

# UCF Rosen College of Hospitality Management Presents ProStart Videos

UCF Rosen ProStart Video | Sanitation

[https://youtu.be/C\\_gyd1bh\\_WA](https://youtu.be/C_gyd1bh_WA)

UCF Rosen ProStart Video | Weights and Measures

[https://youtu.be/hJgTVOz\\_BQ](https://youtu.be/hJgTVOz_BQ)

UCF Rosen ProStart Video | Knife Skills: Part 1

<https://youtu.be/oY47J4VTBt8>

UCF Rosen ProStart Video | Knife Skills: Part 2

<https://youtu.be/X0U4a5EyyoY>

UCF Rosen ProStart Video | Essential Skills: Part 1

<https://youtu.be/Hs4nGHdgNwA>

UCF Rosen ProStart Video | Essential Skills: Part 2

<https://youtu.be/Xtfo-qYXQ9E>

UCF Rosen ProStart Video | Stocks

<https://youtu.be/QKcuJcPYP7A>

UCF Rosen ProStart Video | Sauces: Part 1

<https://youtu.be/lvuydy-pS-8>

UCF Rosen ProStart Video | Sauces: Part 2

<https://youtu.be/umZ274HkODc>

UCF Rosen ProStart Video | Frying

<https://youtu.be/5Cf06THwAnw>

UCF Rosen ProStart Video | Roasting

<https://youtu.be/D-oeJwsX4w>

UCF Rosen ProStart Video | Grilling

<https://youtu.be/mQh98M3H-nA>

UCF Rosen ProStart Video | Steaming & Submerging

<https://youtu.be/xn0tAWJXmpo>

UCF Rosen ProStart Video | Baking Basics: Part 1

<https://youtu.be/eSVw5azfmtg>

UCF Rosen ProStart Video | Baking Basics: Part 2

[https://youtu.be/SspK\\_qBVZww](https://youtu.be/SspK_qBVZww)



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Rosen College of  
Hospitality Management

UNIVERSITY OF CENTRAL FLORIDA

