

Apprenticeship and Industry Training

Cook

Apprenticeship Course Outline

1806.2 (2006)

**Government
of Alberta** ■



ALBERTA ADVANCED EDUCATION AND TECHNOLOGY CATALOGUING IN PUBLICATION DATA

Alberta. Alberta Advanced Education and Technology. Apprenticeship and Industry Training.
Cook program.

ISBN 0-7785-3803-6

1. Cookery -- Vocational guidance -- Alberta. 2. Apprentices -- Alberta.
3. Occupational training -- Alberta. I. Title. II. Series: Apprenticeship training.

HD4885.C2.F7.A333 2005

641.507155

ALL RIGHTS RESERVED:

© 2006, Her Majesty the Queen in right of the Province of Alberta, as represented by the Minister of Alberta Advanced Education and Technology, 10th floor, Commerce Place, Edmonton, Alberta, Canada, T5J 4L5. All rights reserved. No part of this material may be reproduced in any form or by any means, without the prior written consent of the Minister of Advanced Education and Technology Province of Alberta, Canada. Revised 2007. Revised 2011.

**Cook
Table of Contents**

Apprenticeship2
Apprenticeship and Industry Training System2
Apprenticeship Safety4
Technical Training.....6
Procedures for Recommending Revisions to the Course Outline.....6
Apprenticeship Route Toward Certification7
Cook Training Profile8

Course Outline

First Period Technical Training..... 12
Second Period Technical Training..... 22
Third Period Technical Training..... 31

Apprenticeship

Apprenticeship is post-secondary education with a difference. Apprenticeship begins with finding an employer. Employers hire apprentices, pay their wages and provide on-the-job training and work experience. Approximately 80 per cent of an apprentice's time is spent on the job under the supervision of a certified journeyman or qualified tradesperson. The other 20 per cent involves technical training provided at, or through, a post-secondary institution – usually a college or technical institute.

To become certified journeymen, apprentices must learn theory and skills, and they must pass examinations. Requirements for certification—including the content and delivery of technical training—are developed and updated by the Alberta Apprenticeship and Industry Training Board on the recommendation of Cook Provincial Apprenticeship Committee.

The graduate of the Cook apprenticeship program is a certified journeyman who will be able to:

- responsibly do all work tasks expected of a journeyman
- be able to supervise, train and coach apprentices
- know the required sanitation standards and regulations in order to produce wholesome food
- have a thorough knowledge of proper cooking procedures and their relation to quality food production
- have a working knowledge of meat cutting and know the appropriate cooking methods for all cuts
- have a general knowledge of grades and classifications of meat, fish, poultry, canned and frozen foods
- have a thorough knowledge of trade and menu terminology
- do basic food and menu costing, food estimates and portion control
- use, with safety and competence, the hand and power tools commonly used in the trade
- produce pastries and desserts as are listed on menus in restaurants and institutions
- perform assigned tasks in accordance with quality and production standards required by industry

Apprenticeship and Industry Training System

Industry-Driven

Alberta's apprenticeship and industry training system is an industry-driven system that ensures a highly skilled, internationally competitive workforce in more than 50 designated trades and occupations. This workforce supports the economic progress of Alberta and its competitive role in the global market. Industry (employers and employees) establishes training and certification standards and provides direction to the system through an industry committee network and the Alberta Apprenticeship and Industry Training Board. The Alberta government provides the legislative framework and administrative support for the apprenticeship and industry training system.

Alberta Apprenticeship and Industry Training Board

The Alberta Apprenticeship and Industry Training Board provides a leadership role in developing Alberta's highly skilled and trained workforce. The board's primary responsibility is to establish the standards and requirements for training and certification in programs under the Apprenticeship and Industry Training Act. The board also provides advice to the Minister of Advanced Education and Technology on the needs of Alberta's labour market for skilled and trained workers, and the designation of trades and occupations.

The thirteen-member board consists of a chair, eight members representing trades and four members representing other industries. There are equal numbers of employer and employee representatives.

Industry Committee Network

Alberta's apprenticeship and industry training system relies on a network of industry committees, including local and provincial apprenticeship committees in the designated trades, and occupational committees in the designated occupations. The network also includes other committees such as provisional committees that are established before the designation of a new trade or occupation comes into effect. All trade committees are composed of equal numbers of employer and employee representatives. The industry committee network is the foundation of Alberta's apprenticeship and industry training system.

Local Apprenticeship Committees (LAC)

Wherever there is activity in a trade, the board can set up a local apprenticeship committee. The board appoints equal numbers of employee and employer representatives for terms of up to three years. The committee appoints a member as presiding officer. Local apprenticeship committees:

- monitor apprenticeship programs and the progress of apprentices in their trade, at the local level
- make recommendations to their trade's provincial apprenticeship committee (PAC) about apprenticeship and certification in their trade
- promote apprenticeship programs and training and the pursuit of careers in their trade
- make recommendations to the board about the appointment of members to their trade's PAC
- help settle certain kinds of disagreements between apprentices and their employers
- carry out functions assigned by their trade's PAC or the board

Provincial Apprenticeship Committees (PAC)

The board establishes a provincial apprenticeship committee for each trade. It appoints an equal number of employer and employee representatives, and, on the PAC's recommendation, a presiding officer - each for a maximum of two terms of up to three years. Most PACs have nine members but can have as many as twenty-one. Provincial apprenticeship committees:

- Make recommendations to the board about:
 - standards and requirements for training and certification in their trade
 - courses and examinations in their trade
 - apprenticeship and certification
 - designation of trades and occupations
 - regulations and orders under the Apprenticeship and Industry Training Act
- monitor the activities of local apprenticeship committees in their trade
- determine whether training of various kinds is equivalent to training provided in an apprenticeship program in their trade
- promote apprenticeship programs and training and the pursuit of careers in their trade
- consult with other committees under the Apprenticeship and Industry Training Act about apprenticeship programs, training and certification and facilitate cooperation between different trades and occupations
- consult with organizations, associations and people who have an interest in their trade and with employers and employees in their trade
- may participate in resolving certain disagreements between employers and employees
- carry out functions assigned by the board

Cook PAC Members at the Time of Publication

Mr. A. Lala	Edmonton.....	Presiding Officer
Mr. A. Cowley	Calgary.....	Employer
Mr. B. Leadbetter	Edmonton.....	Employer
Mr. D. Omar	Edmonton.....	Employer
Mr. R. Daley.....	Lethbridge	Employer
Mr. C. Gould-Hawke	Calgary.....	Employee
Mr. D. Stifter.....	Edmonton.....	Employee
Mr. F. MacDonald	Edmonton.....	Employee
Mr. J. Wakaryk.....	Edmonton.....	Employee

Alberta Government

Alberta Advanced Education and Technology works with industry, employer and employee organizations and technical training providers to:

- facilitate industry's development and maintenance of training and certification standards
- provide registration and counselling services to apprentices and employers
- coordinate technical training in collaboration with training providers
- certify apprentices and others who meet industry standards

Technical Institutes and Colleges

The technical institutes and colleges are key participants in Alberta's apprenticeship and industry training system. They work with the board, industry committees and Alberta Advanced Education and Technology to enhance access and responsiveness to industry needs through the delivery of the technical training component of apprenticeship programs. They develop lesson plans from the course outlines established by industry and provide technical training to apprentices.

Apprenticeship Safety

Safe working procedures and conditions, incident/injury prevention, and the preservation of health are of primary importance in apprenticeship programs in Alberta. These responsibilities are shared and require the joint efforts of government, employers, employees, apprentices and the public. Therefore, it is imperative that all parties are aware of circumstances that may lead to injury or harm.

Safe learning experiences and healthy environments can be created by controlling the variables and behaviours that may contribute to or cause an incident or injury. By practicing a safe and healthy attitude, everyone can enjoy the benefit of an incident and injury free environment.

Alberta Apprenticeship and Industry Training Board Safety Policy

The Alberta Apprenticeship and Industry Training Board (board) fully supports safe learning and working environments and emphasizes the importance of safety awareness and education throughout apprenticeship training- in both on-the- job training and technical training. The board also recognizes that safety awareness and education begins on the first day of on-the-job training and thereby is the initial and ongoing responsibility of the employer and the apprentice as required under workplace health and safety training. However the board encourages that safe workplace behaviour is modeled not only during on-the-job training but also during all aspects of technical training, in particular, shop or lab instruction. Therefore the board recognizes that safety awareness and training in apprenticeship technical training reinforces, but does not replace, employer safety training that is required under workplace health and safety legislation.

The board has established a policy with respect to safety awareness and training:

The board promotes and supports safe workplaces, which embody a culture of safety for all apprentices, employers and employees. Employer required safety training is the responsibility of the employer and the apprentice, as required under legislation other than the *Apprenticeship and Industry Training Act*.

