



Appendix A

WORK PROCESS SCHEDULE

AND

RELATED INSTRUCTION OUTLINE

Occupations:

O*NET-SOC Codes:

RAPIDS Codes:

SOUS CHEF (ACF®)

35-1011.00

1053CB



Appendix A

WORK PROCESS SCHEDULE

Sous Chef (ACF®)

(Existing Title: Cook, Chief)

O*NET-SOC CODE: 35-1011.00 RAPIDS CODE: 1053CB

This schedule is attached to and a part of these Standards for the above identified occupation.

1. APPRENTICESHIP APPROACH

Time-based Competency-based Hybrid

2. TERM OF APPRENTICESHIP

The term of the apprenticeship is 2 year with an OJL attainment and *sufficient demonstration of all of the 971 competencies listed in the Work Process Schedule*, supplemented by the minimum required 420 hours of related instruction.

3. RATIO OF APPRENTICES TO JOURNEYWORKERS

The apprentice to journeyworker ratio is: 1 Apprentice to 1 Journeyworker on the jobsite.

4. APPRENTICE WAGE SCHEDULE

Apprentices shall be paid a progressively increasing schedule of wages based on either a percentage or a dollar amount of the current hourly journeyworker wage rate, which is:
\$20.00.

The Apprentice Wage Schedule contains the minimum wages employer-partners (training agents) are to pay registered apprentices. However, employers may choose to pay more than the wages stated, so long as all training agent's employed apprentices are fairly compensated. Additionally, any state's lawful minimum wage shall be the lowest hourly rate that a training agent shall pay registered apprentices. Therefore, when the state minimum wage is higher than the program's Apprentice Wage Schedule, employers must pay, at minimum, state minimum wages with - at least - a \$1.00 increase for every additional step or period.

Period	Number of Competencies	Wage (Hourly)	Requirements for Advancement
1st	0 - 243	\$15.00	\$15.00 is the entry level, starting wage



2nd	243 - 486	\$16.00	Successfully complete at least 6 months in the program, meet at least one-quarter of the competencies, and complete at least 100 hours of applicable RI courses
3rd	486 - 729	\$17.00	Successfully complete at least 1 year in the program, meet at least one-half of the competencies, and complete at least 200 hours of applicable RI courses
4th	729 - 791	\$18.00	Successfully complete at least 1 year and 6 months in the program, meet at least three quarters of the competencies, and complete at least 300 hours of applicable RI courses
Completion	971	\$20.00	Successfully meet 100% of the competencies and complete ALL 420 hours of the applicable RI courses

5. PROBATIONARY PERIOD

Every applicant selected for apprenticeship will serve a probationary period of 6 months or a total of 1000 hours.

6. SELECTION PROCEDURES

Please see page A-34.



Appendix A
ON-THE-JOB LEARNING OUTLINE
Sous Chef (ACF®)
(Existing Title: Cook, Chief)
O*NET-SOC CODE: 35-1011.00 RAPIDS CODE: 1053CB

Program Occupation: Sous Chef (ACF)	
<p>Job Description: The Sous Chef is a professional working in a commercial food service operation with foundational knowledge in food safety, sanitation, culinary nutrition, and supervisory management. After successful completion of RAP and Certification of Completion of Sous Chef from the DOL, the apprentice earns eligibility from the American Culinary Federation for ACF certification for Sous Chef. Earning the ACF's Certified Sous Chef® Certification demonstrates expertise and commitment to the culinary industry.</p>	
RAPIDS Code: 1053CB	O*NET-SOC Code: 35-1011.00
Estimated Program Length: Meet 971 competencies (approximately 2 year)	
Apprenticeship Type: <input checked="" type="checkbox"/> Competency-Based	

Competency Checklist			
	Demonstrates Fundamentals: Apprentice can perform the task with some coaching.	Proficient in Task: Apprentice performs task properly and consistently.	Completion Date: Date apprentice completes final demonstration of competency.
<p>Culinary Basics: <u>Workplace Safety</u></p> <ol style="list-style-type: none"> 1. Identify hazards associated with the workplace and record and report in accordance with organizational procedure. 2. Understand all workplace safety requirements at all times. 3. Understand and maintain all organizational security arrangements and approved procedures. 4. Understand and comply with all emergency procedures in accordance with organizational policy. 			
<p>Culinary Basics: <u>Program Orientation</u></p> <ol style="list-style-type: none"> 5. Meet the Supervising Chef(s) to whom you will report. 			



