and innovation in every kitchen classroom.



### Foundations of the Curriculum.

The Natural Gourmet Institute used specific criteria for making mindful and deliberate decisions when sourcing ingredients: whole, fresh, seasonal, traditional, balanced, local and delicious. These seven principles of food selection promote a sustainable food system with regard for natural resources and people while empowering chefs and cooks to lead the conversation about food, wellness and health. This mission is at the foundation of ICE's new curriculum, which incorporates whole foods, nutrition education, plant-based cooking and meals that heal. The principles extend to the pastry modules, which include flourless, vegan and gluten-free desserts and breads, as well as traditional pastries.

### Food & Healing.

Food has powerful potential to heal the body. The Natural Gourmet Center's food and healing coursework focuses on the health-supportive qualities of ingredients and cooking techniques and how to use them to best benefit health. Through interdisciplinary training, both Eastern and Western food theories and applications are taught. Practical classes and lectures cover topics such as health and nutrition, whole foods dynamics, living foods and cooking for people with illnesses.

### A Career in Health-Supportive Cuisine.

From 1977 to 2018, the Natural Gourmet Institute graduated more than 2,500 professional chefs from 33 countries who became chefs, entrepreneurs, teachers, nutritionists, authors and even physicians. NGI alumni have gone on to open vegetable-centric restaurants, write cookbooks, become personal chefs for athletes and celebrities, found food companies and health initiatives, and direct culinary operations for organizations. Aspiring nutritionists, chefs and restaurateurs can all apply health-supportive cooking skills in their careers. NGI's holistic, wellness-minded approach to the culinary arts translates to many

food-focused career paths. On the East Coast, NGI alum Amanda Cohen founded NYC's most notable vegetable-forward restaurant, Dirt Candy; in the Midwest, NGI alum Cara Mangini founded farmer and produce-focused Little Eater restaurants in Columbus, Ohio; and on the West Coast, NGI alum Sara Kramer owns what Refinery29 refers to as "wildly popular Los Angeles restaurant, Kismet."

### Harvest a Health-Forward Future.

Our new Health-Supportive Culinary Arts program offers a holistic approach to plant-based, nutrition-minded cooking with a focus on whole foods and wellness.



#### ABOUT ANNEMARIE COLBIN (1941-2015)

The founder of Natural Gourmet Institute, Dr. Colbin pioneered the concept and movement of food as medicine in America. She coined *health-supportive cuisine* and inspired many chefs, dietitians, vegetarians, vegans and plant-based enthusiasts through her lectures and NGI. She taught home cooking to celebrities, such as John Lennon and Mandy Patinkin, and authored or co-authored four books:

- "The Book of Whole Meals" (Random House, 1979)
- "Food and Healing" (Random House, 1986)
- "The Natural Gourmet" (Random House, 1989)
- "The Whole Food Guide to Strong Bones" (New Harbinger, 2009)



This 632-hour diploma program contains four modules divided into nine courses. The first eight courses are composed of 108 four-hour lessons that are held on campus. The ninth course is an off-site externship. The program is constructed as follows:

### **COURSE 1: FUNDAMENTALS OF PLANT-BASED CUISINE - 52 HOURS**

Focusing on fundamental culinary techniques and criteria for selecting quality ingredients, this course will introduce the foundations for preparing health-supportive, whole-foods cuisine.

- Knife skills training.
- Principles of food science.
- Culinary techniques including sauté, roast, blanch, braise and pressure cook.
- Exploring the health benefits, healing qualities and versatility of sea vegetables and how to prepare them.
- Dishes include: arame strudel, wakame salad with orange and coconut-lime flan.

### **COURSE 2: SOY, GRAINS AND LEGUMES - 56 HOURS**

In this course, we continue your education on plant-forward cuisine to include a variety of bean and grain, seitan, stock and sauce preparations.

- Identifying and preparing a variety of beans in salads, purees, stews and soups.
- Identifying and preparing whole grains using various techniques.
- Preparing vegan and vegetarian stocks using traditional culinary techniques.
- Preparing vegan and vegetarian versions of mother sauces and other modern vegan sauces.
- Making seitan and tofu and preparing it in a variety of ways.
- Dishes include: curried red lentil soup with coconut, baked quinoa with fresh peas and herbs and stuffed poblano chiles with browned tempeh.

### **COURSE 3: SOUPS, STEWS AND HIGH-PROTEIN FOODS - 56 HOURS**

In this course, we prepare soups and stews highlighting whole grains, beans, vegetables and non-dairy alternatives. We teach how protein sources come in a variety of forms — both plant and animal. We also teach how to source and prepare poultry, fish and eggs, and how to prepare soy foods in health-conscious, traditional forms.

- Preparing soups and stews.
- Fabricating and preparing poultry, finfish and shellfish.
- Modern plating styles and theory.
- Preparing soufflés, custards and emulsified sauces.
- Identifying and preparing traditional soy foods, such as tempeh, tofu, edamame, miso, shoyu and tamari.
- Dishes include: beet borscht with tofu sour cream; shiitake broth with shrimp, soba and baby bok choy; and hazelnut-crust flounder with mango salsa.

### **COURSE 4: ADVANCED CULINARY APPLICATIONS - 52 HOURS**

In this course, you will apply your growing command of health-supportive techniques to preparing salads, hors d'oeuvres, pâtés and terrines,

a brunch and a buffet. In the career realm, you will hone your skills at menu planning and recipe writing while exploring career paths in personal and private cooking, catering and teaching. You will also study theoretical approaches to the energetics of food, factors that impact longevity and the role of fats, protein and carbohydrates in a healthy, whole-foods diet.

- Preparing pâtés and terrines.
- Preparing salads that showcase whole, seasonal ingredients.
- Writing and formatting a recipe properly.
- Learning how to design menus that are nutritious and balanced according to the program's criteria.
- Preparing balanced, health-supportive brunch and buffet menus.
- Dishes include: massaged kale salad with roasted chickpeas and pickled red onions, truffled portobello mousse with fig thyme preserve and Asian buckwheat noodle salad.

### **COURSE 5: BAKING AND DESSERTS - 56 HOURS**

The quality of our baking and desserts can benefit from using ingredients that are more natural, unprocessed and whole. In this course, we convert conventional baking recipes to alternatives featuring whole-grain flours and less-refined sweeteners, without sacrificing taste or texture. You will also prepare baked goods and desserts that meet special dietary needs, such as vegan, gluten-free and dairy-free.

- Preparing pies, tarts and galettes using vegan ingredients.
- Baking and decorating cakes.
- Preparing vegan cookies, puddings and ice creams.
- Preparing flourless desserts.
- Studying how to utilize sugar, butter and white flour alternatives.
- Dishes include: chocolate cherry pecan bars, ginger cake with lemon coconut cream and black sesame ice cream.

### **COURSE 6: BREAD AND PASTA - 52 HOURS**

As you continue to explore the art and science of baking, you will focus on yeasted breads, quick breads, pizza and focaccia with wheat-free and gluten-free options. This course also includes pasta making.

- Preparing quick breads, scones, pancakes, crêpes, waffles and biscuits.
- Preparing hearth and pan breads.
- Using alternative flours and ingredients in bread baking.

- Preparing ravioli, tortellini, fettucine and gnocchi.
- Preparing appetizers, entrees and desserts to order.
- Dishes include: herb ravioli with porcini mushroom pesto and tofu ricotta; wild rice pancakes; and bulgur raisin pan bread.

### **COURSE 7: FOOD AND HEALING 1 AND ADVANCED CULINARY TECHNIQUES - 52 HOURS**

The link between diet, lifestyle and wellness is well-established, and this course will provide perspectives on this relationship by looking at cardiovascular system health, the microbiome and detoxification systems. On the culinary side, we prepare raw foods, living foods and spa and retreat specialties. You will also focus on improvisational cooking using seasonal ingredients and developing a vegan, four-course banquet project.

- Improvisational cooking.
- Preparing spa and retreat cuisine.
- Preparing raw foods.
- Recipe costing and testing.
- Dishes include: pomegranate, blueberry and ginger elixir; vegetable and tempeh wraps with avocado-cilantro cream; Mediterranean roasted black cod with muhammara.

### **COURSE 8: FOOD AND HEALING 2 AND WORLD CUISINES - 56 HOURS**

This course extends the emphasis on integrative health as it explores food and the immune system, kitchen pharmacy, diets designed to promote cancer prevention and treatment support, Ayurveda and macrobiotics. You will prepare specialty dishes from Asia, Mexico, India and Italy.

- Preparing dishes and meals designed to boost immunity.
- Preparing macrobiotic cuisine.
- Preparing Ayurvedic cuisine.
- Preparing world cuisine menus.
- Presenting a four-course vegan buffet.
- Dishes include: hiziki with carrots, onions and agé tofu; burdock, carrot and onion kimpura; and eggplant buns with fermented plum condiment.

### **COURSE 9: EXTERNSHIP - 200 HOURS**

At the end of their in-class training, all students must complete an externship. While the Institute of Culinary Education recommends that students extern in restaurant kitchens, they may request venues such as hotels, catering companies, corporate dining rooms or pastry shops in accordance with their professional goals.

*Curriculum, ingredients and recipes are examples and are subject to change at any time without notice.*



*"I chose to attend ICE specifically for Health-Supportive Culinary Arts, because I had noticed that even the people closest to me were starting to choose foods that are more health conscious. My experience was awesome, and exceeded my expectations in every aspect!"*

**VICTORIA CHIRIKIAN**  
Health-Supportive Culinary Arts

# RESTAURANT & CULINARY MANAGEMENT

## Get Ready to Build – Your Vision.

You are an innovator. When you close your eyes, you see yourself managing and building a culinary business — maybe even your own. ICE's diploma in Restaurant & Culinary Management offers the sophisticated and pragmatic curriculum that can help you achieve your dream. We teach how to connect to an audience and market an establishment for a culinary enterprise to succeed.

Restaurants, catering operations, cafes, brewpubs and specialty food stores are businesses. ICE is a school for culinary business, teaching you the strategic and operational aspects of such ventures so you can pursue financial success while doing what you love. To complete the diploma program, students must fully develop a business plan with menu, marketing and finance elements.

## Our Business Is to Teach You the Business.

Our program has a pragmatic focus designed to teach you many of the skills to operate a successful culinary enterprise. Our faculty comes with a great depth of real-world experience that brings the curriculum to life.

The program is built around nine essential courses designed to take your vision and transform it into reality with a business plan that you create, beginning with your first class. Through role play, group projects and case study analysis, each course offers insight on what it takes to be a success as both a manager and an owner.

We continually take advantage of our location in Los Angeles. Through field trips and guest lectures, ICE goes beyond the classroom and textbook to let you meet and network with industry notables to connect with the vibrant culinary scene. Our Meet the Culinary Entrepreneurs series brings experts from around the nation to share their insights, offering you a national perspective.

Most importantly, our instructors' commitment to your success does not end at graduation. Nothing makes us prouder than welcoming back a former student as a new colleague.

The program explores many areas that



define a successful enterprise. Beginning with concept and marketing, our goal is to help you express your unique vision. As it takes shape, we help you work through the financial, legal and technical aspects including purchasing, management, facility design and food safety so that at the end your vision becomes a fully articulated business plan.

## Student Diversity Will Enrich Your Experience.

Our students' varying goals and past experiences keep our program unique. Your typical classroom will include: career changers from diverse professions such as marketing, finance, nursing and construction; recent college and high school graduates; and even working chefs in the industry who want to learn more about the business side of restaurants.



*"ICE gave me a more professional take on the industry that I would not have had otherwise. Aside from the affordable tuition, the curriculum intrigued me. I felt it was the best well-rounded school for what I plan on doing with my career."*

**CHRISTINA FERRO**  
Restaurant & Culinary Management

## Dual Diploma Schedules.

Pursue your vision with tools to succeed. Enrolling in our Restaurant & Culinary Management program in addition to either the Culinary Arts or the Pastry & Baking Arts programs gives you the opportunity to gain a dual diploma with valuable tuition incentives.

## Start Here With Us – Then Go Anywhere.

Start your career in one of the world's culinary capitals. With world-renowned food venues and a diverse food scene, studying and working in LA offers an advantage. Our extensive industry relationships offer a variety of opportunities for networking and placement. Even after you graduate, ICE is here to help you.