The board's complete document on its 'Apprenticeship Safety Training Policy' is available at www.tradesecrets.gov.ab.ca; access the website and conduct a search for 'safety training policy'.

Implementation of the policy includes three common safety learning outcomes and objectives for all trade course outlines. These common learning outcomes ensure that each course outline utilizes common language consistent with workplace health and safety terminology. Under the title of 'Standard Workplace Safety', this first section of each trade course outline enables the delivery of generic safety training; technical training providers will provide trade specific examples related to the content delivery of course outline safety training.

Addendum

As immediate implementation of the board’s safety policy includes common safety learning outcomes and objectives for all course outlines, this trade’s PAC will be inserting these safety outcomes into the main body of their course outline at a later date. In the meantime the addendum below immediately places the safety outcomes and their objectives into this course outline thereby enabling technical training providers to deliver the content of these safety outcomes.

STANDARD WORKPLACE SAFETY

A. Safety Legislation, Regulations & Industry Policy in the Trades

Outcome: *Describe legislation, regulations and practices intended to ensure a safe work place in this trade.*

1. Demonstrate the ability to apply the Occupational Health and Safety Act, Regulation and Code.
2. Explain the role of the employer and employee in regard to Occupational Health and Safety (OH&S) regulations, Worksite Hazardous Materials Information Systems (WHMIS), fire regulations, Workers Compensation Board regulations, and related advisory bodies and agencies.
3. Explain industry practices for hazard assessment and control procedures.
4. Describe the responsibilities of workers and employers to apply emergency procedures.
5. Describe positive tradesperson attitudes with respect to housekeeping, personal protective equipment and emergency procedures.
6. Describe the roles and responsibilities of employers and employees with respect to the selection and use of personal protective equipment (PPE).
7. Select, use and maintain appropriate PPE for worksite applications.

B. Climbing, Lifting, Rigging and Hoisting

Outcome: *Describe the use of personal protective equipment (PPE) and safe practices for climbing, lifting, rigging and hoisting in this trade.*

1. Select, use and maintain specialized PPE for climbing, lifting and load moving equipment.
2. Describe manual lifting procedures using correct body mechanics.
3. Describe rigging hardware and the safety factor associated with each item.
4. Select the correct equipment for rigging typical loads.
5. Describe hoisting and load moving procedures.

C. Hazardous Materials & Fire Protection.....

Outcome: *Describe the safety practices for hazardous materials and fire protection in this trade.*

1. Describe the roles, responsibilities features and practices related to the workplace hazardous materials information system (WHMIS) program.
2. Describe the three key elements of WHMIS.
3. Describe handling, storing and transporting procedures when dealing with hazardous material.
4. Describe safe venting procedures when working with hazardous materials.
5. Describe fire hazards, classes, procedures and equipment related to fire protection.

Workplace Health and Safety

A tradesperson is often exposed to more hazards than any other person in the work force and therefore should be familiar with and apply the Occupational Health and Safety Act, Regulations and Code when dealing with personal safety and the special safety rules that apply to all daily tasks.

Workplace Health and Safety (Alberta Employment, Immigration and Industry) conducts periodic inspections of workplaces to ensure that safety regulations for industry are being observed.

Additional information is available at www.worksafely.org

Technical Training

Apprenticeship technical training is delivered by the technical institutes and many colleges in the public post-secondary system throughout Alberta. The colleges and institutes are committed to delivering the technical training component of Alberta apprenticeship programs in a safe, efficient and effective manner. All training providers place great emphasis on safe technical practices that complement safe workplace practices and help to develop a skilled, safe workforce.

The following institutions deliver Cook apprenticeship technical training:

Northern Alberta Institute of Technology (Main Campus)	Lethbridge College
Southern Alberta Institute of Technology (Main Campus)	Red Deer College

Procedures for Recommending Revisions to the Course Outline

Advanced Education and Technology has prepared this course outline in partnership with the Cook Provincial Apprenticeship Committee.

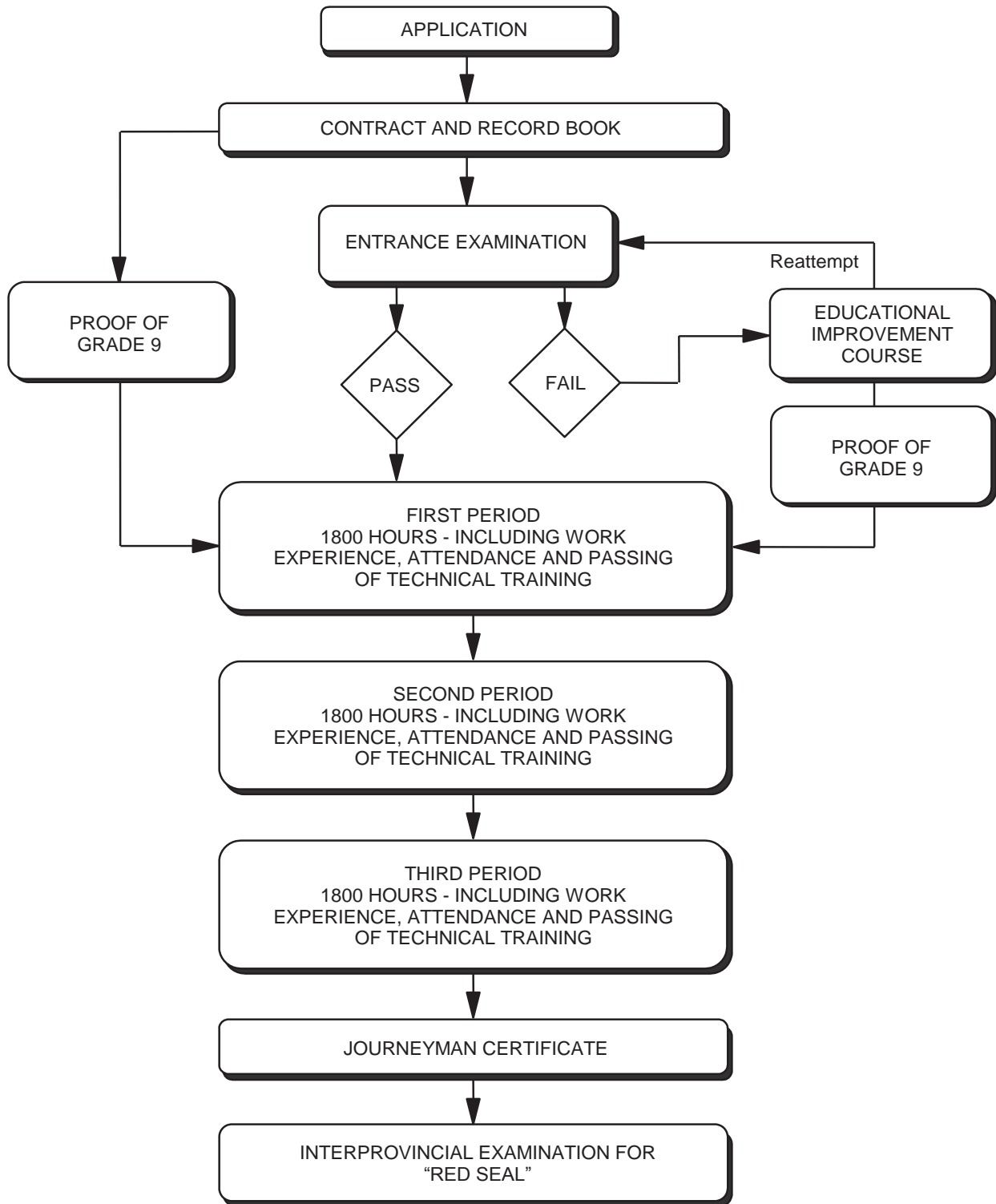
This course outline was approved on June 20, 2005 by the Alberta Apprenticeship and Industry Training Board on a recommendation from the Provincial Apprenticeship Committee. The valuable input provided by representatives of industry and the institutions that provide the technical training is acknowledged.

Any concerned individual or group in the province of Alberta may make recommendations for change by writing to:

Cook Provincial Apprenticeship Committee
c/o Industry Programs and Standards
Apprenticeship and Industry Training
Advanced Education and Technology
10th floor, Commerce Place
10155 102 Street NW
Edmonton AB T5J 4L5

It is requested that recommendations for change refer to specific areas and state references used. Recommendations for change will be placed on the agenda for regular meetings of the Cook Provincial Apprenticeship Committee.