<ol style="list-style-type: none">6. Identify hazards associated with the workplace and record and report in accordance with organizational procedure.7. Discuss and understand objectives, goals, standards and apprentice responsibilities.8. Review and be able to explain kitchen positions and function responsibilities to operate as effective team member.9. Discuss and practice acceptable communication and customer service skills.10. Discuss and adhere to uniform / dress code, personal hygiene, and professional conduct policies.11. Review and adhere to employee meal/drink policy.12. Discuss hours of operation. Identify location of time clock and review calling in sick and requesting time off process.13. Review and adhere to personal calls and cell phone policy.14. Identify the location of employee restroom.15. Meet and identify other staff at station you will be working with.16. Tour working areas of stations to identify location of equipment and small wares.17. Tour dry, refrigerated and frozen food storage areas to locate where products are stored.18. Identify location of SDS sheets and corresponding chemical storage area.19. Tour trash collection and disposal areas.20. Locate first aid kit locations.21. Locate fire extinguisher locations.22. Locate handwashing station locations.23. Discuss and be able to explain and use Apprenticeship web-based platform-requirements including; logging of hours, checking off completed Knowledge and Skill competencies.24. Review progress with Supervising Chef.			
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<p>25. Login and enter data into Apprenticeship Portal.</p> <p>26. Sign Apprenticeship Agreement.</p>			
<p>Culinary Basics: <u>Knives and Standard Knife Cuts</u></p> <p>27. Identify the main parts of a knife and explain the function of each.</p> <p>28. Contrast high-carbon stainless steel blades and ceramic blades.</p> <p>29. Explain why a knife with a sharp edge is safer to use than a knife with a dull edge.</p> <p>30. Explain the advantage of using a knife with a granton edge blade.</p> <p>31. Differentiate between a partial tang and a rat-tail tang.</p> <p>32. Explain why nonporous cutting boards are used in the professional kitchen.</p> <p>33. Describe how to safely carry a knife when walking.</p> <p>34. Describe how to safely pass a knife to a knife to other person.</p> <p>35. Describe how knives should be stored.</p> <p>36. Provide four examples of what should never be done with a knife.</p> <p>37. Demonstrate how to properly grip and position a knife.</p> <p>38. Identify the term used to describe the hand that is not used to hold the knife.</p> <p>39. Identify the angle at which a knife blade is held against a whetstone when being sharpened.</p> <p>40. Sharpen a chef's knife.</p> <p>41. Explain the process of honing a knife.</p> <p>42. Hone a chef's knife.</p> <p>43. Describe eight types of large knives used in the professional kitchen.</p> <p>44. Use a variety of large knives.</p> <p>45. Describe four types of small knives used in the professional kitchen.</p> <p>46. Use a variety of small knives.</p> <p>47. Describe five special cutting tools used in the professional kitchen.</p> <p>48. Use a variety of special cutting tools.</p> <p>49. Explain why uniform knife cuts are used in the professional kitchen.</p>			



<p>50. Describe the difference between a diagonal cut and an oblique cut.</p> <p>51. Slice a root vegetable into rondelle cuts.</p> <p>52. Slice a root vegetable into diagonal cuts.</p> <p>53. Slice a root vegetable into oblique cuts.</p> <p>54. Chiffonade a bunch of fresh greens or herbs.</p> <p>55. Describe the dimensions of batonnet, julienne, and fine julienne stick cuts.</p> <p>56. Slice a root vegetable into batonnets.</p> <p>57. Slice a root vegetable into julienne cuts.</p> <p>58. Slice a root vegetable into fine julienne cuts.</p> <p>59. Describe the dimensions of large dice, medium dice, small dice, brunoise, and fine brunoise cuts.</p> <p>60. Cut root vegetables into large dice.</p> <p>61. Cut root vegetables into medium dice.</p> <p>62. Cut root vegetables into small dice.</p> <p>63. Cut root vegetables into brunoise cuts.</p> <p>64. Cut root vegetables into fine brunoise cuts.</p> <p>65. Contrast chopping and mincing.</p> <p>66. Chop an onion.</p> <p>67. Describe mincing procedures.</p> <p>68. Mince shallots.</p> <p>69. Mince garlic.</p> <p>70. Describe fluting procedure.</p> <p>71. Flute fresh button mushrooms.</p> <p>72. Describe tourney procedures.</p> <p>73. Tourne a root vegetable.</p>			
<p>Culinary Basics: <u>Tools and Equipment</u></p> <p>74. List the specifications that must be met in order for equipment to be NSF certified.</p> <p>75. List safety guidelines for operating and maintaining foodservice equipment.</p> <p>76. Describe four basic types of cold storage units.</p> <p>77. Clean and sanitize Cold Storage units.</p> <p>78. Identify, describe parts, safety features, purpose, cleaning and storage procedures for preparation equipment.</p> <p>79. Use, breakdown, clean, reassemble, and store Slicer.</p> <p>80. Use, clean, and store Food Processor.</p>			