The 316-hour diploma program contains nine courses, which are divided into 158 lessons. The program is constructed as follows:

**COURSE 1: CONCEPT DEVELOPMENT & MENU DESIGN - 45 HOURS**

This course is designed to acquaint students with the realities of a culinary business concept — from creativity to profitability. By surveying the industry, students explore all types of operations and analyze concepts, as well as research feasibility and location selection. Students gain the knowledge required to develop and refine their ideas. This course also gives a comprehensive view of key aspects of the menu, including planning, pricing, layout and design. Students prepare a sample menu and devise a concept as a project, which will become part of their final business plans.

**COURSE 2: PURCHASING & COST CONTROL - 45 HOURS**

Strategies for purchasing and control are vital for the success of any culinary operation. This course examines labor, food and beverage costs and revenue control. Purchasing guidelines, inventory and control, employee-performance standards, productivity and scheduling, use of point-of-sale systems and new technology are also reviewed.

**COURSE 3: MARKETING - 30 HOURS**

Culinary businesses are marketing businesses from the moment an idea is developed through opening and operation. This course provides an in-depth examination of how a marketing plan is developed, including market research, positioning, product mix and life cycle. This includes development of potential strategies for advertising, merchandising, public relations, social media and promotion.

**COURSE 4: SERVICE MANAGEMENT - 30 HOURS**

Managing the front of the house requires particular knowledge and skill. Students are introduced to the tools and techniques of service and service management in restaurants and other foodservice operations. This course also covers how to build customer satisfaction.

**COURSE 5: FOOD SAFETY - 16 HOURS**

Proper food handling and safety procedures are important elements of a successful culinary business. In this course students study the essential principles of food safety and earn a certification.

**COURSE 6: FINANCE & ACCOUNTING - 45 HOURS**

A working understanding of numbers is critically important to culinary success. The curriculum for this course focuses on the use of financial statements as a tool for control and decision-making. Topics include balance sheets, profit and loss statements (P&Ls), break-even analysis, cash flow and financing. Budgets, industry standards (critical KPIs) and variation analyses are emphasized. Actual case studies are used to provide real experience.

**COURSE 7: SUPERVISORY MANAGEMENT & FOOD SERVICE LAW - 45 HOURS**

People are the most important resource in any culinary business. In this course students focus on some of the major functions of management, including leadership, motivation, communication, hiring practices, recruitment, training, discipline and staff organization. In addition, this course focuses on the legal rights and responsibilities of owners, employees and operators. Topics include labor relations, employment law, real estate and contracts. Various business structures are also surveyed.

**COURSE 8: FACILITIES & DESIGN - 30 HOURS**

This course examines how to bring a concept to life, from design through construction and final inspection. Whether planning to renovate or build a restaurant from scratch, students gain insight into capital costs and budgeting, as well as how to work with architects, engineers, designers and contractors. Topics include equipment and systems basics, space analysis, product and people flows, kitchen and interior design.

**COURSE 9: BEVERAGE & WINE - 30 HOURS**

Beverage sales is a challenging business. This course explores many areas of beverage service, including wine, spirits, beer, mixology, nonalcoholic drinks and bar design. Wine tasting and appreciation is included. Students will study proper alcohol service and receive safe beverage service certification.



*Curriculum is subject to change at any time without notice.*



# ONLINE – CULINARY ARTS & FOOD OPERATIONS

Just as restaurants have adapted to the new ways of doing business, so too has the Institute of Culinary Education in how we approach teaching and preparing students for their culinary futures. ICE’s Online Culinary Arts & Food Operations diploma program allows you to receive a world-class education from your very own kitchen, giving you greater flexibility in balancing your personal life and school life.

## Training in Culinary Techniques, Theory, Art & Science

The comprehensive 900-hour online curriculum dives into fundamental and advanced culinary techniques, as well as theory, science, palate development and business fundamentals — all of which are vital to success in professional settings. Students also have access to the full benefits of an ICE education, including lessons and individual feedback from many experienced chefs who come from a wide range of culinary backgrounds. A typical week includes cooking a variety of dishes and cuisines, assigned readings, instructional videos, individual or group projects, and chef-led classes, which students can view live or on-demand.

## Professional Demonstrations and Extracurricular Programming

And you can attend — virtually or in-person — ICE’s many on-campus cooking demonstrations and other extracurricular programs that are



designed to enrich your lesson-to-lesson studying. Experts from all over the nation visit ICE’s campuses in New York City and Los Angeles to lead professional development classes, demonstrations, lectures and events — most of which are available to students and alumni for no additional charge. Online students can take advantage of these exclusive opportunities by watching, interacting

with and asking questions of successful epicureans from various areas of the industry.

## From Your Kitchen to a Professional Kitchen

After successfully completing your coursework, you’ll have the opportunity to practice your skills hands-on with an in-person externship where you’ll make connections and gain real-world work experience. ICE’s Career Services team will use your long-term career goals to help match you with the right on-site position at a restaurant or food-related business to put all of your skills to work and help you grow as a professional. Once you’ve successfully completed your externship, you’ll leave not just with a diploma in Culinary Arts & Food Operations, but also with ongoing support from our Career Services team.

## Kickstart Your Future With ICE Today



This diploma program consists of 16 courses, including a hands-on externship in a restaurant or food-related business. The curriculum covers a deep exploration of culinary arts, a thorough education in the fundamentals of pastry and baking, the essentials of running a food business and much more. The program is constructed as follows:

**COURSE 1: INTRODUCTION TO ONLINE LEARNING & RESTAURANT REALITIES — 13 HOURS**

This course is designed to familiarize students with best practices for success in our online program and in the restaurant industry. Topics include learning management system use, internet research and time management. We also introduce the tenets of professionalism and the expectations of the food service industry.

**COURSE 2: CULINARY FUNDAMENTALS — 90 HOURS**

Most culinarians begin their training by learning how to pare and prepare greens and vegetables. After a comprehensive introduction to knife skills and food safety, students will use a range of methods for preparing vegetables, progressing from salads to complex vegetarian cuisine, to explore the techniques that underlie fine cooking.

Course highlights:

- Tangy bulgur, arugula and roasted cherry tomato salad
- Creamy mushroom and parmesan cheese risotto
- Rich vegetarian chili with crispy polenta

**COURSE 3: CONCEPT DEVELOPMENT & MENU DESIGN — 21 HOURS**

This course is designed to acquaint students with the realities of a culinary business by exploring concept development from creativity to profitability. By surveying the industry, students explore many types of operations and analyze concepts, as well as research feasibility and location selection. Students should gain the knowledge required to develop and refine their ideas. This course also covers key aspects of menus,

including planning, pricing, layout and design. Students prepare sample menus as a project.

**COURSE 4: CULINARY FUNDAMENTALS 2 — 60 HOURS**

The first in a series of three courses on protein-based cuisine, this poultry-based course will cover key techniques like sautéing, roasting, braising and grilling. Students will fabricate the essential cuts and prepare stocks and sauces that completely utilize each ingredient. The class will prepare dishes to practice each technique and build confidence and competence.

Course highlights:

- Crispy fried chicken with homemade French fries and coleslaw
- Pan-roasted chicken thighs with homemade pan sauce, pommes puree, and sautéed zucchini
- A trio of classical soups: French onion, cream of broccoli, and potato-leek soup

**COURSE 5: FOODSERVICE FINANCE — 30 HOURS**

A working understanding of numbers is critically important to culinary success. The curriculum

for this course focuses on the use of financial statements as a tool for cost control and decision-making. The course progresses from teaching students how to associate numbers with financial and logistical aspects of a foodservice business to an overview of budgets, industry standards and variation analysis. Case studies are used to provide real world examples.

**COURSE 6: CULINARY FUNDAMENTALS 3 — 60 HOURS**

Pork is one of the most versatile meats, providing diners with everything from sausage and chops to ribs and medallions. All of these cuts offer the opportunity for students to advance their culinary skills while exploring new flavors and plating styles. Lamb is also featured in this comprehensive course.

Course highlights:

- Savory pork tenderloin with jus lie and jardiniere vegetables
- Crispy pan-fried pork chop Milanese with marinara sauce and roasted peppers
- Rich rigatoni Butera with handmade Italian sausage, vegetables and cream sauce



*“The Culinary Arts and Food Operations Program was developed with the purpose of cultivating well-rounded and self-confident professionals for America’s restaurant industry, while bringing the high standards and quality of our on-campus program to you in your own kitchen.”*

**CHEF SHAWN MATIJEVICH**

Lead Chef, Online Culinary Arts & Food Operations

## Online – Culinary Arts & Food Operations

### **COURSE 7: SUPERVISION — 27 HOURS**

People are the most important resource in any culinary business. This course focuses on the major functions of management communication, hiring practices, recruitment, training, discipline and staff organization.

### **COURSE 8: CULINARY FUNDAMENTALS 4 — 60 HOURS**

In this final course on protein-based cuisine, students prepare grilled steak, braises and stews along with brown sauces and pan sauces aiming to deepen understanding of fundamental techniques. The class applies these methods to seafood, as students prepare dishes that highlight the special skills that these foods require.

#### Course highlights:

- Tender braised chuck steak with deep-fried onion rings
- Smoky grilled flank steak with chimichurri and plantain chips
- Velvety shrimp bisque with sauteed trout a la Meuniere

### **COURSE 9: PURCHASING & COST CONTROL — 27 HOURS**

Strategies for purchasing and control are vital for the success of any culinary operation. This course examines labor, beverage and food costs, as well as revenue control. Purchasing guidelines, inventory and control, employee-performance standards, productivity and scheduling, use of point-of-sale systems, computers and new technology are also reviewed.

### **COURSE 10: PASTRY & BAKING — 90 HOURS**

The skills taught in this course are not just for desserts — they can be used in savory cooking as well. From custards and pizza to biscuits and cakes, students prepare specialties that can be part of exciting entrées or memorable finales to the dining experience.

#### Course highlights:

- Vanilla panna cotta with red wine gelée and berry coulis
- Flaky homemade apple and coconut cream pies and fruit tarts
- Rich chocolate semifreddo

### **COURSE 11: COMMUNICATIONS, SOCIAL MEDIA & PUBLIC RELATIONS — 21 HOURS**

Effective communication is essential for success in all areas of food service, from management to menus. This course uses media, including reviews, blogs, Instagram reels, videos and press releases, for students to explore the relationship between restaurants, communications and public relations.

### **COURSE 12: RESTAURANT ESSENTIALS — 60 HOURS**

Students explore important restaurant staples with an emphasis on lunch, brunch and breakfast specialties from biscuits and gravy to eggs Benedict. There is also an extensive exploration of sandwiches, fresh and dry pasta, and sauces.

#### Course highlights:

- Custardy French omelet, frittata rustica, and blueberry muffins
- Fluffy goat cheese mousse with beet quenelles
- Brown butter cheese ravioli with crispy sage





**COURSE 13: LEADERSHIP, TEAMBUILDING & CHANGE MANAGEMENT — 21 HOURS**

Great leadership goes beyond good management and permeates a culture. This course explores leadership variables and principles, the power of vision, the importance of ethics, the empowerment of people, understanding people, developing others and performance management. Additionally, instructors help students identify their own leadership styles and how best to utilize them to maximize leadership through organizational change and team building.

**COURSE 14: INTERNATIONAL CUISINE 1 — 60 HOURS**

From Greece to North Africa, Mediterranean cuisine has an important influence on the way many chefs cook today. You will explore the staple ingredients, various flavor profiles and key dishes of the region and use them as a portal to studying the foods of the Americas.

Course highlights:

- Spiced Moroccan couscous with grilled lamb kebabs
- Fluffy tamales rajas with spicy and fresh shrimp ceviche verde
- Rich cochinita pibil with arroz Mexicano and curtido

**COURSE 15: INTERNATIONAL CUISINE 2 — 60 HOURS**

Knowing the cuisines and techniques of countries from around the world is a vital part of a student's culinary journey. In this course students become familiar with key dishes, ingredients, flavors and techniques from eastern and central Asia and France.

Course highlights:

- Flavorful chicken teriyaki with miso soup and Korean bulgogi
- Fragrant chickpea curry with homemade naan bread, chutney and raita
- Dessert crepes flambeed in brandy, quiche Lorraine, and buckwheat galettes

**COURSE 16: EXTERNSHIP — 200 HOURS**

This is the last course in the program where students have an opportunity to hone the skills they developed in a real-world setting. While ICE strongly recommends restaurant-based externships, students may request venues such as hotels, catering companies, corporate dining rooms or test kitchens in accordance with their professional goals.