Apprenticeship Route toward Certification



**Cook Training Profile
FIRST PERIOD
(8 Weeks 30 Hours per Week – Total of 240 Hours)**

SECTION ONE

KITCHEN ORIENTATION AND INTRODUCTION
42 HOURS



A
Kitchen Orientation and Introduction
2 Hours

B
Food Safety
12 Hours

C
WHMIS
6 Hours

D
First Aid
12 Hours

E
Tools and Equipment
4 Hours

F
Kitchen Fundamentals
6 Hours

SECTION TWO

TRADE MATHEMATICS AND MANAGEMENT CONTROLS
18 HOURS



A
Basic Kitchen Mathematics
6 Hours

B
Weights and Measures
6 Hours

C
Recipes
6 Hours

SECTION THREE

BUTCHER SHOP (MEAT, BEEF AND PORK; FISH, POULTRY, SEAFOOD AND VARIETY MEATS)
54 HOURS



A
Purchasing, Grading, Handling and Storage
6 Hours

B
Portioning
18 Hours

C
Preparation and Seasoning
6 Hours

D
Cooking, Holding and Serving Techniques
24 Hours

SECTION FOUR

SAUCIER (STOCKS, SOUPS, SAUCES, THICKENING AND BINDING AGENTS)
30 HOURS



A
Stocks
8 Hours

B
Thickening and Binding Agents
4 Hours

C
Soups
6 Hours

D
Sauces
12 Hours

SECTION FIVE

ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE, AND GRAINS)
18 HOURS



A
Purchasing Specifications and Storing Procedures
3 Hours

B
Culinary Terms
3 Hours

C
Fruits and Vegetables
6 Hours

D
Potato, Pasta and Rice
6 Hours

SECTION SIX

PANTRY
12 HOURS



A
Salads and Dressings
8 Hours

B
Sandwiches, Spreads and Fillings
4 Hours

SECTION SEVEN

BREAKFAST, BEVERAGES AND DAIRY PRODUCTS
12 HOURS

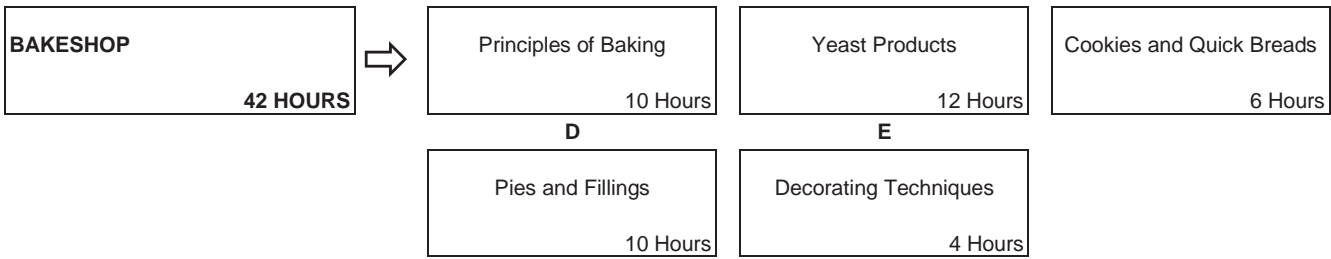


A
Breakfast
6 Hours

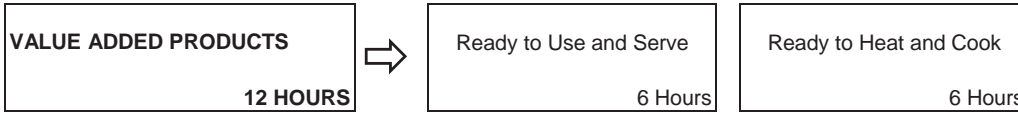
B
Dairy
3 Hours

C
Beverages
3 Hours

SECTION EIGHT



SECTION NINE

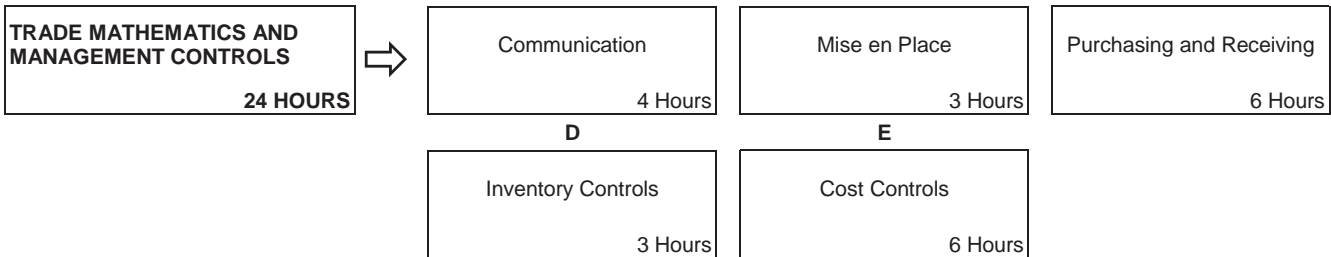


SECOND PERIOD
(8 Weeks 30 Hours per Week – Total of 240 Hours)

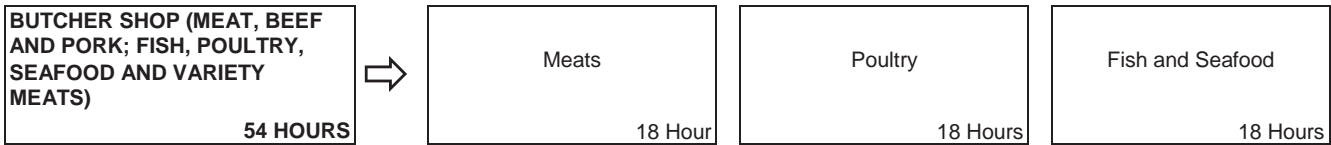
SECTION ONE



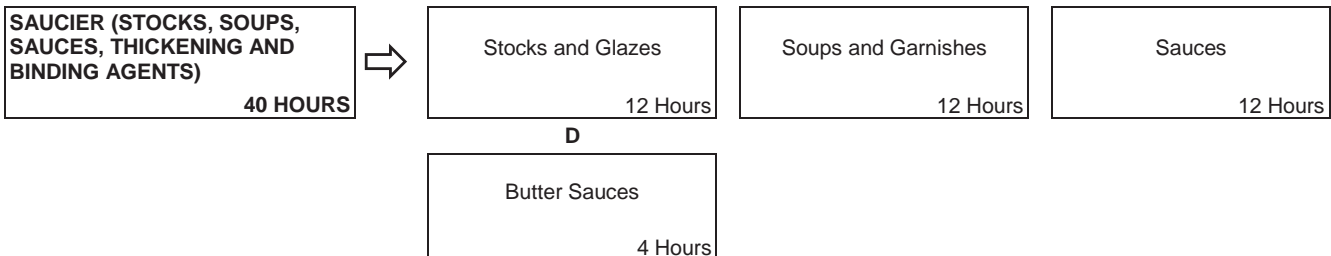
SECTION TWO



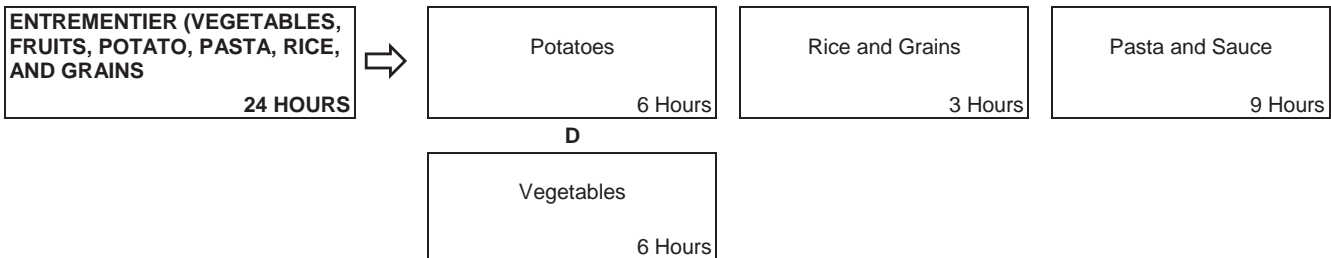
SECTION THREE



SECTION FOUR



SECTION FIVE



SECTION SIX

PANTRY (APPETIZERS/HORS D'OEUVRES)
18 HOURS



A

Appetizers and Hors D'oeuvres
6 Hours

B

Canapés
6 Hours

C

Brines and Marinades
6 Hours

SECTION SEVEN

DAIRY PRODUCTS (CHEESE)
8 HOURS



A

Dairy Products
8 Hours

SECTION EIGHT

BAKESHOP (PASTRIES, BAKED GOODS AND DESSERTS)
50 HOURS



A

Pastries
14 Hours

B

Baked Goods
14 Hours

C

Desserts
10 Hours

D

Decorating Skills
12 Hours

SECTION NINE

NUTRITIONAL COMPONENTS
20 HOURS



A

Science of Nutrition
8 Hours

B

Diets, Lifestyles and Trends
8 Hours

C

Food Labelling
4 Hours

THIRD PERIOD

(8 Weeks 30 Hours per Week – Total of 240 Hours)