<p>81. Describe types of cooking equipment found in a professional kitchen.</p> <p>82. Describe purpose of a professional Kitchen Ventilation / Hood System.</p> <p>83. Describe parts, safety features, purpose, and cleaning procedures for Ranges.</p> <p>84. Clean and sanitize Range.</p> <p>85. Describe parts, safety features, purpose, and cleaning procedures for Induction Cooktop.</p> <p>86. Clean and sanitize Induction Cooktop.</p> <p>87. Describe parts, safety features, purpose, and cleaning procedures for Griddles.</p> <p>88. Clean and sanitize Griddle.</p> <p>89. Describe parts, safety features, purpose, and cleaning procedures for Grills.</p> <p>90. Clean and sanitize Grill.</p> <p>91. Describe parts, safety features, purpose, and cleaning procedures for Broilers.</p> <p>92. Clean and sanitize Broiler.</p> <p>93. Describe parts, safety features, purpose, and cleaning procedures for Steamers.</p> <p>94. Clean and sanitize Steamer.</p> <p>95. Describe parts, safety features, purpose, and cleaning procedures for Steam-Jacketed Kettles.</p> <p>96. Clean and sanitize Steam-Jacketed Kettle.</p> <p>97. Describe parts, safety features, purpose, and cleaning procedures for Tilt Skillets.</p> <p>98. Clean and sanitize Tilt Skillet.</p> <p>99. Describe parts, safety features, purpose, and cleaning procedures for Fryers.</p> <p>100. Clean and sanitize Fryers.</p> <p>101. Describe parts, safety features, purpose, and cleaning procedures for Convection Ovens.</p> <p>102. Clean and sanitize Convection Ovens.</p> <p>103. Describe parts, safety features, purpose, and cleaning procedures for Combi-Therm Ovens.</p> <p>104. Clean and sanitize Combi-Therm Oven</p> <p>105. Describe parts, safety features, purpose, and cleaning procedures for Cook and Hold Ovens (Retherm Ovens).</p>			
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<p>106. Clean and sanitize Cook and Hold Oven (Retherm Oven).</p> <p>107. Describe parts, safety features, purpose, and cleaning procedures for Deck Ovens.</p> <p>108. Clean and sanitize Deck Oven.</p> <p>109. Describe parts, safety features, purpose, and cleaning procedures for Rotating Rack Ovens.</p> <p>110. Clean and sanitize Rotating Rack Oven.</p> <p>111. Describe parts, safety features, purpose, and cleaning procedures for Impinger Conveyer Ovens.</p> <p>112. Clean and sanitize Impinger Conveyer Oven.</p> <p>113. Describe parts, safety features, purpose, and cleaning procedures for Smoker Ovens.</p> <p>114. Clean and sanitize Smoker Oven.</p> <p>115. Describe parts, safety features, purpose, and cleaning procedures for Infrared Ovens.</p> <p>116. Clean and sanitize Infrared Oven.</p> <p>117. Describe parts, safety features, purpose, and cleaning procedures for Microwave Ovens.</p> <p>118. Clean and sanitize Microwave Oven.</p> <p>119. Describe parts, safety features, purpose, and cleaning procedures for Panini Press.</p> <p>120. Clean and sanitize Panini Press.</p> <p>121. Describe parts, safety features, purpose, and cleaning procedures for toasters.</p> <p>122. Describe parts, safety features, purpose, and cleaning procedures for waffle irons.</p> <p>123. Describe parts, safety features, purpose, and cleaning procedures for Sous Vide Machines.</p> <p>124. Describe purpose, cleaning and storage procedures for a variety of Pots and Pans.</p>			
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<p>125. Clean and sanitize a variety of Pots and Pans.</p> <p>126. Describe purpose, cleaning and storage procedures for a variety of Sieves and Strainers.</p> <p>127. Describe purpose, cleaning and storage procedures for a variety of Scales, Thermometers and Volume Measures.</p> <p>128. Describe purpose, cleaning and storage procedures for a variety of Hand Tools and Equipment.</p> <p>129. Describe purpose, cleaning and storage procedures for a variety of Baking and Pastry Equipment.</p> <p>130. Identify Holding and Serving Equipment.</p>			
<p>Culinary Basics: <u>Mise en Place</u></p> <p>131. Explain what mise en place</p> <p>132. Explain the importance of a prep list</p> <p>133. Identify the contents of a prep list</p> <p>134. Describe how to set up a workstation</p> <p>135. Identify the steps to setting up a workstation</p> <p>136. Set up a station for a task</p> <p>137. Define the steps in station set up</p> <p>138. Identify the components of station safety and sanitation</p> <p>139. Explain variety of ways to develop flavor</p> <p>140. Use a method to develop flavor (dry rub, marinade, toasting nuts/spice)</p>			
<p>Culinary Basics: <u>Measuring Ingredients/Recipe Conversations</u></p> <p>141. Explain volume measurement</p> <p>142. Explain weight measurement</p> <p>143. Identify the difference between volume and weight measurement</p> <p>144. Explain count measurement</p> <p>145. Explain US versus Metric measurements</p> <p>146. Explain Recipe Yield</p> <p>147. Explain Recipe Conversion</p> <p>148. Describe Conversion Factor</p> <p>149. Convert a large yield recipe to a smaller yield</p>			



<p>150. Explain the steps to recipe conversion</p> <p>151. Explain Baker's Percentage</p> <p>152. Identify the steps in Baker's Percentage</p>			
<p>Culinary Basics: <u>Herbs, Spices, Flavorings, and Nuts</u></p> <p>153. Explain how flavors are developed in food.</p> <p>154. Identify a variety of leaf herbs.</p> <p>155. Identify a variety of stem herbs.</p> <p>156. Identify a variety of bark spices.</p> <p>157. Identify a variety of seed spices.</p> <p>158. Identify a variety of root spices.</p> <p>159. Identify a variety of flower spices.</p> <p>160. Identify a variety of berry spices.</p> <p>161. Identify a variety of spice and herb blends.</p> <p>162. Describe a variety of salts used in the professional kitchen.</p> <p>163. Explain why peppercorns vary in color.</p> <p>164. Explain how citrus zests, fruit juices, wines, and liquors are used in salads.</p> <p>165. Identify a variety of vinegars used in a professional kitchen.</p> <p>166. Explain how to select the appropriate oil to use for a given preparation.</p> <p>167. Identify a variety of oils used in a professional kitchen.</p> <p>168. Identify 12 common nuts used to flavor foods.</p>			
<p>Culinary Basics: <u>Cooking Techniques</u></p> <p>169. Describe the three techniques of heat transfer used to cook food.</p> <p>170. Identify three types of radiation heat transfer used to cook food.</p> <p>171. Describe five reactions that change the color or texture of food.</p> <p>172. Identify the two nutrients most often destroyed by heat.</p> <p>173. Identify dry-heat cooking techniques.</p> <p>174. Describe how to saute food</p> <p>175. Define stir-frying.</p> <p>176. Explain why it is important to know the smoke point of oils used for frying.</p>			