# EXTERNSHIPS, JOB PLACEMENTS & CAREER SERVICES

## Practice Your Craft in the Most Authentic Learning Environment.

In Europe, aspiring chefs learn their trade through apprenticeships. ICE's global teaching perspective takes inspiration from this centuries-old tradition, with the final course of its Culinary Arts, Pastry & Baking Arts and Health-Supportive Culinary Arts programs structured as a hands-on externship. Each student in these programs is required to complete this critical training before graduation.

Your externship integrates and further hones your skills and gives you real-world application of your knowledge, frequently resulting in both a job offer and new, valuable connections. The strength and breadth of ICE's extern program is impressive.

## Get Your Feet in Some Amazing Doors (and Kitchens).

The vast range of ICE externships offers opportunities to work and learn at renowned establishments.

In Los Angeles, students have been placed in externships at prominent area restaurants, including Jon & Vinny's, Majordomo, Providence, Spago and WP24. Pastry & Baking Arts students have externed at Clark Street Bread, Dominique Ansel Bakery LA, Lauduree, Magnolia Bakery LA, Milk Bar and Union Bakery among other dessert destinations. We've also had externs pursue experience with farm-to-table and plant-based cuisines at The Arbour Pasadena, Farmshop, Herringbone Santa Monica and Moody Rooster. These restaurants' chefs and owners include Christina Tosi, David Chang and Wolfgang Puck, plus ICE alumni Steve Samson (Culinary, '97) and Marc Johnson (Culinary, '04). The chefs and managers at these top restaurants tell us they are "hungry" to have you join them.

In New York, externships have included placements at: Union Square Cafe, Del Posto, Jean-Georges, Eleven Madison Park, Le Bernardin and Per Se. The multiple restaurants owned by chefs Dan Barber, Daniel Boulud, Andrew Carmellini, David Chang, Tom Colicchio, Alex Guarnaschelli, Daniel Humm, Thomas Keller, Nobu Matsuhisa,

Alfred Portale, Eric Ripert, Missy Robbins and Jean-Georges Vongerichten, and restaurateurs Joe Bastianich, Danny Meyer and Stephen Starr. Getting your foot in the door with one of these culinary leaders via an ICE externship could be the start of the career you have dreamed of.

## Choose Your Track, and Make Your Success.

An ICE externship gives you a chance to customize your education. For example, your special interest may be seafood, farm-to-table cuisine or luxury hotels. During the externship process, we will gear your search toward the goal of placing you in that particular type of establishment.

You might choose to take an externship outside of the restaurant environment. Alternative externship and employment options include hotels, catering, special events and food media.

## Our Staff Has the Connections.

Our career services advisors consider your career aspirations, skills, schedule and academic record, to pair you with partner sites and find the most beneficial placement. Externships may be paid or unpaid and are structured so that your performance is monitored by ICE's professional staff, with subsequent feedback and evaluations incorporated into your overall grade.

Most culinary and hospitality schools in America and Europe require externship programs for their students. Employers and students routinely agree that it is a fantastic opportunity.



*"The students from ICE are excited and engaged in the kitchen day in day out. The base knowledge they have gained from their culinary program has given them a great stepping stone to succeed in a high-intensity kitchen like ours at Otoño."*

### TERESA MONTAÑA

#### Executive Chef/Owner, Otoño

Montaña is a New Mexico-born, Los Angeles-based chef, best known for her first restaurant, Racion, which was on Jonathan Gold's 101 Best Restaurants List from 2013 to 2015. Otoño opened in 2017 and features "modern Spanish cuisine," influenced by Montaña's travels in Spain, particularly the Catalan and Valencia regions.



*"I appreciate the dedication that ICE has towards the next generation of chefs. The ICE students we have hired are dedicated, hardworking and ready to be immersed in the fast-paced environment of the professional kitchen."*

### TIM HOLLINGSWORTH

#### Executive Chef/Owner, Otium and Free Play

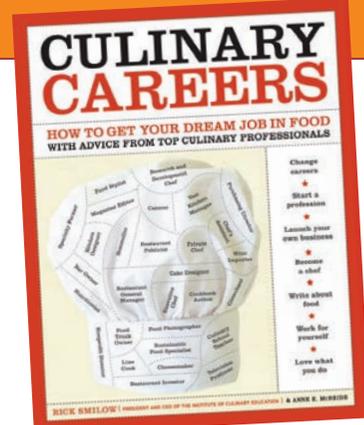
Opened in 2015, Otium is an all-day restaurant with an "eclectic, vibrant and seasonal" menu. Free Play is a restaurant and bar where guests can play games. Chef Hollingsworth worked at The French Laundry for 13 years, including four years as chef de cuisine. He has won a James Beard Award for Rising Star Chef of the Year and won Netflix's "The Final Table," a global culinary competition series that debuted in November 2018.



*"From knife cuts to molecular gastronomy, we were able to sharpen not only our knives, but our skills. I left school every day with a proud sense of accomplishment. I would recommend this program for anyone interested in a culinary career."*

### EVERTON TULLOCH

Culinary Arts



### WE WROTE THE BOOK ...

Written by ICE CEO and Chairman Rick Smilow and co-author Anne E. McBride, "Culinary Careers: How to Get Your Dream Job in Food, With Advice From Top Culinary Professionals" (Clarkson Potter) can provide a road map for career success. The book includes candid portraits of dozens and dozens of coveted jobs at all levels to help you find your dream position. "Culinary Careers" is a guide to navigate the seemingly endless range of career opportunities in the food industry today.

*"For anyone in the food service business, or even thinking about it, this is a must-have guide."* — **TIM ZAGAT**



ICE alumni Jessica Light (Culinary, '19) and Saul Silva (Culinary, '19) work together at Otium.

ICE President Rick Smilow, alum Matt Leung (Culinary, '19) and a fellow chef in The French Laundry kitchen in fall 2019.

## Job Placement & Career Services

We're proud to present a robust offering of job opportunities from our community for each ICE graduate, and we're prouder still of the people that make it happen. From Career Services to our alumni network, you can stay connected. The community that you join here goes far beyond your classroom.

In your first week here, you'll meet with one of our Career Services team members to begin building the plan for your future. Throughout your education, you'll benefit from a wide range of services to help get your

start in the food business: job fairs, in-house workshops and career development seminars on such diverse topics as restaurant management, food writing and starting a catering business, as well as individual advisement sessions on resume writing, interview skills and professional development.

As graduation nears, our Career Services department works closely with you to develop your professional presence and match you with a member of our employer network. Whether a bustling, highly regarded restaurant

or an artisanal bread bakery, we help you get there. The doors to our Career Services department are always open, regardless of graduation date, with ongoing access to job opportunities.

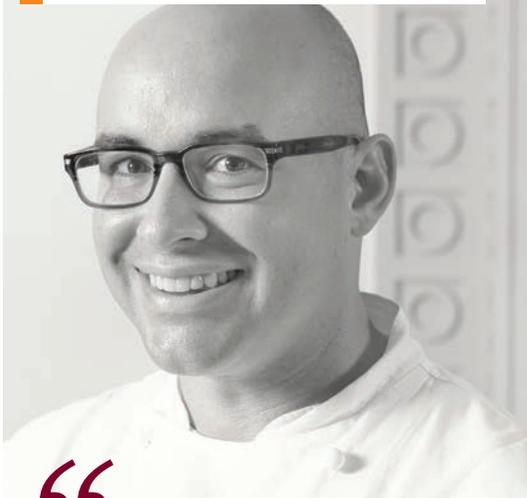
For more information, including graduation and placement rates, please visit: [www.ice.edu/career-programs](http://www.ice.edu/career-programs)



# LA CULINARY EMPLOYERS ON ICE ALUMNI

**Ari Rosenson**

Executive Chef, Spago Beverly Hills

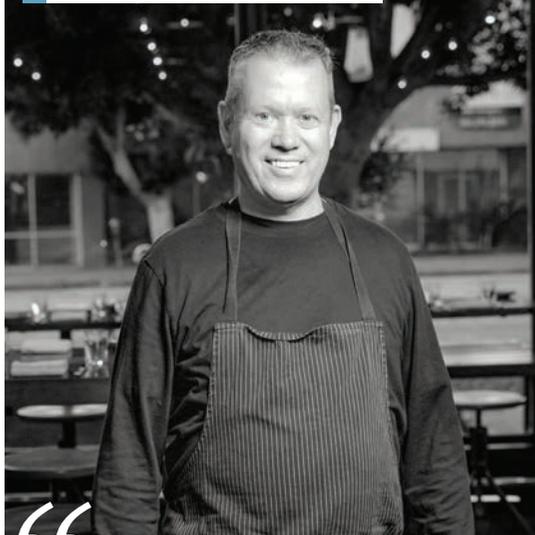


“

*I have been working closely with Career Services at ICE. The graduates that we have working at our restaurants are a part of our fabric of success, and the hunger for learning they display is inspiring. I cherish the fact that ICE is helping to build the foundation for success in our culinary community.”*

**Walter Manzke**

Chef & Owner, Republique



“

*The Institute of Culinary Education is an excellent resource for sourcing new talent in the industry. In LA, we enjoy working with their students who have consistently showcased a strong work ethic and a variety of skill sets.”*

**Dahlia Narvaez**

Executive Pastry Chef, Mozza Restaurant Group



“

*The Institute of Culinary Education has been a great new partner for us at Nancy Silverton's Mozza Restaurant Group. These young graduates are well-informed and come with a good work ethic and strong skills.”*

**Camilla Warner**

General Manager, American Beauty

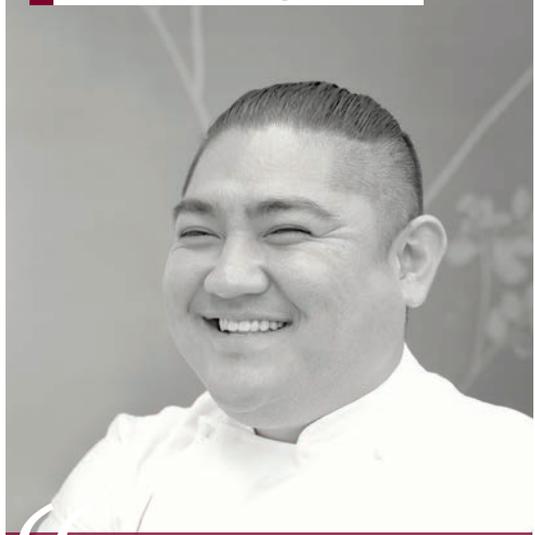


“

*I truly believe that ICE graduates bring an amazing level of excitement and enthusiasm to our hospitality industry. It is fun to teach and coach people that not only have a strong foundation, but are hungry to learn. You have to be open to challenging situations and feedback, and I find that ICE students are ready to take that on.”*

**Jason Benavente**

Executive Chef, Nobu Los Angeles



“

*I have been in this industry almost 20 years, and I have to say that the students that come into my restaurant to stage from ICE have a certain drive that most cooks in our industry with work experience do not possess. It is the drive to grow and to make the establishment and the people around them better.”*

**Zach Helm**

Head Chef, JOEY DTLA



“

*The students that have come into my kitchen through ICE have been nothing short of spectacular. They are detailed, inquisitive and passionate about this industry. We are very fortunate to have built this partnership with such a great school that seems so dedicated to the outcome of their students' progression.”*

# A SAMPLER OF

Restaurants & culinary businesses that have recruited at ICE



TARTINE



BEAUTY & Essex



TASTEMADE



NOBU



BEST GIRL

THE BAZAAR<sup>®</sup>  
BY JOSÉ ANDRÉS

animal



edible  
SAN DIEGO



BROKEN SPANISH  
Los Angeles



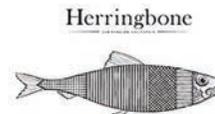
LITTLE PRINCE



BARBAREÑO



LADURÉE  
Paris



CLARK STREET BREAD

BAVEL



BESTIA



Walt Disney World



# AWARDS, HONORS & RECOGNITION

ICE alumni, faculty and administration have been proudly decorated with the industry's top honors. An ICE education puts you in some amazing company.