SECTION ONE

KITCHEN ORIENTATION AND INTRODUCTION
6 HOURS



A

Policies, Procedures and Regulations
1 Hour

B

Management Skills
5 Hours

SECTION TWO

TRADE MATHEMATICS AND MANAGEMENT CONTROLS
20 HOURS



A

Menu Planning
10 Hours

B

Inventory and Financial Controls
10 Hours

SECTION THREE

BUTCHER SHOP (MEAT, BEEF AND PORK; FISH, POULTRY, SEAFOOD AND VARIETY MEATS)
42 HOURS



A

Meat
12 Hours

B

Poultry
12 Hours

C

Fish and Seafood
12 Hours

D

Game
6 Hours

SECTION FOUR

SAUCIER (STOCKS, SOUPS, SAUCES, THICKENING AND BINDING AGENTS)
24 HOURS



A

Soups
10 Hours

B

Sauces
10 Hours

C

Condiments and Flavour Builders
4 Hours

SECTION FIVE

ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE, AND GRAINS)
12 HOURS

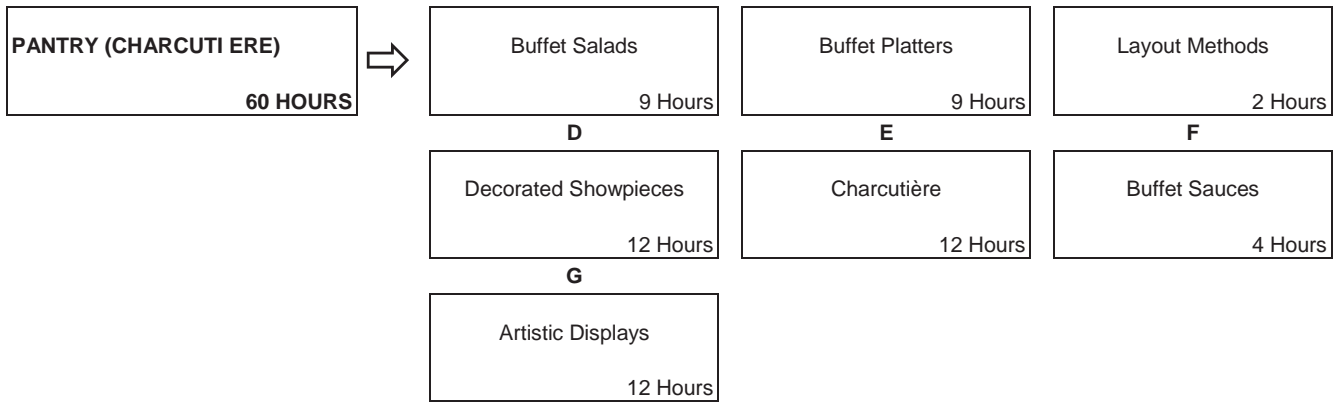
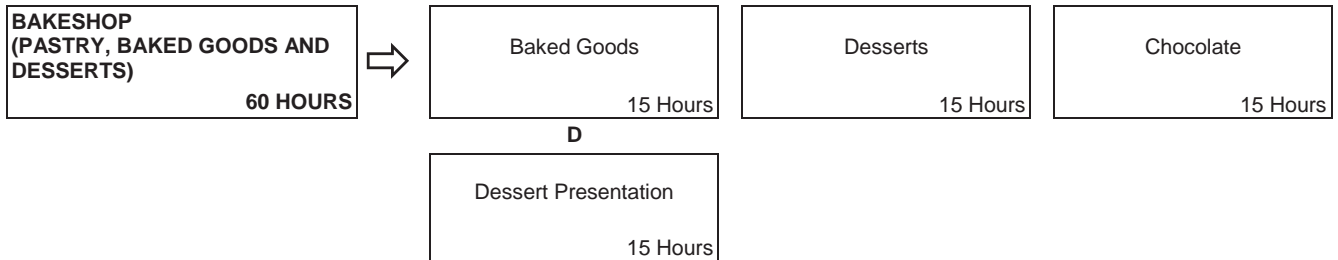
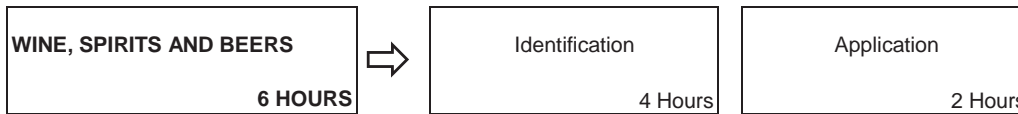


A

Fruits and Vegetables
6 Hours

B

Starches and Grains
6 Hours

SECTION SIX**SECTION SEVEN****SECTION EIGHT****SECTION NINE**

NOTE: The hours stated are for guidance and should be adhered to as closely as possible. However, adjustments must be made for rate of apprentice learning, statutory holidays, registration and examinations for the training establishment and Apprenticeship and Industry Training.

**FIRST PERIOD TECHNICAL TRAINING
COOK TRADE
COURSE OUTLINE**

UPON SUCCESSFUL COMPLETION OF THIS PROGRAM THE APPRENTICE SHOULD BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE:.....KITCHEN ORIENTATION AND INTRODUCTION..... 42 HOURS

A. Kitchen Orientation and Introduction.....2 Hours

Outcome: *Demonstrate professionalism.*

1. State the requirements and identify the responsibilities of the liaison officer.
2. Outline standards for industry professionalism:
 - a) dress code
 - b) harassment
 - c) professional conduct as it relates to the institution
3. Identify study methods and reference tools.
4. Identify and follow emergency procedures and regulations.

B. Food Safety 12 Hours

Outcome: *Successfully complete the Provincial Food Safety Course.*

1. Complete Provincial Food Safety Program.
2. Introduction to HACCP as it relates to food service.

C. WHMIS 6 Hours

Outcome: *Successfully complete WHMIS training.*

1. Complete Workplace Hazardous Material Information System Training (WHMIS).

D. First Aid 12 Hours

Outcome: *Successfully complete the First Aid course.*

1. Complete basic First Aid course.

E. Tools and Equipment 4 Hours

Outcome: *Identify and use tools and equipment.*

1. Identify and demonstrate the correct use and maintenance of the following tools and equipment:
 - a) hand tools and knives
 - b) processing equipment
 - c) cooking equipment
 - d) re-thermalizing and holding equipment
 - e) dishwashing equipment
 - f) beverage dispensing equipment
 - g) exhaust fans, hoods and ventilation systems
 - h) coolers and freezers

F. Kitchen Fundamentals 6 Hours

Outcome: ***Function in a professional kitchen.***

1. Describe the history of professional cooking:
 - a) classical brigade
 - b) guild system
 - c) forefathers of modern cooking
2. Explain kitchen terminology.
3. Describe the structure and function in traditional and modern kitchen workstations.
4. Demonstrate an ability to function in a safe work environment.

SECTION TWO:..... TRADE MATHEMATICS AND MANAGEMENT CONTROLS..... 18 HOURS

A. Basic Kitchen Mathematics 6 Hours

Outcome: ***Demonstrate the use of basic mathematics.***

1. Demonstrate and explain basic kitchen mathematics for controls:
 - a) establish item cost
 - b) determine yields
 - c) cost menu
 - d) establish selling price

B. Weights and Measures..... 6 Hours

Outcome: ***Demonstrate the use of metric and U.S. standard systems.***

1. Demonstrate and explain the metric system and be familiar with the metric system.
2. Demonstrate an ability to use the U.S. standard measurement.

C. Recipes 6 Hours

Outcome: ***Demonstrate the use of recipe conversions and yields.***

1. Demonstrate and explain recipe conversion and yields.

**SECTION THREE BUTCHER SHOP 54 HOURS
 .. (MEAT, BEEF AND PORK FISH, POULTRY, SEAFOOD AND VARIETY MEATS)**

A. Demonstrate Purchasing, Grading Handling and Storage..... 6 Hours

Outcome: ***Demonstrate purchasing, grading handling and storage.***

1. Identify grading, quality factors and purchasing standards for the following:
 - a) meat
 - b) fish
 - c) poultry
 - d) seafood
 - e) variety meats

2. Identify and demonstrate safe handling and storage procedures for:
 - a) meat
 - b) poultry
 - c) fish
 - d) seafood
 - e) variety meats

B. Portioning.....18 Hours

Outcome: Identify and prepare primal and fabricated cuts.