<p>177. Describe the standard breading procedure</p> <p>178. Contrast pan-frying and deep-frying.</p> <p>179. Contrast roasting and baking.</p> <p>180. Contrast Grilling and Griddling.</p> <p>181. Describe the broiling process.</p> <p>182. Identify five moist-heat cooking techniques.</p> <p>183. Contrast submersion poaching and shallow poaching.</p> <p>184. Describe how to simmer food.</p> <p>185. Describe how to know when a liquid has reached a full boil.</p> <p>186. Describe how to steam food.</p> <p>187. Identify three combination cooking techniques.</p> <p>188. Contrast braising and stewing.</p>			
<p>Culinary Basics: Sustainability</p> <p>189. Identify regularly purchased products that could be replaced with recyclable, reusable or biodegradable items.</p> <p>190. Define the terms “energy efficient”.</p> <p>191. Identify products appropriate for composting or recycling.</p> <p>192. Define the concept of “food miles”.</p> <p>193. Understand the concept of sustainable seafood, and fish that are one the red, yellow, and green lists.</p> <p>194. Compare the price of non-local to local food.</p> <p>195. Discuss the financial implications of recycling fats, oils and grease from the restaurant’s perspective.</p>			
<p>Vegetables and Fruits: Vegetable Classifications</p> <p>196. Describe factors to consider when purchasing fresh vegetables.</p> <p>197. Explain how acidic and alkaline ingredients affect cooked vegetables.</p> <p>198. Identify common cooking methods used to cook vegetables.</p> <p>199. Describe procedures for blanching vegetables.</p> <p>200. Describe fresh vegetable classifications.</p>			



<p>201. Describe root vegetables used in the professional kitchen.</p> <p>202. Prepare and plate Beets.</p> <p>203. Prepare and plate Carrots.</p> <p>204. Prepare and plate Celeriac.</p> <p>205. Prepare and plate Parsnips</p> <p>206. Prepare and plate Radishes</p> <p>207. Prepare and plate Turnips</p> <p>208. Describe tubers used in the professional kitchen.</p> <p>209. Describe bulb vegetables used in the professional kitchen.</p> <p>210. Prepare garlic.</p> <p>211. Prepare leeks.</p> <p>212. Prepare onions.</p> <p>213. Prepare ramps.</p> <p>214. Prepare scallions.</p> <p>215. Prepare shallots.</p> <p>216. Describe stem vegetables used in the professional kitchen.</p> <p>217. Prepare and plate asparagus.</p> <p>218. Prepare celery.</p> <p>219. Prepare fennel.</p> <p>220. Prepare rhubarb.</p> <p>221. Describe leaf vegetables used in the professional kitchen.</p> <p>222. Prepare and plate beet greens.</p> <p>223. Prepare Belgian endive</p> <p>224. Prepare bok choy.</p> <p>225. Prepare Brussels sprouts.</p> <p>226. Prepare chard.</p> <p>227. Prepare collards.</p> <p>228. Prepare head cabbages.</p> <p>229. Prepare and plate kale.</p> <p>230. Prepare radicchio.</p> <p>231. Prepare savoy cabbages.</p> <p>232. Prepare spinach.</p> <p>233. Describe edible flowers used in the professional kitchen.</p> <p>234. Prepare and plate artichokes.</p> <p>235. Prepare and plate broccoli.</p> <p>236. Prepare and plate cauliflower.</p> <p>237. Describe edible seed vegetables used in the professional kitchen</p>			
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<p>238. Prepare edamame.</p> <p>239. Prepare green or wax beans.</p> <p>240. Prepare snow peas or sugar peas.</p> <p>241. Describe fruit-vegetables used in the professional kitchen.</p> <p>242. Prepare bell peppers.</p> <p>243. Prepare chilies.</p> <p>244. Prepare cucumbers.</p> <p>245. Prepare eggplants.</p> <p>246. Prepare okra.</p> <p>247. Prepare summer squashes.</p> <p>248. Prepare sweet corn.</p> <p>249. Prepare tomatillos.</p> <p>250. Prepare tomatoes.</p> <p>251. Prepare winter squashes.</p> <p>252. Describe sea vegetables used in the professional kitchen.</p> <p>253. Describe mushrooms used in the professional kitchen.</p> <p>254. Prepare mushrooms (as available i.e. button, portabella, etc.)</p> <p>255. Explain the role of canned vegetables in the professional kitchen.</p> <p>256. Prepare canned vegetables.</p> <p>257. Explain the role of frozen vegetables in the professional kitchen.</p> <p>258. Prepare frozen vegetables.</p> <p>259. Explain the role of dried vegetables in the professional kitchen.</p> <p>260. Prepare dried vegetables.</p>			
<p>Vegetables and Fruits: <u>Fruit Classifications</u></p> <p>261. Describe factors to consider when purchasing fresh fruits.</p> <p>262. Explain how the pectin level in fruit affects the cooking process.</p> <p>263. List common methods of cooking fruit.</p> <p>264. Explain why fruit is poached at 185°F</p> <p>265. Differentiate between variety fruits and hybrid fruits.</p> <p>266. List the nutritional benefits of eating fruit.</p> <p>267. Identify common berries used in the professional kitchen.</p> <p>268. Use berries in a recipe.</p>			