## School and Administration Awards



*#1 Best Culinary School In America*  
2019



**The Daily Meal**  
*#1 Best Culinary School in America*  
September 2016



*#1 Best Culinary School*  
2016



★ IACP 2015 Award of Excellence for Culinary School of the Year

ICE and its staff have been quoted and noted numerous times in media outlets including:

**The New York Times** **CBS**  
**THE WALL STREET JOURNAL** **CNN**  
**CRAIN'S** **YAHOO! NEWS**

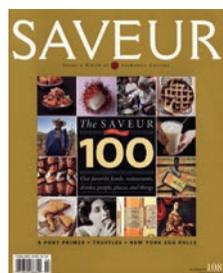
## School Media Distinctions



In a past "Best Of" edition, New York magazine named ICE "Best Culinary School in New York"



ICE was one of three culinary institutes included in the article "An Inside Look at America's Finest Culinary Schools," in New York Restaurant Insider magazine



Saveur magazine included ICE in a roundup of "100 Culinary Things We Love"



First and most prominently mentioned culinary school in Gourmet magazine's New York issue

## Alumni Honors



**RACHEL YANG** (*Culinary, '01*) was nominated for the 2020 James Beard Award for Best Chef: Northwest & Pacific before the pandemic caused the awards to be canceled. This was her 12th nomination.



2019 James Beard Award for Best Chef: Southeast  
**MASHAMA BAILEY**  
*Executive Chef and Partner, The Grey, Savannah, GA*



2018 James Beard Award for Best Chef: NYC  
**MISSY ROBBINS** *Chef/Owner, Lilia and Misi, Brooklyn, NY*



2016 James Beard Foundation Outstanding Personality/Host Award for "A Chef's Life" (PBS)  
**VIVIAN HOWARD**  
*Chef/Owner, Chef & the Farmer, Kinston, NC*



Other national James Beard Award winners include:  
**GINA DEPALMA, CLAUDIA FLEMING, JAMIE TIAMPO, DENISE MICKELSON** and **ED BEHR** in assorted Pastry Chef, Chef and Media, and "Who's Who" categories.



2010 Emmy for Outstanding Reality-Competition Program, "Top Chef"  
**GAIL SIMMONS**  
Simmons has been a permanent judge on "Top Chef" since the show's start in 2006, and is a frequent guest on NBC's "Today" and ABC's "Good Morning America."



2004 James Beard Foundation Rising Star Chef in America Award  
**ALLISON VINES-RUSHING**  
*Executive Chef, MILA, New Orleans*



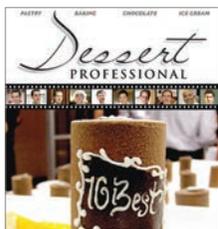
Rossoblu on LA Times' 2020 Top Ten restaurants list  
**STEVE SAMSON**  
*Chef/Owner, Rossoblu and Superfine Pizza, Los Angeles, CA*



- ★ The Michelin Guide New York's 2020 Bib Gourmand designations recognized Bunker (**JIMMY TU**, *Culinary*, '97), Prune (**ASHLEY MERRIMAN**, *Culinary*, '03), and Violet (**MATT HYLAND**, *Culinary*, '05).
- ★ **JONCARL LACHMAN'S** (*Culinary*, '02) eatery, Winkel, makes Grub Street's list of 12 Reasons to Go Eat in Philadelphia Right Now in 2020.
- ★ **KRISTIN MIGLORE** (*Culinary* '09) won IACP Awards for Baking Cookbook ("Food52 Genius Desserts: 100 Recipes That Will Change the Way You Bake") and for Food-Focused Column (Food52's Genius Recipes).
- ★ New York Magazine called **MADISON LEE** (*Culinary*, '07) the new queen of luxe custom cakes for her work at Madison Lee's Cakes.
- ★ **KERRY BRODIE** (*Culinary*, '17) won IACP's 2018 ACCSC Outstanding Graduate Award for her work launching Emma's Torch.

## Staff Awards

- ★ 2014 winner of IACP's Culinary Professional of the Year and 2008 winner of the James Beard Award for Outstanding Pastry Chef **MICHAEL LAISKONIS**  
*Creative Director*



Designated one of the "Top 10 Pastry Chefs" of 2017 by Dessert Professional magazine **KATHRYN GORDON**  
*ICE Chef-Instructor*

## Other Recognition

- ★ **AMANDA LEE** (*Culinary*, '19) won the United States of Umami Culinary Competition in Charleston, South Carolina, where she competed against students from other major culinary schools.
- ★ **FERNANDO DIALA** (*Pastry*, '20) won the culinary student grand prize in the national Ritz Crushed Cracker Recipe Contest with an original mille-feuille.
- ★ Russian restaurant powerhouse Dve Palochki chose ICE as their international education partner for the 2012 opening of culinary institutes in St. Petersburg and Moscow.
- ★ ICE's CEO Rick Smilow is a past winner of the IACP's Culinary Entrepreneur of the Year award of excellence. Smilow was also designated as the annual honoree by the New York Association of Culinary Teachers.
- ★ Over the years, teaching at ICE has been an important stop in the path toward larger culinary media success. Authors and TV chefs Anne Burrell, Alex Guarnaschelli, Sara Moulton, James Briscione and James Petersen were all at one point ICE faculty members.



In 2018, ABC's "The Chew" ran a national scholarship competition and taped at ICE.

## ICE on TV



Dozens of ICE alumni and chef-instructors have made their mark on food-related television shows and feature segments, including:

### CAKE BOSS

Tony Albanese

### CBS IN THE KITCHEN

James Briscione  
Brian Buckley  
Brendan McDermott  
Virginia Monaco  
Chad Pagano

### CHEF RACE UK VS. US

Pippa Calland  
Ronaldo Linares

### CHOPPED

Reggie Anderson  
Berthsy Ayide  
Ros Balducci  
James Briscione  
Leksi Bunnell  
Pippa Calland  
Laurielle Clark  
Andrea Glick  
Jeremy Hanlon  
Abigail Hitchcock  
Ronaldo Linares  
Abe Lopez  
Virginia Monaco  
Marc Murphy  
Rory O'Farrell  
Anthony Paris  
Prina Peled  
Heather Priest  
Anthony Ricco  
Amy Roth  
Jackie Rothong  
David Seigal  
Ulli Stachl  
Raymond Watson  
Paul Yeaple

### COOKING CHANNEL EDEN EATS

Eden Grinshpan

### COOKING CHANNEL UNIQUE SWEETS

Zac Young

### COOK YOURSELF THIN

Allison Fishman

### EVERYDAY FOOD

Margot Olshan

### FOOD NETWORK ASIA

Dan Segall

### F WORD STARRING GORDON RAMSEY

Maria Tampakis

### FOOD NETWORK "CHALLENGES"

Michelle Bommarito  
Lucy Martin  
Elisa Strauss  
Toba Garrett  
Eva Torres

### FOOD NETWORK HEARTLAND TABLE

Amy Thielen

### FOOD NETWORK REWRAPPED

Jenny McCoy

### FOOD NETWORK STAR

Alicia Sanchez

### FOOD NETWORK THE KITCHEN

Jenny McCoy

### GOOD DAY NEW YORK

James Briscione

### GOOD MORNING AMERICA

Madison Mangino Lee

### HELL'S KITCHEN

Elizabeth Bianchi  
James Casey  
Wendy Liu  
Chris North  
Krupa Patel  
Maryann Salcedo  
Matt Sigel

### RESTAURANT DIVIDED

James Briscione

### SHARK TANK

Guy Vaknin

### THE CHEW

James Briscione  
Anthony Caporale  
Simon Cass  
Michael Laiskonis  
King Phojanakong  
Andrea Tutunjian

### TODAY SHOW

Allison Fishman  
Trish Magwood  
Denisse Oller  
Kelly Senyei  
Elisa Strauss

### THROWDOWN WITH BOBBY FLAY

Dave Crofton  
Sohui Kim  
Kim Kushner

### TEXAS RANCH HOUSE

Ignacio "Nacho" Quiles

### TOP CHEF

Tina Bourbeau  
Adrienne Cheatham  
Alex Eusebio  
Freddy Guerreiro  
Ashley Merriman  
Arnold Myint  
Sara Nguyen  
Joe Paulino  
Gail Simmons

### TOP CHEF JUST DESSERTS

Malika Ameen  
Melissa Camacho  
Seth Caro  
Zac Young

### THE TASTE

Lee Knoeppel

# OUR ALUMNI

ICE is proud of its alumni and their accomplishments. From four-star restaurants to food media, from test kitchens to personal chefs, our alumni continue to earn accolades and career success. Here is a sampler:

## Chefs & Chef/Owners

### MASHAMA BAILEY - 2001

Executive Chef, The Grey; 2019 James Beard Award for Best Chef: Southeast; starred on Netflix's "Chef's Table"

### VIC CASANOVA - 2003

Chef/Owner, Gusto, Pistola, Los Angeles; Gusto was named Esquire's Best New Restaurant in 2012

### ADRIENNE CHEATHAM - 2007

"Top Chef" season 15 runner-up, 2021 Blue Hill at Stone Barns Chef-in-Residence; former Executive Sous Chef, Le Bernardin

### SUZANNE CUPPS - 2005

Executive Chef, Dig Food Group's 232 Bleecker; former Executive Chef, Union Square Hospitality Group's Untitled

### JAMES HOLMES - 2001

Chef and Owner, Lucy's Fried Chicken, Austin, TX; Bon Appétit's Top 10 New Restaurants 2009 for Olivia

### MATT HYLAND - 2005

Chef and Owner, Emily, Emmy Squared and Violet, NYC

### SOHUI KIM - 2002

Chef/Owner, The Good Fork, Insa, Brooklyn; awarded "Best New Brooklyn Restaurant" by Time Out Magazine in 2007; has made Michelin Guide's Bib Gourmand list five years running; author of "The Good Fork" cookbook

### ASHLEY MERRIMAN - 2004

Executive Chef, Prune, NYC; contestant on "Top Chef" (season 6)

### MARC MURPHY - 1990

Former Executive Chef and Owner, Benchmark Restaurants, NYC; VP of the Manhattan chapter of the New York State Restaurant Association, and a regular judge on "Chopped"

### ANTHONY RICCO - 2001

Executive Chef, The William Vale, NYC; contestant on "Chopped"

### MISSY ROBBINS - 1995

Executive Chef, Lilia, NYC; Misi (Executive Chef, Misi and Lilia); selected for Food & Wine 2010 Best New Chefs issue; Best New Chef East 2016 Taste Talks Award

### ANTHONY SASSO - 2004

Chef de Cuisine, La Sirena, NYC; formerly worked at Bar Jamón and the famed El Hogar Gallego in Spain

### IVY STARK - 1995

Former Executive Chef, Dos Caminos, NYC; formerly worked at Border Grill, Ciudad, and Sign of the Dove

### SIMONE TONG - 2011

Chef/Owner, Silver Apricot; former Chef/Owner, Little Tong Noodle Shop

### RACHEL YANG - 2001

Chef and Owner, Joule, Ravel, Trove, Seattle; James Beard Award nominee, 2008-2020

### GUY VAKNIN - 2007

Chef/Owner, Beyond Sushi

## Pastry & Baking

### CLAUDIA FLEMING - 1988

Executive Pastry Director, Union Square Hospitality Group; Winner, James Beard Award Outstanding Pastry Chef, 2000

### TIM HEALEA - 1998

Pastry Chef and Owner, Little T American Baker, Portland, OR; numerous awards and medals in baking including the Coupe du Monde de la Boulangerie

### CLARISA MARTINO - 2004

Executive Pastry Chef, Gato, NYC, Mesa Grill, Las Vegas, Bahamas; runs pastry operations at Chef Bobby Flay's flagship restaurants; 2013 "Top 10 Pastry Chef" by Dessert Professional

### ZOE NATHAN - 2001

Head Baker and Co-Owner, Rustic Canyon Family of Restaurants, Santa Monica, CA; named among seven pastry chefs in Food & Wine's "Year of the Pastry Chef" issue (2010) and was a StarChefs 2010 Rising Star

### MICHELLE PALAZZO - 2009

Pastry Chef, Frenchette Bistro and Bakery

### ELISA STRAUSS - 2000

Owner, Confetti Cakes, NYC; author of two books, "Confetti Cakes Cookbook" and "Confetti Cakes for Kids"; her cakes have appeared on "Today Show," "Sex and the City," and more

### ZAC YOUNG - 2006

Executive Pastry Chef/Partner, Craveable Hospitality Group, NYC; top-three finalist on the premiere season of "Top Chef: Just Desserts"



SUZANNE CUPPS



ZAC YOUNG



SIMONE TONG



MARC MURPHY



GUY VAKNIN

# ALUMNI TALK ABOUT ICE



*"I chose ICE as it is the best culinary school in the U.S. I really loved and enjoyed the whole experience at the school: going to classes every morning, volunteering for different events and trailing in some of the best restaurants in NYC. ICE alumni have plenty of connections with the best culinary places that you can take advantage of. I did my externship in the test kitchen of Martha & Marley Spoon, and I trailed in top-notch restaurants such as Boulud Sud, Blue Hill and Nomad."*