1. Describe market forms and prepare fabricated cuts for the following:
 - a) meat
 - b) poultry
 - c) fish
 - d) seafood
 - e) variety meats

C. Preparation and Seasoning6 Hours

Outcome: Select and use seasonings, flavours and marinades.

1. Describe and identify the effects of heat and cold on seasoning, flavouring and marinades.
2. Select and use seasoning, flavourings and marinades.
3. Identify taste:
 - a) sweet
 - b) sour
 - c) bitter
 - d) salt

D. Cooking, Holding and Serving Techniques24 Hours

Outcome: Demonstrate appropriate cooking methods, holding and serving techniques.

1. Identify, prepare, cook and present using the following methods:
 - a) dry heat
 - i) roasting/baking
 - ii) grilling, char-broiling/barbecue
 - iii) broiling/gratinee
 - iv) deep frying
 - v) pan fry, sauté, pan broil
 - vi) spit cooking/roisserie
 - b) moist heat
 - i) poaching, simmering and boiling
 - ii) steaming
 - iii) blanching
 - iv) stewing
 - c) combination (dry and moist)
 - i) braising
 - ii) pot roasting

- d) holding and serving techniques
 - i) holding and resting
 - ii) testing and doneness
 - iii) carving and slicing
 - iv) presentation
- 2. Explain and demonstrate appropriate holding and serving techniques for the following:
 - a) meat
 - b) poultry
 - c) fish
 - d) seafood
 - e) variety meats

SECTION FOUR: SAUCIER (STOCKS, SOUPS, SAUCES, THICKENING AND BINDING AGENTS)... 30 HOURS

A. Stocks 8 Hours

Outcome: *Prepare and store basic stocks.*

1. Explain and prepare basic stocks:
 - a) white stock
 - b) brown stock
 - c) fish stock
 - d) vegetable stock
2. Identify cooling, venting, handling and storage of stocks, soups and sauces.
3. Identify and prepare flavour builders for soups, stocks and sauces:
 - a) mirepoix, matignon, bordelaise
 - b) bouquet garni
 - c) sachet bag
 - d) studded onion (onion clouté)
 - e) onion brûlée

B. Thickening and Binding Agents..... 4 Hours

Outcome: *Identify and prepare binding agents.*

1. Identify and prepare thickening agents:
 - a) roux
 - b) beurre manie
 - c) slurry
 - d) whitewash
 - e) liaison
 - f) ready to use/instant
2. Identify and prepare binding agents:
 - a) bread
 - b) eggs

C. Soups.....6 Hours**Outcome: Prepare and present a variety of basic soups.**

1. Explain, prepare and present a variety of soups including finishing and garnishing techniques:
 - a) broth
 - b) thick
 - c) thin/clear
 - d) specialty

D. Sauces12 Hours**Outcome: Prepare and present basic sauces and gravies.**

1. Identify and prepare basic sauces and derivatives:
 - a) velouté (mushroom sauce)
 - b) béchamel (cheese sauce)
 - c) tomato (Spanish)
 - d) Espagnole
 - i) demi-glace
 - e) hollandaise (béarnaise)
2. Identify and prepare gravy, jus and jus lié.

SECTION FIVE:ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE AND GRAINS)18 HOURS**A. Purchasing Specifications and Storing Procedures.....3 Hours****Outcome: Demonstrate proper purchasing specifications and storing procedures.**

1. Identify purchasing specifications and quality characteristics for the following:
 - a) vegetables
 - b) fruit
 - c) potato
 - d) pasta
 - e) rice
2. Identify proper rotation and storage procedures for all market forms of vegetables, fruits, potato pasta and rice.

B. Culinary Terms.....3 Hours**Outcome: Practice the use of culinary terms.**

1. Recognize culinary terms and demonstrate traditional vegetable cuts:
 - a) brunoise
 - b) julienne
 - c) bâtonnets
 - d) paysanne
 - e) chateau
 - f) concasse
 - g) chiffonade

C. Fruits and Vegetables 6 Hours**Outcome: Prepare and cook fruits and vegetables.**

1. Identify, prepare and cook fruits and vegetables:
 - a) moist heat
 - b) dry heat
 - c) combination
2. Describe preservation technique to preserve colour texture, flavour and nutritional value of fruit and cooked vegetables:
 - a) white (flavones)
 - b) green (chlorophyll)
 - c) yellow (arytenoids)
 - d) red, purple, blue (anthocyanins)

D. Potato, Pasta and Rice 6 Hours**Outcome: Prepare and cook potato, pasta and rice.**

1. Identify and cook a variety of potato, pasta and rice products:
 - a) potato (mealy and waxy)
 - b) pasta (fresh and dry)
 - c) rice (long grain and short grain)

SECTION SIX:..... PANTRY (SALADS AND SANDWICHES) 12 HOURS**A. Salads and Dressings 8 Hours****Outcome: Prepare and present salads and dressings.**

1. Identify the basic structure of salads:
 - a) base
 - b) body
 - c) garnish
 - d) dressing
2. Identify salad classifications:
 - a) appetizer
 - b) main course
 - c) accompaniment
 - d) separate course (palate cleanser)
 - e) dessert
 - f) salad bar
 - g) gelatin based salads
3. Identify guidelines for salad making and presentation:
 - a) selecting ingredients
 - b) cleaning/ trimming
 - c) cutting/drying
 - d) storage/temperature
 - e) assembly
 - f) presentation

4. Prepare dressings:
 - a) permanent, emulsified (mayonnaise, tartar sauce)
 - b) temporary emulsification (vinaigrette)
 - c) cooked dressings
 - d) dairy based dressings
5. Describe and prepare a variety of hot and cold salads:
 - a) gelatin
 - b) bound
 - c) green
 - d) fruit
 - e) cooked
 - f) pasta
 - g) vegetable

B. Sandwiches, Spreads and Fillings..... 4 Hours

Outcome: Identify and prepare sandwiches, spreads and fillings.

1. Describe and prepare a variety of sandwiches:
 - a) select bread (baked products)
 - b) prepare fillings, spreads and garnishes
 - c) assembly and cutting procedures
 - d) apply various cooking techniques
 - e) presentation (plated, sandwich bar, buffet)
 - f) wrapping and storage

SECTION SEVEN:BREAKFAST, BEVERAGES AND DAIRY PRODUCTS..... 12 HOURS

A. Breakfast 6 Hours

Outcome: Identify and prepare a variety of traditional breakfast dishes.

1. Identify and prepare a variety of egg dishes (a la carte, buffet):
 - a) poached
 - b) French omelette
 - c) fried
 - d) scrambled
2. Identify and prepare a variety of breakfast meats:
 - a) ham
 - b) bacon
 - c) sausage
3. Identify and prepare breakfast cereal, breads and pastries:
 - a) hot & cold
 - b) waffles
 - c) pancakes and crepes
 - d) French toast

4. Identify breakfast accompaniments:
 - a) syrups
 - b) preserves
 - c) flavoured butters and garnishes

B. Dairy 3 Hours

Outcome: Identify dairy products.

1. Identify fermented and unfermented dairy products:
 - a) milk
 - b) cream
 - c) butter
 - d) buttermilk
 - e) yogurt
 - f) sour cream

C. Beverages..... 3 Hours

Outcome: Prepare and serve coffee, tea and juices.

1. Identify and prepare breakfast beverage, hot and cold:
 - a) coffee
 - i) brewing times
 - ii) temperatures
 - b) tea
 - c) assorted juices

SECTION EIGHT: BAKESHOP 42 HOURS

A. Principles of Baking 10 Hours

Outcome: Identify ingredients and apply baking principles.

1. Identify ingredients used in a bakeshop:
 - a) flours
 - b) sugars and sweeteners
 - c) starches
 - d) fat, shortenings and oils
 - e) dairy products
 - f) eggs
 - g) flavourings
 - h) leavening agents
2. Identify and apply baking formulas:
 - a) recipe conversions
 - b) scaling and measuring
 - c) mixing methods

B. Yeast Products..... 12 Hours**Outcome: Identify, prepare and bake a variety of yeast products.**

1. Prepare and bake a variety of yeast products:
 - a) loaves (pan formed/hand formed)
 - b) buns (crusty, soft crust)
 - c) frozen doughs (pizza dough)

C. Cookies and Quick Breads 6 Hours**Outcome: Prepare and bake cookies and quick breads.**

1. Prepare a variety of quick breads:
 - a) muffin method
 - b) biscuit method
2. Prepare a variety of cookies:
 - a) dropped
 - b) rolled
 - c) piped
 - d) refrigerated (ice-boxed)
 - e) wafer
 - f) bars/squares

D. Pies and Fillings 10 Hours**Outcome: Prepare a variety of pies and fillings.**

1. Prepare a variety of pies:
 - a) basic pie dough (flaky/mealy)
 - b) crust (single, double and crumb)
 - c) fillings (chiffon, cream, custard, fruit)

E. Decorating Techniques..... 4 Hours**Outcome: Demonstrate decorating techniques.**

1. Demonstrate basic decorating techniques:
 - a) piping (borders)

SECTION NINE:.....VALUE ADDED PRODUCTS..... 12 HOURS

NOTE: Due to market demands and constant changing trends in the food service industry new value added products are continually being developed.