<p>269. Identify three type of grapes used in the professional kitchen.</p> <p>270. Use grapes in a recipe.</p> <p>271. Identify pomes (apples, pears, and quinces) used in the professional kitchen.</p> <p>272. Identify and describe types of apples.</p> <p>273. Use apples in a recipe.</p> <p>274. Identify pears used in the professional kitchen.</p> <p>275. Use pears in a recipe.</p> <p>276. Identify drupes (stone fruits) used in the professional kitchen.</p> <p>277. Name the drupe that is harvested both for its fruit and its oil.</p> <p>278. Use apricots in a recipe.</p> <p>279. Use avocados in a recipe.</p> <p>280. Use cherries in a recipe.</p> <p>281. Use dates in a recipe.</p> <p>282. Use nectarines in a recipe.</p> <p>283. Use olives in a recipe.</p> <p>284. Use peaches in a recipe.</p> <p>285. Use plums in a recipe.</p> <p>286. Identify melons used in the professional kitchen.</p> <p>287. Use cantaloupe in a recipe.</p> <p>288. Use honeydew melons in a recipe.</p> <p>289. Use watermelons in a recipe.</p> <p>290. Identify citrus fruits used in a professional kitchen.</p> <p>291. Use grapefruits in a recipe.</p> <p>292. Use oranges in a recipe.</p> <p>293. Use lemons in a recipe.</p> <p>294. Use limes in a recipe.</p> <p>295. Identify tropical fruits used in the professional kitchen.</p> <p>296. Use bananas in a recipe.</p> <p>297. Use coconuts in a recipe.</p> <p>298. Use figs in a recipe.</p> <p>299. Use kiwifruit in a recipe.</p> <p>300. Use mangoes in a recipe.</p> <p>301. Use pineapples in a recipe.</p> <p>302. Identify exotic fruits used in the professional kitchen.</p> <p>303. Use an exotic fruit in a recipe.</p>			
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<p>304. Explain the role of canned fruits in the professional kitchen.</p> <p>305. Prepare canned vegetables.</p> <p>306. Explain the role of frozen fruits in the professional kitchen.</p> <p>307. Prepare frozen fruits.</p> <p>308. Explain the role of dried fruits in the professional kitchen.</p> <p>309. Prepare dried fruit.</p>			
<p>Pantry and Cold Foods: <u>Salads and Salad Dressings</u></p> <p>310. Define salad greens.</p> <p>311. Explain how to prepare head lettuce for service.</p> <p>312. Remove the core from a head of lettuce.</p> <p>313. Remove the rib from loose greens.</p> <p>314. Describe how to properly store salad greens.</p> <p>315. Wash and store salad greens.</p> <p>316. Identify a variety of salad ingredients other than greens.</p> <p>317. Define and emulsion.</p> <p>318. Differentiate between emulsion, a temporary emulsion and a permanent</p> <p>319. Explain how to prepare a basic French vinaigrette.</p> <p>320. Prepare a basic French vinaigrette.</p> <p>321. Explain how to prepare an emulsified vinaigrette.</p> <p>322. Prepare an emulsified vinaigrette.</p> <p>323. Explain how to prepare a mayonnaise and a variety of creamy dressings.</p> <p>324. Prepare mayonnaise and a variety of creamy dressings</p> <p>325. Differentiate between mayonnaise-based yogurt based, and sour-cream-based cream dressings.</p> <p>326. Prepare dressings for fruit salad.</p> <p>327. Identify five popular salads listed on restaurant menus.</p> <p>328. Name six types of salads.</p> <p>329. Describe a tossed salad.</p> <p>330. Prepare and plate tossed salads.</p> <p>331. Describe a composed salad.</p>			



<p>332. Prepare and plate composed salads.</p> <p>333. List five tips for preparing bound salads.</p> <p>334. Prepare and plate bound salads.</p> <p>335. Explain why it is important to know how vegetables will react to acidity when making vegetable salads.</p> <p>336. Prepare vegetable salads.</p> <p>337. Explain how to prevent fruits from discoloring while making fruit salads.</p> <p>338. Prepare and plate fruit salads.</p> <p>339. Describe the ratio of gelatin powder to liquid used to make gelatin salads.</p> <p>340. Explain why it is important to chill gelatin layers until slightly firm before combining layers.</p> <p>341. Prepare and plate a gelatin salad.</p>			
<p>Pantry and Cold Foods: Cheeses</p> <p>342. Explain the purpose of rennet in making cheese.</p> <p>343. Differentiate between curds and whey.</p> <p>344. Identify four factors that determine that determine the flavor and texture of a cheese.</p> <p>345. Describe nine types of fresh cheese.</p> <p>346. Describe two types of soft cheese.</p> <p>347. Identify three ways semisoft cheeses are ripened.</p> <p>348. Describe three types of dry-rind cheese.</p> <p>349. Describe four types of washed-rind cheese.</p> <p>350. Describe three types of wax-rind cheese.</p> <p>351. Describe four types of blue-veined cheese.</p> <p>352. Describe six types of hard cheese.</p> <p>353. Describe three types of grating cheese.</p> <p>354. Describe cold-pack and processed cheeses.</p> <p>355. Describe how to store cheese for maximum freshness.</p> <p>356. Identify five characteristics to balance when plating cheeses.</p>			