**DANIELA VITAR**  
Culinary, '18  
Pastry Cook at NoMad from Chile



*"The chefs and students at ICE come from a diverse background, and you are learning in a dynamic environment where chefs are supportive and eager to help you grow. ICE also proactively offers extracurricular classes, workshops and events to enhance skills and connections even further. Outside of school, you will find yourself easily immersed into New York City's pool of amazing restaurants and famous pastry shops, places where you will be inspired."*

**CALVIN LUK**  
Pastry, '17  
from Hong Kong



*"Attending ICE completely prepared me for my externship experience. I learned technique, terminology, speed and so much more. When you graduate from ICE, you graduate with friends, family and a network for the duration of your career."*

**MALIKAH NELSON**  
Culinary, '18  
Opportunity Charter School Culinary Instructor, externed at Red Rooster Harlem



*"The graduates of ICE's Restaurant & Culinary Management program have always stood out to me in terms of their polish, seriousness and professionalism. I have had the good fortune of working alongside many alumni of the program throughout my career who have consistently shown that the academic rigors they faced while at ICE helped them establish the necessary foundation and preparedness to be successful in the hospitality industry. I reach out to ICE constantly as my first choice for hiring new managers because I have that much trust in the program and the caliber of their student body."*

**DAVID SCHNEIDER**  
Culinary, '02  
Portale Hospitality Director of Operations



*"ICE really opened up my eyes to the industry. I didn't know I could do so many things with my diploma. I definitely consider myself a chef first, but I'm not limited to that."*

**SHENNARI "GREENS" FREEMAN**  
Health-Supportive, '20  
Executive Chef of Cadence in New York's East Village



*"ICE has changed my life and vision. So far, it's been a tremendous ride. From my externship at Per Se to Momofuku and then at El Bulli in Spain, I must say that I have been pretty blessed to have had such opportunities."*

**PARAS SHAH**  
Culinary, '07  
Chef and Co-Proprietor of Valencian Gold in Las Vegas



*"I got confidence to succeed in the hospitality industry through the program and still use my school book as a bible for daily operations."*

**KEN UTSUMI**  
Hospitality, '17  
General Manager and COO at Castle Hotel & Spa in New York's Lower Hudson Valley



MASHAMA BAILEY



MICHELLE PALAZZO



MATT HYLAND



MISSY ROBBINS



SOHUI KIM

## Food Media & Marketing

### GRETA ANTHONY - 1995

Producer, Martha Stewart, NYC; winner of several Emmy Awards and James Beard Awards for Best Television Food Segment

### ED BEHR - 1984

Editor and Founder, The Art of Eating, Peacham, VT; served on the first international jury for the Slow Food Awards

### EDEN GRINSHPAN - 2008

TV Host of "Eden Eats" and "Log on and Eat" on the Cooking Channel; Co-Owner of EthNicitY Productions; listed in Forbes' "30 under 30" in the Food & Wine Industry

### VIVIAN HOWARD - 2003

Chef and Owner, The Chef and The Farmer and Boiler Room, NC; James Beard Award Winner for "A Chef's Life"

### KRISTEN MIGLORE - 2009

Creative Director, Genius at Food52; winner of multiple IACP awards; 2012 James Beard Award winner for Publication of the Year

### MARY NOLAN - 2008

Executive Chef, Bon Appétit, NYC

### GAIL SIMMONS - 1999

Former Special Projects Director, Food & Wine; co-host, "Top Chef NYC"; author of "Talking With my Mouth Full"

### SUSAN STOCKTON - 1993

Former Sr. VP of Culinary Productions, Food Network, NYC

## Research & Development/ Corporate Culinary

### STACY ADIMANDO - 2010

Former Executive Editor at Saveur.

### MAXIME BILET - 2005

Founder, Imagine Foods, Seattle; Research & Development Chef, "Modernist Cuisine;" coauthor of the 2012 James Beard Cookbook of the Year; included in Forbes Magazine "30 Under 30" list in 2012

### EINAV GEFEN - 1999

Corporate Chef, Unilever North America; formerly a chef-instructor at ICE, began career in Israel

### PNINA PELED - 2000

Senior Executive Chef, NY-Presbyterian Hospital, NYC; profiled her work with hospital patients in The New York Times and on ABC News

### TAGERE SOUTHWELL - 2003

Executive Chef, Fisher & Paykel; oversees all demos and events for the luxury appliance line

### JILL TALCOTT - 1998

Product Development Manager, Starbucks Corporate Headquarters, Seattle; also longtime captain of the Starbucks corporate cycling team

We hosted a panel featuring Culinary Arts Chef-Instructor Michael Garrett and ICE alumni Adrienne Cheatham (Culinary, '07), Michael Jenkins (Culinary/Management, '06) and Kwame Williams (Culinary, '07), with a compelling dialogue moderated by James Beard Foundation Culinary Director Jameeale Arzeno in honor of Black History Month.

## Culinary & Hospitality Management

### SILKY BENZANT - 2009

Food & Beverage Manager, Sunset Marquis Hotel & Villas, West Hollywood, CA

### JAKE CERRONE - 2006

General Manager, Patina Restaurant Group

### CHRISTINA DELLI SANTI - 2015

Director of Front Office, Ace Hotel, NYC

### ROMMEL GOPEZ - 2014

Director of Guest Relations, Hotel Edison, NYC

### JONCARL LACHMAN - 2002

Chef and Owner, Noord, Philadelphia

### MICHAEL LAWRENCE - 1990

Director of Operations, The Dinex Group, NYC; senior management role in all of Daniel Boulud's restaurants, in US, England, China, Canada and Singapore

### DAN LONG - 2003

Co-Owner and President, Mad Greens (33 locations), Denver; company is among Fast Casual's Top 100 Movers & Shakers (for the last several years)

### ALICIA LOPEZ - 2017

Executive Sales Manager for InterContinental New York Barclay

### RICK MAST - 2006

Co-Owner, Mast Bros. Chocolate, NYC; NYC's only artisanal bean-to-bar chocolate factory

### ELIZABETH MELTZ - 2003

Director of Sustainability, Batali & Bastianich Hospitality Group, NYC; formerly managing editor of the Italian food magazine La Cucina Italiana

### KATRIN NAELAPAA - 1991

Director, Wines from Spain, NYC; IntoWine.com Annual "Top 100 Most Influential People in the U.S. Wine Industry" 2012

### DAVID SCHNEIDER - 2002

General Manager, Ai Fiori, NYC; part of Chef Michael White's Alta Marea Group



IVY STARK



TIM HALEA



VIVIAN HOWARD



ADRIENNE CHEATHAM



RICK MAST

## International

### SAMIA AHAD - 1991

Chef and Food Writer, Coriander Lead, Singapore; has appeared as a chef on various Asian cooking shows; author of "Simply Samia"

### RAFAEL GOMES - 2008

Chef and Owner, Itacoa, Paris; formerly chef de cuisine, Grand Couer, Paris, France; former sous chef at two-Michelin-starred Mirazur

### FREDERICO GUERREIRO - 2008/2009

Chef de Cuisine, Pedro E O Lobo, Portugal; premiered as a contestant in the premiere season of "Top Chef Portugal"

### GEORGIANNA HILIADAKI & NIKOS ROUSSOS - 2003

Co-Chef/Owners, Funky Gourmet, Athens, Greece, and OPSO Restaurant in London; earned first Michelin Star in 2012 and second in 2014

### FADI JABER - 2006

Pastry Chef and Owner, Sugar Daddy's Bakery, Amman, Jordan, Beirut, Lebanon and Dubai, UAE; featured in The New York Times for the widespread growth of American-style bakeries in the Middle East

### LEIGH KOH PEART - 2008

Founder of Craft Cakes, a company specializing in custom cakes; formerly worked with renowned cake designer Ron Ben-Israel and as a pastry chef at Sketch in London

### JILL SANDIQUE - 1992

Recipe Developer/Food Stylist; lead trainer for the USDA Council of Chefs and U.S. Culinary Theatre in Manila, Philippines

### KITTY TRAVERS - 2003

Founder of La Grotta Ices in London; featured in the book "Coco: 10 World-Leading Masters Choose 100 Contemporary Chefs" as one of Fergus Henderson's picks for the "10 chefs of the future"

### RICHARD YNAYAN - 2005

Founder, Institute for Culinary Arts at De La Salle University, The Philippines



TRINIDAD



GEFEN

Though the Institute of Culinary Education has always operated in New York City, it has consistently drawn students from other parts of the country and world. Many have come from California, and some of them, as well as alumni from the East Coast, presently have thriving culinary careers in California and other West Coast states. Here are a few to know.



### ZOE NATHAN

Culinary Arts, 2001  
 PASTRY CHEF/CO-OWNER, RUSTIC CANYON, HUCKLEBERRY CAFE, MILO + OLIVE, CASSIA (SANTA MONICA)

**HONORS** StarChefs Rising Star; James Beard Outstanding Pastry Chef, Semi-Finalist.

**WORK BACKGROUND** Lupa (NYC); Joe's (Venice); Jardinière, Tartine Bakery (San Francisco).

**DID YOU KNOW?** Zoe published her first cookbook, "Huckleberry," in 2014, and her recipes have been featured in Food & Wine, LA Magazine, Huffington Post and Food Network.



### STEVE SAMSON

Culinary Arts, 1997  
 CHEF/OWNER, ROSSOBLU, SUPERFINE PIZZA (LOS ANGELES)

**HONORS** Rossoblu, Top 10 Restaurants in LA, Los Angeles Times, 2017; Chef of the Year, Los Angeles Magazine, 2012; Best New U.S. Restaurants, Esquire Magazine, 2011.

**WORK BACKGROUND** Pizzeria Ortica (Executive Chef / Partner); Sona Restaurant (Executive Chef); Piero Selvaggio Restaurant Group (Executive Chef).

**DID YOU KNOW?** Steve was born to a Bolognese mother and an American father and exposed to the pleasures of Italian food at a young age. The experience of helping his mother in the kitchen and taking annual family trips to Italy helped propel him toward a career in Italian cooking.



### DOMINICK MAIETTA

Culinary Arts, 2003  
 CHEF DE CUISINE/DIRECTOR, COQUETA RESTAURANT (SAN FRANCISCO)

**HONORS** Coqueta has been on the San Francisco Chronicle's "Top 100 Restaurants Bay Area" for four consecutive years. In 2011, Salinas made Esquire Magazine's "Best New Restaurants" list.

**WORK BACKGROUND** Soho House NY, Café Noir, Salinas, Blue Hill Stone Barns and Meigas.

**COMMENTS ON ICE** "ICE completely changed the course of my life and for that I'm incredibly grateful. I wouldn't be the chef I am today without the foundation of knowledge gained at ICE, as well as the support and connections the school provided."



### RACHEL YANG

Culinary Arts, 2001  
 CO-OWNER/EXECUTIVE CHEF, RELAY RESTAURANT GROUP JOULE, REVEL & TROVE (SEATTLE); REVELRY (PORTLAND)

**CUISINE** Modern Korean fusion.

**HONORS** James Beard Award nominee or semifinalist for Best Chef: Northwest, 2010-2020. Trove was one of GQ Magazine's "Outstanding Restaurants in America" in 2015.

**WORK BACKGROUND** Per Se, DB Bistro Moderne and Alain Ducasse (all in NYC) before moving to Seattle.

**BOOKS** In 2017, Rachel published "My Rice Bowl," a cookbook with 75 recipes based on her Korean fusion cuisine.

# INSTRUCTORS & FACULTY

Our faculty is the strength of ICE. They bring decades of diverse experience from some of America's best restaurants and a passion for teaching future generations of culinary and hospitality professionals.

## SCHOOL OF CULINARY ARTS AND HEALTH-SUPPORTIVE CULINARY ARTS



**HERVE GUILLARD**  
*Director of Education/  
Dean of Students*  
"Never leave the classroom with an unclear mind: reflect on your successes and challenges every day."



**MISSY SMITH-CHAPMAN**  
*Lead Chef*  
"Creativity is like a muscle. You need to use it or it will atrophy."



**CYRIL KABAAGLU**  
*Lead Chef*  
"Learn from yourself and each other, there is no great chef without a great team."



**ERIC MICKLE**  
*Chef-Instructor  
Associate Dean of Students*  
"Never confuse motion with progress. We are here to support the progression of future culinarians."