A. Ready to Use and Serve..... 6 Hours**Outcome: Evaluate value added products.**

1. Explain and evaluate the value and quality of labour saving products in the following forms:
 - a) ready to use (pie fillings, produce)
 - b) ready to serve (pastries, salad dressings)

B. Ready to Heat and Cook 6 Hours

Outcome: *Evaluate ready to heat and cook products.*

1. Explain and evaluate the value and quality of labour saving products in the following forms:
 - a) ready to heat (soups, sauces)
 - b) ready to cook (par-baked products, portion meats–fish poultry)

**SECOND PERIOD TECHNICAL TRAINING
COOK TRADE
COURSE OUTLINE**

UPON SUCCESSFUL COMPLETION OF THIS PROGRAM THE APPRENTICE SHOULD BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE:.....KITCHEN ORIENTATION AND INTRODUCTION..... 2 HOURS

A. Program Orientation.....2 Hours

Outcome: *Introduction to policy and procedures of the institution.*

1. State the requirements and identify the responsibilities of the liaison officer.
2. Review standards for industry professionalism:
 - a) dress code
 - b) harassment
 - c) professional conduct as it relates to the institution
3. Identify study methods and reference tools.
4. Identify and follow emergency procedures and regulations.

SECTION TWO:..... TRADE MATHEMATICS AND MANAGEMENT CONTROLS..... 24 HOURS

A. Communication..... 4 Hours

Outcome: *Demonstrate effective communication skills.*

1. Demonstrate effective verbal communications e.g. telephone etiquette.
2. Demonstrate an awareness of team concept.

B. Mise en Place 4 Hours

Outcome: *Prepare and submit a daily action plan.*

1. Submit and monitor a work plan prep list as per daily menu.

C. Purchasing and Receiving..... 6 Hours

Outcome: *Demonstrate purchasing and receiving skills.*

1. Identify purchasing specifications and terminologies pertaining to:
 - a) food grading systems
 - b) packaging/unit sizing
 - c) seasonal availability
 - d) specialty products branding
 - e) labeling
2. Identify receiving procedures:
 - a) verify invoice
 - b) quality check
 - c) accept or reject/return delivery
 - d) proper storage techniques and procedures

D. Inventory Control..... 4 Hours

Outcome: Monitor inventory.

1. Monitor par stock levels:
 - a) identify re-order levels
 - b) request stock replacement
 - c) rotate stock First In, First Out (FIFO)

E. Cost Controls 6 Hours

Outcome: Calculate costs.

1. Calculate operational cost:
 - a) food
 - b) labour

SECTION THREE: BUTCHER SHOP (POULTRY, FISH, SEAFOOD AND VARIETY MEATS) 54 HOURS

A. Meats..... 18 Hours

Outcome: Prepare cook and present beef, pork and lamb.

1. Prepare and cook the following fabricated cuts of beef, pork and lamb using:
 - a) roast beef/ Yorkshire pudding/popovers/leg of lamb/ pork loin
 - b) steaks/ chops (sirloin, pork chops)
 - c) cubed/ stew (brown/white)
 - d) ribs
 - e) stir-fry (induction cooking)
 - f) ground
2. Identify, prepare and cook variety meats:
 - a) liver
 - b) sweetbreads
 - c) tongue
3. Determine doneness:
 - a) temperature
 - b) appearance
 - c) texture
 - d) firmness
 - e) taste
 - f) colour of juices
 - g) carry-over cooking

B. Poultry 18 Hours

Outcome: Prepare cook and present a variety of poultry.

1. Identify, prepare and cook poultry:
 - a) chicken
 - b) Cornish game hen
 - c) turkey
 - d) duck
2. Identify, prepare and cook a variety of poultry.
3. Determine doneness:
 - a) temperature
 - b) appearance
 - c) texture
 - d) firmness
 - e) taste
 - f) colour of juices
 - g) carry-over cooking

C. Fish and Seafood 18 Hours

Outcome: Prepare cook and serve a variety of fish and seafood.

1. Identify, prepare and cook the following fish and seafood:
 - a) round fish i.e. salmon and trout
 - b) flatfish i.e. halibut and sole (flounder)
 - c) crustaceans i.e. shrimp and crab
 - d) mollusks i.e. mussels, oysters and scallops
 - e) cephalopods i.e. squid
2. Identify, prepare and cook fish and seafood.
3. Determine doneness:
 - a) temperature
 - b) appearance
 - c) texture
 - d) firmness
 - e) taste
 - f) colour of juices
 - g) carry-over cooking

SECTION FOUR:SAUCIER (STOCKS, SOUPS, SAUCES THICKENING AND BINDING AGENTS)... 40 HOURS

A. Stocks and Glazes 12 Hours

Outcome: *Prepare and store stocks and glazes.*

1. Prepare the following white and/or brown stocks:
 - a) beef
 - b) veal
 - c) fish
 - d) chicken
 - e) vegetable
 - f) court bouillon
 - g) remouillage
 - h) pork/ham
 - i) lamb

2. Prepare glazes:
 - a) meat glaze/glace de viande
 - b) chicken glaze/glace de volaille
 - c) fish glaze/glace de poisson

B. Soups and Garnishes..... 12 Hours

Outcome: *Prepare cook and present a variety of soups.*

1. Prepare the following soups and garnishes:
 - a) chowders
 - b) bisque
 - c) consommé
 - i) brunoise
 - ii) Célestine
 - iii) royale
 - iv) julienne
 - d) ethnic and specialty soups
 - i) borscht
 - ii) mulligatawny
 - iii) minestrone
 - iv) won-ton
 - v) potage habitant
 - vi) baked French onion

C. Sauces 12 Hours

Outcome: *Prepare, cook and present a variety of sauces.*

1. Prepare and cook the following:
 - a) Mornay
 - b) Chasseur
 - c) Creole
 - d) Provençale
 - e) au poivre
 - f) curry sauce/paste
 - g) sauce vin blanc
 - h) bordelaise
 - i) choron
 - j) apple sauce
 - k) sauce gastric
 - l) barbecue sauce

D. Butter Sauces..... 4 Hours

Outcome: *Prepare and/or cook butter sauces.*

1. Prepare and/or cook:
 - a) brown butter (beurre noisette)
 - b) lemon butter
 - c) meunière butter (meunier)
 - d) maitre d' hotel
 - e) garlic butter

SECTION FIVE:ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE AND GRAINS) 24 HOURS

A. Potatoes..... 6 Hours

Outcome: *Prepare, cook and present potato dishes.*

1. Prepare and cook the following potato dishes:
 - a) château potato
 - b) duchesse potato
 - c) lyonnaise potato
 - d) boulangère
 - e) stuffed baked potato
 - f) gratinée

B. Rice and Grains 3 Hours

Outcome: *Prepare, cook and present rice and grain products.*

1. Prepare and cook the following rice dishes:
 - a) pilaf
 - b) risotto
 - c) scented
 - d) wild rice

C. Pasta and Sauce9 Hours

Outcome: *Prepare, cook and present a variety of pastas and accompanying sauces.*

1. Prepare and cook the following pasta dishes:
 - a) fresh pasta
 - i) ravioli
 - ii) fettuccini
 - b) shaped
 - i) baked–lasagne
 - ii) stuffed–cannelloni
 - c) dry pasta
 - i) shapes
 - ii) uses for shapes
 - d) sauces and condiments
 - i) alfredo
 - ii) pesto
 - iii) primavera

D. Vegetables6 Hours

Outcome: *Prepare, cook and present vegetables using a variety of cooking methods.*

1. Prepare and cook the following:
 - a) ratatouille
 - b) braised red cabbage
 - c) egg plant parmesan
 - d) squash
 - e) beans amandine
 - f) stuffed vegetables
 - g) bouquetière of vegetable
 - h) stir fry vegetables
 - i) deep fried vegetables
 - j) battered
 - k) breaded
 - l) fritters

SECTION SIX:..... PANTRY (APPETIZERS/HORS D’OEUVRES) 18 HOURS

A. Appetizers and Hors D’oeuvres6 Hours

Outcome: *Prepare and serve a variety of hot and cold hors d’oeuvres.*

1. Prepare and serve hot and cold appetizers:
 - a) plated: e.g. carpaccio, escargot, etc.
 - b) reception: e.g. brochette, spanokapita, etc.
 - c) cocktails/cocktail sauce
 - d) crudités
 - e) antipasto
2. Prepare and present hors d’oeuvres:
 - a) hot (angels on horseback, quiche)
 - b) cold (prociutto con melone)

B. Canapés..... 6 Hours

Outcome: Prepare and present a variety of canapés.