<p>357. Prepare a cheese board or cheese platter.</p>			
<p>Pantry and Cold Foods: <u>Cold and Hot Sandwiches</u></p> <p>358. Explain the importance of range of motion at a sandwich station.</p> <p>359. Describe how to prepare large quantities of sandwiches.</p> <p>360. Describe common ways to portion meats and cheeses at a sandwich station.</p> <p>361. Identify the four main sandwich components.</p> <p>362. Identify common types of sandwich bases and spreads.</p> <p>363. Identify five common sandwich fillings.</p> <p>364. Slice meats and cheeses for sandwiches.</p> <p>365. Identify common sandwich garnishes.</p> <p>366. Describe sandwich stabilizers.</p> <p>367. Identify a variety of condiments, sauces and dips.</p> <p>368. Prepare a variety of condiments, sauces and dips.</p> <p>369. Describe various types of cold sandwiches.</p> <p>370. Describe cold open-faced sandwiches</p> <p>371. Prepare and plate cold open-faced sandwiches.</p> <p>372. Describe cold closed sandwiches</p> <p>373. Prepare cold closed sandwiches.</p> <p>374. Describe multi-decker sandwiches.</p> <p>375. Prepare and plate multi-decker sandwiches.</p> <p>376. Describe cold wraps.</p> <p>377. Prepare and plate a cold wraps.</p> <p>378. Describe tea sandwiches.</p> <p>379. Prepare and plate tea sandwiches using different cutting patterns.</p> <p>380. Describe four types of hot sandwiches.</p> <p>381. Describe grilled sandwiches.</p> <p>382. Prepare and plate grilled sandwiches.</p> <p>383. Describe hot open-faced sandwiches.</p> <p>384. Prepare and plate hot open-faced sandwiches.</p>			



<p>385. Describe hot closed sandwiches.</p> <p>386. Prepare and plate hot closed sandwiches.</p> <p>387. Describe hot wrap sandwiches.</p> <p>388. Prepare and plate hot wrap sandwiches.</p>			
<p>Pantry and Cold Foods: <u>Hors d'oeuvres and Appetizers</u></p> <p>389. Differentiate between hors d'oeuvres and appetizers.</p> <p>390. Prepare a variety of appetizers (i.e., mozzarella sticks, battered onion rings, nachos, and Buffalo wings)</p> <p>391. Describe the three components of a canapé.</p> <p>392. Prepare canapés using both toasted and untoasted bread.</p> <p>393. Describe three types of cold starters.</p> <p>394. Prepare a crudite tray</p> <p>395. Prepare a relish tray</p> <p>396. Describe four types of raw meat and seafood starters.</p>			
<p>Pantry and Cold Foods: <u>Buffet Presentations</u></p> <p>397. Explain the purpose of buffets.</p> <p>398. Name at least five items to keep in mind when planning buffet layouts.</p> <p>399. Describe three common types of buffet table layouts.</p> <p>400. Identify five ways cold platters are presented on buffets.</p> <p>401. Describe how to prepare and carve whole meats for buffets.</p> <p>402. Describe how to prepare seafood to be used on buffets.</p> <p>403. Describe how to present meat and seafood platters for buffets.</p> <p>404. Describe how to present meat and cheese platters for buffets.</p> <p>405. Describe how to present salads on a buffet.</p> <p>406. Describe how to present breads on a buffet.</p> <p>407. Set up cold buffet according to proper buffet flow.</p>			



<p>408. Set up hot buffet according to proper buffet flow.</p>			
<p>Grains, Pasta, and Starch: <u>Grain Classification and Composition</u></p>			
<p>409. Identify the four parts of a whole grain.</p> <p>410. Differentiate between whole grains and refined grains.</p> <p>411. Explain how whole grains are cracked.</p> <p>412. Name three types of refined grains.</p> <p>413. Explain how grains are milled, pearled and flaked.</p> <p>414. Explain the importance of storing grains in an airtight container and in a cool, dry place.</p> <p>415. Explain grain cooking times.</p> <p>416. Explain for to determine doneness of grains</p> <p>417. Identify the temperatures at which grains should be held for service, cooled, and reheated.</p> <p>418. Describe the three major classifications of rice.</p> <p>419. Explain why wild rice is not actually a type of rice.</p> <p>420. Prepare and plate short-grain rice (risotto).</p> <p>421. Prepare and plate short-grain rice (pilaf).</p> <p>422. Prepare and plate short-grain rice (risotto, pilaf, etc.).</p> <p>423. Prepare and plate medium-grain rice.</p> <p>424. Prepare and plate long-grain rice.</p> <p>425. Prepare and plate wild rice.</p> <p>426. Identify forms of corn used in the professional kitchen.</p> <p>427. Prepare a recipe using cornmeal.</p> <p>428. Prepare a recipe using grits.</p> <p>429. Prepare a recipe using hominy.</p> <p>430. Identify forms of wheat used in the professional kitchen.</p> <p>431. Prepare and plate couscous.</p> <p>432. Prepare and plate bulgar wheat.</p> <p>433. Prepare and plate wheat berries.</p>			



<p>434. Identify forms of grains used in the professional kitchen.</p> <p>435. Prepare and plate barley.</p> <p>436. Prepare and plate buckwheat.</p> <p>437. Prepare and plate farro.</p> <p>438. Prepare and plate millet.</p> <p>439. Prepare and plate oats.</p> <p>440. Prepare and plate quinoa</p> <p>441. Prepare and plate rye.</p> <p>442. Prepare and plate spelt.</p>			
<p>Grains, Pasta, and Starch: <u>Pasta</u> Classifications</p> <p>443. Identify three ways pasta can be purchased.</p> <p>444. Explain how pasta reacts to the cooking process.</p> <p>445. Explain how to determine if pasta is cooked al dente.</p> <p>446. Reheat parcooked pasta and evaluate the results.</p> <p>447. Prepare fresh pasta dough and evaluate the results.</p> <p>448. Prepare dough for pasta and fabricate one shapes.</p> <p>449. Describe shaped pastas.</p> <p>450. Prepare and plate a shaped pasta.</p> <p>451. Describe tube pastas.</p> <p>452. Prepare and plate a tube pasta.</p> <p>453. Describe ribbon pastas.</p> <p>454. Prepare and plate a ribbon pasta.</p> <p>455. Describe stuffed pastas.</p> <p>456. Prepare ravioli and plate.</p> <p>457. Prepare tortellini and plate.</p> <p>458. Describe nine types of Asian noodles.</p> <p>459. Use Asian noodles in a recipe</p>			
<p>Grains, Pasta, and Starch: <u>Potatoes, Sweet Potatoes, and Yams</u></p> <p>460. Describe Market Forms of Potatoes.</p> <p>461. Describe Potato Classifications.</p> <p>462. Describe Procedures for Storing Fresh Potatoes</p> <p>463. Explain Methods for Cooking Potatoes</p> <p>464. Determine Doneness of Potatoes</p> <p>465. Prepare and plate mealy, waxy or new potatoes.</p>			