**SHAWN MATIJEVICH**  
*Lead Chef*  
"Enthusiastically seek out opportunities to practice your craft and share what you have learned. Transforming your learning into action is the best path to truly understanding and mastering a subject."



**MAYA ALDY-FLETCHER**  
*Chef-Instructor*  
"When all else fails, find a kitchen and make some fried rice"



**NICHOLE BASMAJAN**  
*Chef-Instructor*  
"Remember that culinary school takes work and dedication paired with maintaining balance in your life. Even the most passionate may stumble, but get involved, come prepared to work hard and be open to new ideas, methods and team-work while fostering lifetime relationships."



**DUSTIN CHEN**  
*Chef-Instructor*  
"Enjoy what you do, love what you do and, more importantly, be proud of what you do."



**STEPHEN CHAVEZ**  
*Chef-Instructor*  
"Have pride in your food. Have passion in your career. Read everything. Taste everything. Be versatile. Never stop learning. Above all, remain humble and dedicated. That is how you transform from a cook to a Chef."



**SOHROB ESMAILI**  
*Chef-Instructor*  
"There is only one way — the right way. Never compromise on your high standards."



**SARAH ROSENKRANTZ**  
*Chef-Instructor*  
"Be serious with the fundamentals, run wild with your imagination."



**NORMA SALAZAR**  
*Chef-Instructor*  
"Remember the 3 'Ps': Be professional in the kitchen, in your personal life, in all you say and do. Be punctual, or early, and ready to begin your day. Be passionate, love what you do and do what you love, this will lead to a happy life."



**BRIDGET VICKERS**  
*Chef-Instructor*  
"We can all be resilient in the face of adversity. Find your solace and "bake" the world a better place."



**PETER GEORGE**  
*Chef-Instructor*  
"Cook from your heart and you will never go wrong ... just cook."



**ALAN KANG**  
*Chef-Instructor*  
"Don't be afraid to make mistakes; no one learns from perfection."



**ERIC ROWSE**  
*Chef-Instructor*  
"Don't let fear of failure be what slows you down. Be excited for what you can learn from trying instead of being fearful of failing."



**MISHEL LeDOUX**  
*Director, Restaurant &  
Hospitality Management*  
"I want to teach students how to create and deliver a great dining experience while operating and growing a profitable business."



**ANDREY GODZHNIK**  
*Instructor*  
"When I arrived in LA in 2002, it seemed mostly a fast-food town. But in the last 12 years, exciting restaurants have popped up everywhere. LA has just about caught up with New York!"



**JOY MEYER**  
*Instructor*  
"The restaurant industry is ever-changing, fast-paced, challenging and takes many forms. That's what motivates me. At ICE, I love that I get to share my own real-world experiences in the industry to set students up for success."

## SCHOOL OF RESTAURANT & CULINARY MANAGEMENT

# SCENES FROM ICE'S LA CAMPUS

ICE's Pasadena campus includes seven large culinary and pastry kitchens, three classrooms and an expansive student resource center encompassing a library, computer lab and presentation space. Here are some views:



# PROFESSIONAL DEVELOPMENT COURSES



Not only can ICE give you the foundation for your culinary future, it can help to continue your pursuit of excellence in your chosen path. ICE's Professional Development courses provide intensive training in specific facets of the culinary world, through classes led by experts, many who built careers at some of the nation's leading food, culture and business institutions.

It's no secret that expanding skills and expertise expands career opportunities. Offering a broad range of continuing education for culinary professionals is part of our DNA. ICE's relationship with you and your relationship with us continues beyond graduation.



## Explore Our Core Professional Development Courses

There are few, if any, other schools or institutions in the country that offer intensive training on these subjects that can be completed in under five months.

Courses include:

### INTENSIVE SOMMELIER TRAINING

- Students taste more than 300 benchmark wines from around the world in a 200 hour/50 lesson course.
- Covers topics ranging from winemaking to professional service techniques
- Upon completion, students sit the CMS Introductory and Certified Sommelier examinations onsite
- Course approved by Court of Master Sommeliers, Americas

### THE TECHNIQUES OF ARTISAN BREAD BAKING

- Curriculum developed and led by bread expert Sim Cass, one of the founding bakers of New York City's acclaimed Balthazar Bakery
- Includes 200 hours of immersive baking instruction in a professional kitchen
- Students create many specialty baked goods, including bagels, bialys, babka, baguettes and laminated doughs
- Curriculum also covers management logistics for both large and small-scale bread production

## Extracurricular Activities:

Chef Best Seller Demonstrations and Meet the Culinary Entrepreneurs



Past guests have included Michelin-starred chefs, hugely successful restaurateurs, acclaimed international chefs and culinarians, food business entrepreneurs and much more. These lectures and demonstrations are free for current students and alumni to attend.



# INTENSIVE SOMMELIER TRAINING

## Educational Objectives

Intensive Sommelier Training, a 200 clock-hour course, is a combination of lecture, tasting and the art of sales and service. This course is 17 weeks long and consists of 50 class periods of four hours each. Upon successful completion, students will receive a certificate from ICE. Graduation from the course allows students the opportunity to take the three-day Introductory and Certified Examinations administered by the Court of Master Sommeliers-Americas™.

## Earn an Internationally Recognized Credential

ICE's 200-hour Intensive Sommelier Training is the only course in the U.S. approved by the Court of Master Sommeliers, Americas (CMS), and is designed to prepare students for the CMS Introductory and Certified Sommelier examinations, which will take place on-site at the conclusion of the curriculum.

## Explore Wine Regions Around the World

Embark on a sensory experience tasting and evaluating 300+ benchmark wines from 24 major winemaking regions using the CMS Deductive Tasting Method. The journey covers viticulture and viticulture, geography and history, food pairing, and service and management. The curriculum will also cover aging and storing wine, pricing and designing wine lists, and becoming familiar with beer and spirits.



### TOPIC 1: WINE FOUNDATIONS - 36 HOURS

The Wine Foundations unit will prepare students for future sessions on the wine regions of the world. The course begins with the basics of grape growing and winemaking. Students will study the physiology of taste and how to taste and talk about wines. They will perform blind tastings and evaluate wine, using the Court of Master Sommeliers Deductive Tasting Method, which includes practice in identifying flaws in wine. The class will discuss the effects of aging wines and proper cellar conditions. There will be a lecture on pairing wine with food, along with the opportunity to taste classic food and wine pairings. There will also be a detailed hands-on session on professional wine service, including information on sparkling wines and decantation. The topic will culminate in an overview of important international wine regions that will be covered in greater depth during the course and closes with a topic exam, which is comprised of a theory paper and blind tasting.

After day one, an average of six to eight wines will be tasted each day.

This topic includes:

- How the senses of smell and taste are used in the analysis and evaluation of wines
- How the aging of wine affects its quality and appearance
- The service and sales aspect of a sommelier position
- The proper technique for decanting and why it is important
- The proper technique for the safe opening and service of sparkling wine
- The basic principles of wine and food pairing
- Component tasting to explore students' sensitivity to wine structure
- Blind tasting using the tasting grid developed by the Court of Master Sommeliers
- Information on the major wine-producing regions of the world

# Intensive Sommelier Training

## TOPIC 2: WINES OF FRANCE - 44 HOURS

The Wines of France unit begins with an overview of the quality levels of French wines, focusing on the AOC system. Students will be introduced to the major wine regions of France, their history, climates and terroir, wine styles, cuisine and customs. We will take a virtual and tasting tour of the wine regions of France, covering grape varieties, AOCs, styles of wine and labeling.

This topic includes:

- How to taste, characterize and evaluate wines from the major growing regions and appellations of France
- Tastings from: Alsace, Loire Valley, Burgundy, Rhône, Provence, Bordeaux, Languedoc-Roussillon, Southwest, Jura, Savoie and Champagne

## TOPIC 3: NEW WORLD WINE REGIONS - 28 HOURS

The New World Wine Regions unit begins with an overview of the history and current law regarding wine in the United States. Students then study various factors involved in winemaking, including the New World style, grape varieties for planting and growing, and site selection. The additional New World wine countries and emerging markets are also discussed with similar methodology.

This topic includes:

- How to taste, characterize and evaluate wines from the major growing regions of New World wines
- Tastings from California, New York, the United States' Pacific Northwest region, Canada, South America, Australia, New Zealand and South Africa

## TOPIC 4: WINES OF ITALY - 20 HOURS

The Wines of Italy unit begins with an overview of the quality levels of Italian wine. Students will be introduced to the major wine regions of Italy, their history, climates and terroir, wine styles and cuisine. Students will take a virtual and tasting tour of the wine regions of Italy, covering grape varieties, appellations, regulations and labeling.

This topic includes:

- How to taste, characterize and evaluate wines from the major growing regions of the Italian Peninsula
- Tastings from Piedmont, Northern Italy, Lombardy, Alto-Adige, Veneto and Tre Venezie, Tuscany, Central Italy, Sicily and Italy's Southern Islands

## TOPIC 5: WINES OF THE IBERIAN PENINSULA - 24 HOURS

The Wines of the Iberian Peninsula unit begins with an overview of the quality levels of Spanish wines. Students will be introduced to the major wine regions of Spain, their history, climates and terroir, wine styles and cuisine. Students will take a virtual and tasting tour of the wine regions of Spain, covering grape varieties, appellation law, styles of wine and labeling. Students will also discuss and study Cava production methods and study the production method and styles of fortified wines. Students will also study the still wine regions of Portugal, covering its long history, grape varieties, appellation law, styles of wine and labeling.



## MEET ICE LA'S LEAD INSTRUCTOR OF WINE STUDIES PAUL SHERMAN

As an Advanced Sommelier certified by the American Court of Master Sommeliers, Lead Instructor Paul Sherman's expertise has earned him multiple wine positions at fine dining and educational institutions all over California. He worked as a sommelier at Valentino Ristorante in Santa Monica for nearly 20 years while also working as an instructor at Le Cordon Bleu College of Culinary Arts and UCLA Extension. In total, Paul has over 15 years of experience teaching about wine. He now brings his experience from 40 years total in the hospitality industry to ICE's Intensive Sommelier Training.

This topic includes:

- How to taste, characterize and evaluate wines from the major growing regions of Spain and Portugal
- The production methods for Sherry, Port and Madeira
- Tastings from Rioja, Ribera del Duero, Navarra, Priorat, Rueda, Rías Baixas, Douro, Dão, Bairrada, Setubal and Vinho Verde

## TOPIC 6: WINES OF GERMANY, EASTERN EUROPE AND THE LEVANT - 20 HOURS

This unit begins with an overview of the geography of these varied regions in Germany, Eastern Europe and the Levant. Students will be introduced to the major wine regions of Germany, their history, climates and terroir, quality levels and cuisine. Students will take a virtual and tasting tour of the wine regions of Germany, covering grape varieties, appellation law, styles of wine and labeling. Students will then study the wines of Austria, Hungary and Greece. The topic also includes discussion of the ancient wine regions of Israel and Lebanon.

This topic includes:

- How to taste, characterize and evaluate wines from the major growing regions of Germany and the wine producing regions of Eastern Europe
- Information on specific grape varieties often used in German wines
- Tastings from the German regions of Mosel, Rheingau, Pfalz, Rheinhessen, Nahe as well from Austria, Hungary and Greece

## TOPIC 7: BEER, SAKE AND SPIRITS - 16 HOURS

This topic begins with lessons on beer production, terms and styles. Students will then cover the production of sake, including its regions and basic terminology. Students will discuss distillation methods, whiskies, brandies, liqueurs and other spirits from all around the world. The topic will conclude with a theory paper and sparkling wine service exam, adhering to the Court of Master Sommeliers' service standards.

This topic includes:

- The distillation processes through which all major spirits are produced
- The popular and premium spirits brands in the modern market
- Traditional aperitifs and digestifs that begin a meal
- The great brandies and whiskies of the world and their producers
- The methods through which liqueurs are produced, how they are produced and their regions of origination
- Classic and modern cocktails

## TOPIC 8: WINE PROGRAM MANAGEMENT - 12 HOURS

The Wine Management unit begins with creating a winning wine list including: a menu concept, pricing, a variety of selections and the creative marketing behind it all. This topic also covers beverage cost control, vendor relations, cellar management and beverage law. It concludes with a theory paper and decanting wine service exam, adhering to the Court of Master Sommeliers' service standards.