1. Describe and prepare the components of canapés:
 - a) base
 - i) croutons
 - ii) boucheés
 - iii) specialty breads
 - iv) tartlettes
 - v) profiteroles
 - b) spreads
 - c) body and fillings
 - d) garnish, glazes and aspics
2. Assemble, glaze and present canapés:
 - a) meat/poultry
 - b) fish/seafood
 - c) dairy/eggs and cheese
 - d) fruit
 - e) vegetables

C. Brines and Marinades 6 Hours

Outcome: Prepare and use a variety of brines and marinades.

1. Prepare brines/marinades:
 - a) pickling
 - b) curing
 - c) marinade

SECTION SEVEN: DAIRY PRODUCTS (CHEESE) 8 HOURS

A. Dairy Products 8 Hours

Outcome: Identify cheese by classification.

1. Describe cheeses by their classifications and properties.
2. Describe the process of cheese making.
3. Identify the different types of cheese and their origins.
4. Identify proper handling and storage techniques for cheese.
5. Demonstrate various presentation techniques.

SECTION EIGHT: BAKESHOP (PASTRIES, BAKED GOODS AND DESSERTS) 50 HOURS

A. Pastries..... 14 Hours

Outcome: Demonstrate an ability to prepare and present pastries.

1. Prepare and bake puff pastry:
 - a) strudel
 - b) vol-au-vent
 - c) napoleon slice

2. Prepare and bake choux paste:
 - a) éclairs
 - b) cream puffs

B. Baked Goods..... 14 Hours

Outcome: Demonstrate an ability to prepare and present baked goods.

1. Prepare and bake cakes:
 - a) low fat
 - i) sponge method (genoise)
 - ii) angel food method
 - iii) chiffon method
 - b) high fat
 - i) creaming method (white cake)
 - ii) two stage method (high ratio) e.g. chocolate, emulsified, white
2. Discuss/explain altitude formulas.

C. Desserts..... 10 Hours

Outcome: Demonstrate an ability to prepare and present desserts.

1. Prepare custard cream desserts:
 - a) baked (crème caramel)
 - b) stirred (pastry cream)
2. Prepare icings and fillings:
 - a) fondant
 - b) Bavarian cream
 - c) butter cream
 - i) simple
 - ii) French
 - iii) Italian
 - d) whipped cream (cream chantilly)
 - e) ganache
 - f) meringue

D. Decorating Skills..... 12 Hours

Outcome: Demonstrate decorating skills.

1. Demonstrate piping skills:
 - a) rosette
 - b) borders
 - c) writing
2. Demonstrate assembly and decorating skills:
 - a) Black Forest
 - b) Sacher tortes
 - c) themed cake (birthday cake/anniversary cakes)
 - d) seasonal (bouche de Noël)

SECTION NINE:.....NUTRITIONAL COMPONENTS..... 20 HOURS

A. Science of Nutrition..... 8 Hours

Outcome: *Describe the nutritional components of food and their value.*

1. Recognize the nutritional components of food:
 - a) fat
 - b) protein
 - c) carbohydrates
 - d) minerals
 - e) water
 - f) fiber

B. Diets, Lifestyles and Trends..... 8 Hours

Outcome: *Recognize dietary needs, lifestyles and trends.*

1. Recognize dietary lifestyles and trends:
 - a) vegetarian
 - i) vegan
 - ii) lacto ovo
 - iii) ovo
 - iv) modified
 - b) ethnic/religious
 - c) food production
 - i) natural/organic
 - ii) modified
2. Recognize dietary concerns:
 - a) allergies/intolerances
 - i) nuts
 - ii) shellfish
 - iii) celiac sprue
 - iv) lactose
 - v) MSG
 - vi) food colouring, etc.
 - b) dietary restrictions
 - i) sodium
 - ii) cholesterol
 - iii) diabetic
 - iv) digestive concerns
3. Modify recipes for dietary concerns.

C. Food Labeling 4 Hours

Outcome: *Discuss food labeling.*

1. Recognize and interpret food labelling terminology.
2. Identify and describe additives and preservatives in processed foods.

**THIRD PERIOD TECHNICAL TRAINING
COOK TRADE
COURSE OUTLINE**

UPON SUCCESSFUL COMPLETION OF THIS PROGRAM THE APPRENTICE SHOULD BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE:.....KITCHEN ORIENTATION AND INTRODUCTION..... 6 HOURS

A. Policies, Procedures and Regulations 1 Hour

Outcome: *Demonstrate familiarity with the policies and procedures of the institution.*

1. State the requirements and identify the responsibilities of the liaison officer.
2. Review standards for industry professionalism:
 - a) dress code
 - b) harassment
 - c) professional conduct as it relates to the institution
3. Identify study methods and reference tools.
4. Identify and follow emergency procedures and regulations.
5. Awareness of government regulations:
 - a) Alberta Employment Standards Act
 - b) Provincial Human Rights Legislation
 - c) Workers Compensation Board

B. Management Skills5 Hours

Outcome: *Demonstrate management strategies.*

1. Demonstrate the ability to implement and manage a detailed work plan including:
 - a) time management
 - b) organizational skills
 - c) adherence to quality standards
2. Explain the importance of management skills relevant to:
 - a) customer service
 - b) staff relations
 - c) team concept

SECTION TWO:..... TRADE MATHEMATICS AND MANAGEMENT CONTROLS..... 24 HOURS

A. Menu Planning 12 Hours

Outcome: *Develop menus.*

1. Identify menu types:
 - a) static
 - b) cycle
 - c) market
 - d) hybrid
 - e) à la carte
 - f) table d'hôte

2. Explain the importance of the following elements in menu planning:
 - a) maximize product use
 - b) truth in menu
 - c) variety and balance
 - d) seasonal availability
3. Develop and present a written menu including cost and selling price:
 - a) create a five course table d'hôte/upscale menu for two guests including
 - i) standardized recipes
 - ii) recipe costing sheets
 - iii) maintain food costs of 32% or below

B. Inventory and Financial Controls..... 12 Hours

Outcome: Demonstrate an ability to apply cost controls.

1. Demonstrate an ability to record and extend inventory:
 - a) count physical inventory
 - b) update current market prices
 - c) extend cost of inventory
2. Interpret a financial statement including:
 - a) food cost
 - b) labour costs
 - c) operating expenses
 - d) profit, loss or break even

SECTION THREE: BUTCHER SHOP (MEAT, FISH, POULTRY, SEAFOOD AND MARINADES) 42 HOURS

A. Meat 12 Hours

Outcome: Prepare, cook and present meats.

1. Participate in the demonstration and/or preparation of the following:
 - a) hip of veal
 - b) lamb
 - i) leg (stuff, roll and tie)
 - ii) roast
 - iii) rack/French
 - iv) chops
 - v) cubed
 - vi) ground

2. Participate in the demonstration and/or preparation, cooking and presentation of the following for plated service:
 - a) beef tenderloin
 - i) chateaubriand
 - ii) filet mignon
 - iii) tournedos
 - iv) medallions
 - v) mignonettes
 - b) veal
 - i) chop
 - ii) cutlets
 - iii) shank
 - iv) roast
 - v) émincée
 - vi) stew
 - c) lamb
 - i) rack
 - ii) chop
 - iii) kabob
 - iv) navarin
 - v) roast
 - d) pork tenderloin
 - i) en croûte
 - ii) stuffed
 - iii) farce
 - iv) medallions
3. Prepare and present meats using appropriate seasonings and marinades.

B. Poultry 12 Hours

Outcome: Prepare, cook and present poultry.

1. Participate in the demonstration and/or preparation of the following poultry techniques:
 - a) trussing
 - b) barding
 - c) larding
 - d) boning
 - e) stuffing
2. Participate in the demonstration, preparation, cooking and presentation of the following poultry for plated service:
 - a) braised
 - b) duck confit
 - c) stuffed
3. Prepare and present poultry using appropriate seasonings and marinades.

C. Fish and Seafood..... 12 Hours**Outcome: Prepare, cook and present fish and seafood.**

1. Participate in the demonstration and/or preparation of:
 - a) fillet dover sole
 - b) fillet trout
2. Participate in the demonstration, preparation, cooking and presentation of the following fish and seafood for plated service:
 - a) fish and seafood
 - i) lobster
 - ii) Newburg
 - iii) Thermidor
 - iv) oysters
 - v) glace
 - vi) Rockefeller
 - vii) mussels (steamed)
 - viii) shrimp (Provençale)
 - ix) sole
 - x) trout
3. Prepare and present fish and seafood using appropriate seasonings and marinades.