<p>466. Prepare and plate sweet potatoes and yams.</p>			
<p>Grains, Pasta, and Starch: <u>Beans, Pulses, and Lentils</u></p> <p>467. Describe a variety of beans, pulses and lentils.</p> <p>468. Prepare a variety of dried beans.</p> <p>469. Prepare a variety of pulses.</p> <p>470. Prepare a variety of lentils.</p>			
<p>Eggs and Breakfast: <u>Eggs</u></p> <p>471. Identify the four main parts of the egg.</p> <p>472. Identify the part of the egg that contains most of the calories and all of the cholesterol.</p> <p>473. Explain why eggs are considered a nutrient-dense food.</p> <p>474. Describe the purpose of egg substitutes and eggless egg substitutes.</p> <p>475. Explain why it is important to know if a dish contains eggs or egg derived ingredients.</p> <p>476. Identify the sizes of eggs and their applications.</p> <p>477. Explain how eggs are graded.</p> <p>478. Explain the advantage of using pasteurized eggs.</p> <p>479. Explain the proper storage of eggs</p> <p>480. Explain how to prepare boiled eggs (eggs in the shell).</p> <p>481. Prepare soft boiled eggs.</p> <p>482. Prepare hard-boiled eggs.</p> <p>483. Explain how to prepare fried eggs.</p> <p>484. Select appropriate pans and explain how to fry eggs.</p> <p>485. Explain how to prepare sunny-side up eggs.</p> <p>486. Prepare and serve sunny-side up eggs.</p> <p>487. Explain how to prepare basted eggs.</p> <p>488. Explain how to prepare over-easy eggs.</p> <p>489. Prepare and serve over-easy eggs.</p> <p>490. Explain how to prepare over-medium eggs.</p> <p>491. Prepare and serve over-medium eggs.</p>			



<p>492. Explain how to prepare over-hard eggs.</p> <p>493. Prepare and serve over-hard eggs.</p> <p>494. Explain how to prepare scrambled eggs.</p> <p>495. Prepare and serve scrambled eggs.</p> <p>496. Describe how to hold scrambled eggs.</p> <p>497. Identify rolled folded and folded omelets.</p> <p>498. Prepare rolled omelets.</p> <p>499. Prepare folded omelets.</p> <p>500. Explain how to prepare shirred eggs.</p> <p>501. Contrast the preparation of a frittata and an egg strata.</p> <p>502. Prepare a frittata.</p> <p>503. Prepare an egg strata.</p> <p>504. Describe egg sandwiches.</p> <p>505. Prepare different types of egg sandwiches and breakfast burritos.</p> <p>506. Explain how to prepare a quiche.</p> <p>507. Prepare a quiche.</p> <p>508. Explain how to poach eggs.</p> <p>509. Prepare poached eggs.</p> <p>510. Explain how to prepare classical eggs Benedict.</p> <p>511. Prepare classical eggs Benedict.</p>			
<p>Eggs and Breakfast: Breakfast Batters</p> <p>512. Contrast the difference between scratch pancake batter and one made from a commercially prepared mix.</p> <p>513. Describe the preparation of pancakes.</p> <p>514. Prepare pancakes from scratch.</p> <p>515. Prepare pancakes from common commercial dry mix.</p> <p>516. Describe the preparation of waffles.</p> <p>517. Prepare waffles from scratch.</p> <p>518. Prepare waffles from a common commercial dry mix.</p> <p>519. Contrast the preparation of crepes and blintzes.</p> <p>520. Prepare crepes and blintzes.</p> <p>521. Describe the preparation of French toast.</p> <p>522. Prepare French toast.</p>			



<p>Eggs and Breakfast: <u>Breakfast Meats</u> 523. Identify types of breakfast meats. 524. Identify types of breakfast sausages. 525. Prepare breakfast sausage in both link and patty form. 526. Identify the form of bacon most commonly used in food service. 527. Prepare cooked bacon. 528. Identify the form of ham and Canadian bacon most commonly used in food service. 529. Prepare ham and Canadian bacon. 530. Describe how corned beef or roast beef hash is prepared. 531. Prepare corned beef or roast beef hash.</p>			
<p>Eggs and Breakfast: <u>Breakfast Potatoes</u> 532. Differentiate between hash browns and home fries – move to starch cookery. 533. Prepare hash browns. 534. Prepare home fries.</p>			
<p>Eggs and Breakfast: <u>Breakfast Breads and Pastries</u> 535. Identify a variety of common breakfast breads. 536. Toast breakfast breads.</p>			
<p>Eggs and Breakfast: <u>Breakfast Cereals</u> 537. Identify common hot and cold breakfast cereals. 538. Prepare old fashioned oatmeal or steel cut. 539. Prepare grits and farina. 540. Prepare granola or muesli cereals.</p>			
<p>Eggs and Breakfast: <u>Beverages</u> 541. Identify breakfast beverages. 542. Identify common coffee roasts. 543. Brew regular and decaffeinated coffee. 544. Name common types of tea. 545. Name different types of breakfast juices. 546. Explain how milks are classified. 547. Explain how smoothies are made. 548. Prepare a smoothie.</p>			