This topic includes:

- Information on how to design a wine list for various types of service venues
- The proper pricing formulae
- The requirements for proper beverage and cellar management
- The steps necessary for maintaining control of wine costs
- The implications of beverage laws to the sommelier position

## SCHEDULE & TUITION

Contact our admissions team for full course schedule and tuition information.



## A SAMPLE OF TASTINGS FROM ICE'S INTENSIVE SOMMELIER TRAINING:

**Tastings from Alsace:** NV Pierre Sparr Cremant (sparkling), Hubert Meyer Grand Cru Riesling, Meyer-Fonne Grand Cru Gewurztraminer

**Tastings from the Loire Valley:** Cyprien Perchaud Pouilly-Fume, François Crochet Sancerre

**Tastings from Burgundy:** Henri Costal Chablis 1er Cru, Domaine Lamy-Pillot Chassagne-Montrachet 1er Cru, Manoir du Capucin Pouilly-Fuisse 1er Cru, Louis Jadot Gevrey-Chambertin, Antonin Guyon Corton Grand Cru, Guy Breton Morgon Vieilles Vignes

**Tastings from Bordeaux:** Château Bouscaut Pessac-Leognan Blanc, 2009 Château Clerc-Milon, Pauillac, 2019 Château Clerc-Milon, Pauillac, Château Desmirail Margaux, Clos de la Vieille Eglise Pomerol, Château Boutsisse Saint-Emilion Grand Cru

**Tastings from Champagne:** NV Gamet Champagne Rive Droit Blanc de Noirs, NV Taittinger Champagne Brut Prestige Rosé, 2015 Pierre Gimonet Blanc de Blancs Special Club

*\*Tastings subject to change.*

# ARTISAN BREAD BAKING

The art of bread baking lives somewhere between technique and magic. The alchemy of mixing flour, yeast, salt and water gives us a remarkable variety of products whose simplicity belies the difficulty of making them well. With artisanal bread rapidly becoming an essential ingredient in any good meal, there has never been a better time to enter this vital and flourishing part of the food world.

The Artisan Bread Baking course at the Institute of Culinary Education elevates and extends the core concepts from our Pastry & Baking Arts curriculum for students who aspire to specialize in bread. This comprehensive, 200-hour course was developed by ICE's own Chef Sim Cass, the founding baker of New York City's acclaimed Balthazar Bakery.



## Discover the Mysterious Science and Craft of Artisanal Loaves

When you consider the simple ingredients that form the foundation of all breads — flour, yeast, salt and water — it's truly remarkable how many varied products have been crafted by the hands of master bakers. Today, artisanal bread is rapidly emerging as one of the leading trends in the food world, creating a wide range of opportunities for students seeking to master this complex art.

## Created by New York City's Original Bread Artisan

ICE's Techniques of Artisan Bread Baking is a 200-hour course developed by Chef Sim Cass, the founding baker of New York City's lauded Balthazar Bakery and one of the pioneers of the modern artisanal bread movement. Born and raised in the UK, Chef Sim was among the first bakers to introduce New York City diners to naturally fermented, European-style breads. Today, his signature darkly toasted loaves continue to inspire our nation's now widespread passion for hand-crafted bread. Chef Sim serves as a consultant for some of the world's most respected restaurants and bakeries and has been featured in *The New York Times*, *Food Arts* magazine and on "The Martha Stewart Show."

## Explore Bread Traditions from Around the Globe

Explore the history and craft of bread on a global scale — from traditional European loaves to specialty breads like pita and naan, as well as viennoiserie and even bread showpieces. Students will also examine the theory that underlies the science of bread, studying the core skills required to craft creative adaptations of traditional recipes.

Coursework includes:

- Mixing, fermenting, proofing and baking
- Basic shaping
- Practice shaping and scoring
- Rolls and loaf breads
- Specialty breads
- Viennoiserie and sweets
- Natural ferment and sourdoughs
- Alternative flours

Beyond the skills needed to create handcrafted breads, Chef-Instructors teach the logistics and management of large- and small-scale bread production, as well as such contemporary concerns as food allergies and gluten-free baking — a significant and growing sector of the industry.



# Artisan Bread Baking Course

## TOPIC 1: INTRODUCTION TO BREAD - 40 HOURS

This topic focuses on the ingredients, equipment and theory behind professional bread baking. The student will be taught the steps of dough preparation, baker's math and the difference between straight-doughs and pre-ferments. The student will be introduced to the business applications of bread baking, including costing and profit margins.

Topic Highlights:

- Ingredients and terms, theory including flour grading and content, equipment
- Mixing, fermenting, shaping, proofing, baking and cooling
- Introduction to business-costing application
- Making bread by hand vs. machine
- Baker's percentages
- Preferments, levain and poolish, natural ferment
- Understanding different flours and their impact on bread baking
- French white, country white, olive and nut twists, potato onion bread
- Shaping boules, rolls, bâtards, clovers, bannetons and fendu

## TOPIC 2: BAGUETTES, ROLLS AND LOAF BREADS - 40 HOURS

Topic two reinforces the skills taught in topic one and then builds upon them with dough shaping, including baguettes, rolls and loaf breads. The student is introduced to the utilization of different flours during the bread baking process and gains a comprehensive, hands-on experience as to the impact these flours have on the final product.

Topic Highlights:

- Baguettes, whole wheat baguettes and sourdough baguettes
- Shaping and scoring – epi, petits pans, ficelle, twists, circles, etc.
- Using old dough
- Retarding process
- Kaiser rolls, sweet rolls, pain de mie, hamburger buns and Pullman loaves
- Baker's percent review and computer programs

## TOPIC 3: SPECIALTY BREADS - 40 HOURS

Topic three explores bread baking with rye and different grains in depth. The student will also be taught international favorites from Northern to Southern Europe.

Topic Highlights:

- Wheat and rye breads, multigrain bread, fig bread and oat honey bread
- Flatbreads, pita and naan
- Fougasse, ciabatta and focaccia
- Pizza and calzone
- Pretzels, bagels, bialy and varieties
- Bread sticks and shaping techniques



## TOPIC 4: VIENNOISERIE AND DECORATIVE BREADS - 40 HOURS

Topic four takes an in-depth look at viennoiserie, from breakfast pastries to festive sweet breads. The student will gain the skills to produce top quality croissants and Danish. During this course, students will experience an emphasis on presentation and display of their final products. Finally, students work with bread dough to design and create a bread centerpiece.

Topic Highlights:

- Brioche, chocolate bread and sweet buns
- Pannetone, kugelhoppf, stollen, challah bread and braiding
- Doughnuts, croissant and Danish
- Decorative doughs – bread dough with natural colors

## TOPIC 5: NATURAL FERMENT, SOURDOUGH AND RYE BREADS - 40 HOURS

Topic five teaches students how to utilize natural ferments. The student will prepare artisan breads using age-old techniques. There's ample opportunity to explore alternative forms of flour and rising in this course. Students will be introduced to the business management aspect of opening their own bread bakery.

Topic Highlights:

- Sourdough, natural ferment – levain, boules and bâtards
- Rye wheat, seigle, 90% rye, beer bread and #4 rye breads
- Business management overview
- Whole wheat levain, natural ferment
- Gluten-free and alternative flours
- Vegetarian macrobiotic, rice and corn bread (no yeast)
- Decorative lame work



### ABOUT CHEF SIM CASS

Few people in the world have the track record that Sim Cass has in the area of bread production, research and development, consulting and teaching. Chef Sim was the founding baker and head baker of Balthazar Bakery, one of the most highly regarded restaurants and wholesale bread producers in America. Prior to Balthazar, Chef Sim was the pastry chef and head baker at Lucky Strike in New York, and Maison Bouquillon and the Carlton Hotel in London. Early in his career, Chef Sim won a silver medal in the Hotel Olympia International Culinary Competition. While it is not true that Chef Sim was once asked to tour with The Rolling Stones, his British charm and wit did earn him an appearance on The Martha Stewart Show, as well as editorial coverage in The New York Times and Food Arts magazine.

# GUEST CHEFS, SPEAKERS & EXTRACURRICULAR ACTIVITIES

In addition to kitchen and classroom education, ICE offers eclectic extracurricular activities and events that can enrich your experience at either the Los Angeles or New York City campuses.

## Guest Chefs & Speakers

Among its many lessons, 2020 taught us to come together while physically apart. When both of our campuses closed in response to the pandemic, we had the opportunity to host more than 50 guest chefs and industry experts via Instagram Live, Facebook Live, YouTube Live, and Zoom classes, meetings and webinars.

Over the course of many demonstrations and conversations, we engaged with everything from pasta to beef butchery to omotenashi, the art of Japanese hospitality. We explored food media, restaurant finances and private cheffing with insightful panels and ventured into the fields of fermentation, cocktails, heirloom seeds, ice cream, spices, tea and tortillas. We transported abroad to Lisbon with José Avillez, Southern France with Gerard Bertrand, and Tokyo with Emi and Zaiyu Hasegawa.

We heard the varied perspectives of Momofuku founder, Chef David Chang; renowned food editor Dana Cowin; and the Swedish chef now directing MAD Academy in Copenhagen, Magnus Nilsson. We got sneak peeks of 2020 cookbooks from Leah Cohen and Akhtar Nawab. We revisited the past to discuss the future with chefs and restaurateurs Mashama Bailey, Rick Bayless, Matt Hyland, JJ Johnson, Edouardo Jordan, Matthew Kenney, Michael Lomonaco, Marcus Samuelsson, Simone Tong and Geoffrey Zakarian.

Above all, we learned that education, motivation and wisdom translate whether gathering on campus or through a computer or phone screen. So we will continue to offer a wide range of inspirational chefs, speakers and experts via digital media as on-campus events return.

## Meet the Culinary Entrepreneurs

As a complement to the Restaurant & Culinary Management program, ICE offers a lecture series called Meet the Culinary Entrepreneurs. This is a chance for all students to meet and hear from an array of successful business leaders with diverse expertise and success in all facets of the food world. Past guest speakers have included esteemed restaurateurs Dickie Brennan, Emeril Lagasse, Danny Meyer, Drew Nieporent and Missy Robbins, plus specialists like baker Amy Scherber, cheesemaker Rob Kaufelt, tea expert Steve Schwartz and wine retailer Josh Wessan.

## Elite Chefs and On-Campus Demonstration Classes

All ICE students are invited to attend afternoon and evening demonstration classes designed as continuing education for professionals. Past classes featured:

- Chef Nicolas Sale from one- and two-Michelin-starred restaurants at Hotel Ritz Paris.
- Gramercy Tavern Executive Chef Michael Anthony showcasing American cuisine.
- Chef Roland Mesnier demonstrating desserts from his 25 years as the White House pastry chef.
- Author and TV personality Daisy Martinez making her favorite tapas.
- Master Butcher Rudy Weid fabricating a full side of beef.

## ICE Nights and Other Events

We host a chef, pastry chef and beverage expert for a themed set of demonstrations with samples and pairings. These are tasty and fun events that celebrate anything from chocolate to garlic to Cinco de Mayo. Likewise, the school offers pop-up specialty classes and workshops with topics like Introduction to Hydrocolloids, Career Paths in Personal & Private Cheffing and Working with Sea Vegetables.



On a remarkable field trip, Pastry & Baking Arts students spent quality time with Dominique Ansel, chef-owner of eponymous bakeries in New York, Tokyo, London and Los Angeles as well as 189 at The Grove in LA — and creator of the Cronut.