D. Game..... 6 Hours**Outcome: Prepare, cook and present game.**

1. Participate in the demonstration, preparation, cooking and presentation of the following for plated service:
 - a) venison
 - b) rabbit
 - c) quail
 - d) bison
 - e) ostrich (emu)
 - f) pheasant
2. Prepare and present game meats using appropriate seasonings and marinades.

SECTION FOUR:SAUCIER (STOCKS, SOUPS, SAUCES, CONDIMENTS AND FLAVOUR BUILDERS)24 HOURS**A. Soups..... 10 Hours****Outcome: Prepare, cook and serve soups.**

1. Prepare and present the following specialty soups, garnishes and enrichments:
 - a) bouillabaisse (rouille)
 - b) scotch broth
 - c) goulash soup (sour cream)
 - d) fish consommé (quenelles)
 - e) cold fruit soups (mint and melon)
 - f) cold savory soups (vichyssoise, gazpacho)
 - g) gumbo (gumbo file/ brown roux)
 - h) hot and sour
 - i) avgolemono/liaison

B. Sauces 10 Hours**Outcome: Prepare, cook and utilize sauces.**

1. Prepare the following sauces:
 - a) foyot, marchand de vin and aurora
 - b) tarragon, vinegar, chive oil
 - c) beurre blanc, beurre rouge
 - d) pesto, Thai green curry sauce
 - e) mango chutney, roasted corn salsa
 - f) charcutier
 - g) portugaise
 - h) white bercy
 - i) périgueux

C. Condiments and Flavour Builders 4 Hours**Outcome: Use condiments and flavour builders.**

1. Define and explain the following condiments and flavour builders:
 - a) reductions (natural essence)
 - b) infused oils and vinegars
 - c) beurre blanc/ rouge
 - d) pastes
 - e) chutneys, salsas and relishes and compotes

SECTION FIVE:ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE AND GRAINS 12 HOURS**A. Fruits and Vegetables 6 Hours****Outcome: Prepare, cook and serve vegetables and fruits.**

1. Prepare the following vegetable dishes:
 - a) braised fennel bulb
 - b) stuffed artichokes/zucchini
 - c) grilled vegetables (zucchini, peppers, leeks and radicchio)
 - d) root vegetable poelle
 - e) roasted vegetables
 - f) steamed asparagus/maltese
 - g) wilted greens
 - h) fiddleheads
2. Identify and prepare mushrooms:
 - a) market forms/ cultivated and wild
 - b) fresh, canned, frozen and dried
 - c) grilled Portobello/en vinaigrette
 - d) wild mushroom ragout
 - e) duxelles
3. Prepare and cook the following legumes:
 - a) white bean cassoulet
 - b) chick/hummus
 - c) lentils/Dahl

B. Starches and Grains.....6 Hours

Outcome: Prepare, cook and serve starches and grains.

1. Prepare and cook the following starches and grains:
 - a) Parisienne potatoes/ purple potato
 - b) dauphine/lorette potatoes
 - c) bulgur/kasha
 - d) risotto/orzo
 - e) polenta
 - f) couscous
 - g) griddled cake (wild rice, corn and potatoes)
 - h) wild, brown and pearl rice
 - i) dumplings
 - i) flour based
 - ii) potato based
 - iii) bread based

SECTION SIX:..... PANTRY (CHARCUTIÈRE) 60 HOURS

A. Buffet Salads.....9 Hours

Outcome: Prepare and present the following buffet items.

1. Prepare and present a variety of salads and garnishes:
 - a) vegetable salads
 - b) pasta salads
 - c) fruit salads
 - d) accompaniments (croutons, garnishes)
 - e) dressings (vinaigrette, emulsified)

B. Buffet Platters9 Hours

Outcome: Prepare and present a variety of buffet platters.

1. Prepare and present the following buffet items:
 - a) meat platters
 - b) fish/seafood
 - c) crudités
 - d) cheese
 - e) fruit
 - i) aspic/gelatine preparation
 - ii) chaud/froid
 - iii) presentation techniques

C. Layout Methods2 Hours

Outcome: Demonstrate an ability to design buffet platters.

1. Demonstrate an ability to design and layout platters using the following methods:
 - a) eye appeal / balance and flow
 - b) plate platter, mirror selection
 - c) colour design
 - d) garnishing

D. Decorated Showpieces 12 Hours

Outcome: *Prepare and present a variety of decorative showpieces.*

1. Prepare and present decorative showpieces:
 - a) terrines
 - b) galantines
 - c) mousses
 - d) pâte en croûte / pâte
 - e) use panadas
 - i) bread
 - ii) rice
 - iii) flour
 - f) decorated salmon
 - g) glazing
 - i) aspic/gelatine preparation
 - ii) chaud/froid
 - iii) presentation techniques

E. Charcutière..... 12 Hours

Outcome: *Prepare and present a variety of charcutière items.*

1. Prepare and present the following marinated items (brine, cured and smoked):
 - a) gravlox / cerviche / carpacio
 - b) smoked and cured meats

F. Buffet sauces 4 Hours

Outcome: *Prepare and present a variety of buffet items.*

1. Prepare and present appropriate sauces for buffet items:
 - a) cumberland sauce
 - b) pepper coulis
 - c) aioli
 - d) remoulade

G. Artistic Displays..... 12 Hours

Outcome: *Demonstrate an ability to prepare artistic displays.*

1. Design artistic displays:
 - a) ice sculpture
 - b) fat sculpture
 - c) bread display
 - d) fruit and vegetable carvings

SECTION SEVEN: BAKESHOP (PASTRY BAKED GOODS AND DESSERTS) 60 HOURS

A. Baked Goods..... 15 Hours

Outcome: Prepare a variety of baked products.

1. Prepare and bake:
 - a) tartlettes (lemon meringue, baked pecan)
 - b) individual pastries (jelly roll/swiss roll)
 - c) tulie and brandy snaps
 - d) baked soufflé
 - e) cheesecake baked
 - f) fruit flans (fresh and canned fruit)

B. Desserts..... 15 Hours

Outcome: Prepare a variety of desserts and sauces.

1. Prepare desserts:
 - a) mousse-chocolate, strawberry (with gelatin)
 - b) crepes – suzette
 - c) crème brûlée
2. Identify and prepare frozen desserts:
 - a) ice cream
 - b) sorbe/granite soufflé glace
 - d) baked Alaska
 - e) ice cream bombe
3. Prepare the following dessert sauces:
 - a) coulis
 - b) crème Anglaise
 - c) butter scotch
 - d) Caramel

C. Chocolate 15 Hours

Outcome: Identify, prepare and present a variety of chocolates.

1. Prepare chocolate products:
 - a) differentiate between couverture and compound coating
 - i) dark chocolate
 - ii) milk
 - iii) white chocolate
 - b) temper couverture
 - c) pipe decorations (ornaments)
 - d) truffles

D. Dessert Presentation..... 15 Hours

Outcome: Prepare and present plated desserts.

1. Identify decorating pastes:
 - a) pastillage (gum paste)
 - b) marzipan (almond paste)
 - c) rolled fondant
 - d) royal icing
2. Prepare and present:
 - a) plated desserts using templates, sauces and coulis
 - i) the dessert by itself
 - ii) the dessert with fruit, sugar or chocolate garnis
 - iii) the dessert and sauce painting/flooding
 - iv) the complex presentation: two or more desserts on one plate, one or more sauces, garnishes or both may be included

SECTION EIGHT: WINE, SPIRITS AND BEERS..... 6 HOURS

A. Identification 4 Hours

Outcome: Identify a variety of wines, beers and spirits.

1. Identify:
 - a) wines
 - b) spirits
 - c) beers

B. Applications 2 Hours

Outcome: Demonstrate the ability to identify the effect of wines, beers and spirits in cooking.

1. Identify the applications, effects and benefits of wines, spirits and beers in cooking:
 - a) flambé
 - b) marinades
 - c) sauce making

SECTION NINE:..... TRAIN THE TRAINER 6 HOURS

A. Advisory Network and Coaching Skills..... 6 Hours

Outcome: Be familiar with the advisory network and the benefits of coaching skills.

1. Describe the following coaching skills used for training apprentices:
 - a) identify the point of the lesson
 - b) link the lesson
 - c) demonstrate a skill
 - d) provide opportunity to practice a skill
 - e) give feedback to the learner
 - f) assess the learners' progress
2. Describe and explain the role and purpose of the advisory network and provincial apprenticeship committee for the cook trade.



Excellence through training and experience

1806.2