Thomas Keller speaking as part of ICE's Meet the Culinary Entrepreneurs series

*The above events are examples. Events may change and be replaced by something comparable.*

## Past Guest Speakers



**RICK BAYLESS**  
*Chef and Owner of Frontera Restaurants*  
 Photo by: Galdones Photography



**CHRISTINA TOSI**  
*Milkbar Founder and Chef*



**DAVID CHANG**  
*Chef, Restaurateur, TV Host and Author*  
 Photo by: Andrew Bezek



**MARCUS SAMUELSSON**  
*Red Rooster Chef and Restaurateur*



**MASHAMA BAILEY**  
*Executive Chef of The Grey in Savannah, GA*  
 Photo by: Chia Chong



**ALEX GUARNASCHELLI**  
*Food Network host; Executive Chef, Butter*



**MAGNUS NILSSON**  
*MAD Academy Director*



**DANA COWIN**  
*Founder of Giving Broadly and Speaking Broadly, Former Editor in Chief of Food & Wine*



**ALAIN DUCASSE**  
*Iconic French Chef*



**DONALD LINK**  
*Exec Chef/President, Link Restaurant Group*



**DAVID ZILBER**  
*Former Head of Noma Fermentation Lab*



**JJ JOHNSON**  
*Chef Founder of Fieldtrip*



**LEAH COHEN**  
*Chef and Owner of Pig & Khao*



**ZAIYU HASEGAWA**  
*Den Chef*  
**EMI HASEGAWA**  
*Den General Manager*



**GEOFFREY ZAKARIAN**  
*The Lambs Club Chef, Food Network Host and Judge*  
 Photo by: Eric Vitale Photography



**THOMAS KELLER**  
*Chef and Restaurateur, The French Laundry and Per Se*



**ERIC RIPERT**  
*Executive Chef, Le Bernardin*



**SIMONE TONG**  
*Chef and Restaurateur, Silver Apricot*



**KWAME ONWUACHI**  
*Top Chef Contestant and Author*



**ANDREW ZIMMERN**  
*Journalist and TV Host*



**FARMER LEE JONES**  
*The Chef's Garden*



Curtis Stone, chef and owner of LA-based Maude and Gwen restaurants, joined us for ICE's "Meet the Culinary Entrepreneur" series, where he discussed such important industry topics including staffing, career development and funding a restaurant.



Students enjoyed a demonstration of spaghetti alla chitarra by Bruce Kalman, chef/owner of SoulBelly BBQ in Las Vegas, whose visibility rose greatly as a contestant on the 15th season of "Top Chef."

# OUR HISTORY



## 1974-1995

The Institute of Culinary Education (ICE) was originally known as Peter Kump's New York Cooking School. Although the school has seen remarkable growth since its founding over 40 years ago, it remains true to Peter Kump's commitment to good teaching and good food, as well as to his philosophy of studying the culinary arts through techniques, not recipes. His enthusiasm and

passion, along with his discipline and energy, are still felt at the school today.

In 1975, Kump, an educator and entrepreneur with a great love of food, taught five students the basic techniques of cooking in the kitchen of his New York City apartment. Not long after, *The New York Times* wrote favorably of the new school. As a result of that article, Peter Kump's New York Cooking School was born. Soon thereafter the school opened its East 92nd Street location and began to flourish.

In 1983, Kump inaugurated the professional program to train aspiring chefs. He himself had learned from the best, and former teachers of his such as James Beard, Simone Beck, Marcella Hazan and Diana Kennedy all later came to teach classes at the school. Illustrious food-world figures such as Julia Child, James Peterson, Sara Moulton and David Bouley were frequently guest instructors. In 1986, chef and author Nick Malgieri, the former executive pastry chef at *Windows on the World*, launched the school's pastry and baking program.

Among his other activities, Kump, along with Julia Child and Jacques Pépin, went on to establish the James Beard Foundation in 1985. The organization inspires and showcases American chefs through dinners, publications, culinary festivals and its prestigious awards program. The school's ties to the Beard Foundation remain deep. When Peter Kump passed away in 1995, *The New York Times* proclaimed him, "one of the most influential figures on the American food scene."

## 1995-2016

That year, Rick Smilow, an entrepreneur passionate about education and the culinary world, purchased the school. The Smilow family already actively engaged with the New York City restaurant scene, partnering with Chef Daniel Boulud and his restaurants, including Restaurant Daniel and the former Café Boulud. Today, Smilow has been the CEO and principal owner of the school for more than 25 years.

Since 1995, the school has grown tremendously in terms of enrollment, program breadth, physical space and stature. From 1999 to 2015, the campus comprised 43,000 square feet over six floors at 50 West 23rd Street. When the school outgrew this space, it relocated to Brookfield Place, a vibrant, 6-million-square-foot complex of offices, high-end retail, diverse dining and prominent public spaces, on the Hudson River in Lower Manhattan.

This campus opened in 2015, featuring 10 specially designed teaching kitchens, a culinary technology lab, bean-to-bar chocolate lab, mixology center, hydroponic farm and more. The 74,000-square-foot space is all on one floor, described by visitors as an unexpected "culinary village." The New York campus offers an abundance of opportunities for aspiring and developing chefs and was designed to promote community and inspiration.

In 2000, the school was accredited by the ACCSC (Accrediting Commission of Career Schools and Colleges) and we continue to meet accreditation standards with on-site evaluations every five years. In 2001 amid its growth and stature, we renamed the school the Institute of Culinary Education or ICE.

Program development has been another constant in ICE's growth over the decades with the additions of:

- Restaurant & Culinary Management in 2001
- Advanced Pastry Studies in 2005
- Hospitality & Hotel Management in 2010

In addition to career programs, the school's recreational cooking program in New York has grown to be one of the largest in the world. With over 2,400 hands-on cooking, baking, beverage and professional development classes per year, and 400 special events a year and monthly guest speakers, it offers breadth, depth and frequency that would be hard to find in any other school.



*From top to bottom:*  
 - James Beard and Peter Kump  
 - Rick Smilow, Julia Child, Nick Malgieri and students  
 - Emeril Lagasse and ICE Admissions Counselors  
 - Dan Leader, Rick Bayless and Rick Smilow  
 - Brian Aronowitz, Richard Simpson, Rick Smilow, Matt Petersen, Daniel Boulud and Marc Murphy

# THE EVOLUTION AND ROOTS OF ICE



## 2016-Present

The next major milestone was the March 2018 opening of a second campus in Los Angeles at 521 Green Street in Pasadena, the former site of the Le Cordon Bleu College of Culinary Arts. This campus has quickly gained recognition for culinary and restaurant education in Southern California.

In 2019, ICE introduced a Health-Supportive Culinary Arts diploma program, adapted from the Natural Gourmet Institute (NGI), which closed its doors after 42 years. Plant-based cooking is on trend and the program has brought new perspectives, ingredients, instructors and students that reflect the evolution of America's culinary landscape on both campuses.

Most recently, ICE announced a licensing agreement with the New York City-based International Culinary Center (the former French Culinary Institute) to carry on the best elements of the school's legacy as it closed in 2020. This included the launch of Intensive Sommelier Training at ICE and many of ICC's seasoned instructors and employees joining ICE's faculty and staff. Today, the spirit at ICE and the tenure in the kitchens combines the best elements of three institutions: ICE, ICC and NGI.

With growth, our career programs continued to evolve, and ICE's Los Angeles campus introduced Associate of Occupational Studies

Degrees in 2021. Students in California can combine Culinary Arts, Health-Supportive Culinary Arts or Pastry & Baking Arts with management training and applied general education online to earn their associates degree.

The Institute of Culinary Education is the largest and most vibrant culinary school in America's two largest cities — New York and Los Angeles. Now, more than ever, we can and do help people find their culinary voices!

### THE FCI TRADITION LIVES ON

Dorothy Cann Hamilton founded the International Culinary Center (ICC), originally named French Culinary Institute (FCI), in 1984. Perhaps more than any other culinary school in America, FCI was the teaching institution where French culinary techniques, cuisine and traditions were used as the foundation for teaching cooking and baking. In part, this was because of the notable cast of French-born, New York-based chefs that served as deans of the school in the 20+ years that followed. Among them, Jacques Pepin, Alain Sailhac, Andre Soltner and Jacques Torres were star chefs before that term became a recognized cultural title. These deans and Dorothy Hamilton's team taught thousands of students, some of whom became their own generations' culinary icons. Foremost on that list would be Dan Barber, David Chang, Wylie Dufresne, Bobby Flay and Cristina Tosi. Following FCI/ICC's closure in 2020, we are committed to carrying that legacy on at ICE.

*Below:*

- French Culinary Institute Founder and CEO Dorothy Hamilton with the former school's deans and chefs
- French Culinary Institute Founder and CEO Dorothy Hamilton with Anthony Bourdain



# ICE'S NYC CAMPUS

Designed with creativity and community in mind, our facility in Lower Manhattan is a truly unique destination, extending over 74,000 square feet with waterfront views. Students have access to 12 kitchens, six classrooms and special features like labs for cooking technology and for chocolate, a mixology center, a hydroponic farm and a demonstration kitchen.

ICE's facility offers a wide range of compelling features that will enrich students' educational experiences and support the school's programmatically diverse course offerings. The effect is that walking through the space doesn't feel like an office building — rather, it looks and feels like a “culinary village.”



Lower Manhattan is experiencing a renaissance as a reinvigorated hub for creative corporations, dynamic public spaces and architectural modernism.

ICE's new home, Brookfield Place, is a key and “tasty” example of this groundbreaking urban development.



# ICE EDUCATIONAL ADMINISTRATION

## LOS ANGELES CAMPUS

LACHLAN SANDS *President, Los Angeles Campus*

NORA SEMERDJIAN *Director of Business Operations*

REBECCA STINSON *Director of Career Services*

GABRIELA ARZATE *Director of Admissions*

JESUS LOA *Director of Stewarding/Facilities*

HERVE GUILLARD *Director of Education, Dean of Students*

MISHEL LEDOUX *Director of Restaurant & Hospitality Management*

MISSY SMITH-CHAPMAN *Lead Chef, Health-Supportive Culinary Arts  
& Pastry and Baking Arts*

ERIC MICKLE *Associate Dean of Students*

CYRIL KABAOGLU *Lead Chef, Culinary Arts*

## NEW YORK CAMPUS

RICK SMILOW *CEO and Chairman*

MATT PETERSEN *President*

RICHARD SIMPSON *Vice President of Education*

CATHERINE BOYLE *Vice President of Marketing*

BARRY TONKINSON *Vice President of Culinary Operations*

GLEN GORDON *Director of Finance/Controller*

DAVID JENKE *Director of Career Services & Dean of Students*

RICK CAMAC *Dean, Restaurant & Hospitality Management*

MAUREEN DRUM FAGIN *Director of Compliance*

HILLERY WHEELER-HARGEDINE *Director of Admissions*

RICHARD VAYDA *Director of Wine & Beverage Studies*

JOHN SHIELDS *Director of Information Technology*

AMA ADUSEI *Director of Student Financial Services and Compliance*

ANTHONY CAPORALE *Director of Spirits Education*

EAMON ROCKEY *Director of Beverage Studies*

SCOTT CARNEY *Dean of Wine Studies*

## NEW YORK CITY

225 Liberty Street  
New York, NY 10281  
T: (888) 997-CHEF

## LOS ANGELES

521 E. Green Street  
Pasadena, CA 91101  
T: (888) 913-2433

## LOS ANGELES CAMPUS PROGRAM ADVISORY COMMITTEE

Andrew Cooper, *Executive Chef, La Quinta Resort*

Lisa Giffen, *Executive Chef, Audrey at the Hammer*

Mike Santoro, *Executive Chef, The Beverly Hills Hotel*

Brad Metzger, *President, Brad Metzger Restaurant Solutions*

Dr. David Edens, *Professor, Cal Poly Pomona*

Octavio Becerra, *Chef/Director, Edin Park LA*

Bruce Kalman, *Chef/Owner, KP Hospitality Group*

William Hickey, *HR, Party Staff*

Kaleo Adams, *Corporate Chef, Proper Hospitality*

Neal Fraser, *Chef/Owner, Redbird and Vibiana*

Doug Manson, *Executive Chef, San Manuel Casino*

Curtis Cameron, *Pastry Chef, Bottega Louie*

Kristine de la Cruz, *Co-Owner, Crème Caramella*

Cheryl Nishimura, *Senior Recruiter, King's Hawaiian*

Noubar Yessayan, *Former Executive Pastry Chef, Lucques Group*

Niklas Ivarsson, *VP of Sales, Matfer Bourgeat Inc.*

Brittany Gerstner, *Recruiter, San Manuel Casino*

Amy Layman, *F&B Director, Ace Hotel DTLA*

Sherry Runge, *HR/CEO, Mina Group/Culinarie Staffing*

Allison Tourville, *HR, Soho House*

Charlie Diaz, *Director of Human Resources, Tao Group Hospitality*

Krimsey Ramsey, *Owner, Krimsey's Cajun Kitchen*

Rachel Begun, *Head Baker/Co Founder, The Modern Loaf*

Nicholas Jacobs, *Restaurant Services Manager, Open Table*

Luis Perez, *Pastry Chef, Jonathan Club Downtown LA*

Ian Gresik, *Chef/Owner, The Arbour Pasadena*



**NOTES:**



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T: (888) 997-CHEF

**LOS ANGELES**

521 E. Green Street  
Pasadena, CA 91101  
T: (888) 913-2433

[ice.edu](http://ice.edu)