<p>Eggs and Breakfast: <u>Breakfast Buffet</u> 549. Describe how to design a breakfast buffet. 550. Set up a breakfast buffet.</p>			
<p>Stocks, Soups, and Sauces: <u>Stocks</u> 551. Identify the components of a stock. 552. Prepare a Mirepoix 553. List eight guidelines for preparing stocks. 554. Describe how to prepare brown stock. 555. Prepare a brown stock 556. List the main ingredients of a white stock. 557. Prepare a white stock. 558. Describe how to prepare fish stock. 559. Explain how a fumet differs from an essence. 560. Describe how to prepare vegetable stock. 561. Prepare a vegetable stock. 562. Describe two different techniques for storing a glace. 563. Prepare a glace. 564. Explain the primary use of a remouillage. 565. Prepare a remouillage. 566. Describe a bouillon and a Court bouillon.</p>			
<p>Stocks, Soups, and Sauces: <u>Convenience Products</u> 567. Name the four most common forms of convenience products used to prepare stocks, soups, and sauces. 568. Prepare a stock, soup, or sauce using a base.</p>			
<p>Stocks, Soups, and Sauces: <u>Soups</u> 569. Name the three general classifications of soups. 570. Identify the most common garnishes used with soups. 571. Name two types of clear soups. 572. Describe the procedure for preparing broths. 573. Prepare a broth. 574. Describe the function of an oignon bru le</p>			



<p>575. Name two types of thick soups.</p> <p>576. Describe the difference between the veloute method and the roux method of preparing cream soups.</p> <p>577. Prepare a cream soup using veloute method.</p> <p>578. Prepare a cream soup using the roux method.</p> <p>579. Describe the process for pureeing soups.</p> <p>580. Prepare puree soup.</p> <p>581. Describe the process for preparing bisques using the Roux Preparation Method.</p> <p>582. Prepare a bisque using the Roux method.</p> <p>583. Describe the process for preparing chowder.</p> <p>584. Prepare chowder.</p> <p>585. Name three ingredients often used to thicken gumbos.</p> <p>586. Prepare a Specialty Soup - Gumbo.</p> <p>587. Prepare a Specialty Soup - French Onion</p> <p>588. Name two types of cold soups.</p> <p>589. Explain why it is important to serve cold soups in chilled bowls or coupes.</p> <p>590. Describe two savory cold soups.</p> <p>591. Prepare a savory cold soup.</p> <p>592. Describe two cold fruit soups.</p> <p>593. Prepare a cold fruit soup.</p>			
<p>Stocks, Soups, and Sauces: <u>Sauces</u></p> <p>594. Identify common key ingredients and flavoring components to make sauces.</p> <p>595. Contrast common thickening agents used to prepare sauces.</p> <p>596. Prepare a slurry using common thickening agents (flour, cornstarch, and arrowroot) to prepare sauces.</p> <p>597. Describe how to prepare a roux. Contrast the different uses for white, blonde, and brown roux.</p> <p>598. Prepare a white, blonde, and brown roux.</p>			



<p>599. Describe the five classical mother sauces.</p> <p>600. Describe the procedure for preparing a Bechamel sauce.</p> <p>601. Prepare a Bechamel sauce.</p> <p>602. Prepare a small sauce using Bechamel sauce.</p> <p>603. Describe the procedure for preparing a Veloute sauce.</p> <p>604. Prepare a Veloute sauce.</p> <p>605. Describe the procedure for preparing a Espagnole sauce.</p> <p>606. Prepare a Espagnole sauce.</p> <p>607. Prepare a small sauce using Espagnole sauce (Demi-glace).</p> <p>608. Describe the procedure for preparing a Tomato sauce.</p> <p>609. Prepare a Tomato sauce.</p> <p>610. Describe the procedure for preparing a Hollandaise sauce.</p> <p>611. Prepare a Hollandaise sauce.</p> <p>612. Prepare a small sauce using Hollandaise sauce.</p> <p>613. Contrast the three common types of butter sauces.</p> <p>614. Describe how to prepare a compound butter.</p> <p>615. Prepare a compound butter.</p> <p>616. Describe how to prepare a broken butter, and explain what is meant by "broken" butter.</p> <p>617. Prepare a broken butter.</p> <p>618. List 3 other sauces</p> <p>619. Name the type of sauce used to supplement the flavor and volume when preparing a gravy.</p> <p>620. Prepare two different types of gravies.</p> <p>621. Describe three ways that a coulis can be served.</p> <p>622. Prepare a coulis.</p> <p>623. Describe how a nage is prepared.</p> <p>624. Prepare a nage.</p>			
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<p>Poultry: Poultry Basics</p> <p>625. Identify two traits that are used by the USDA to classify poultry.</p> <p>626. Explain why some poultry has both light and dark flesh and some poultry has only dark flesh.</p> <p>627. Explain the advantages of purchasing whole poultry.</p> <p>628. Identify common fabricated cuts of poultry.</p> <p>629. Define giblets located inside whole poultry.</p> <p>630. Identify special precautions to follow when receiving and storing poultry.</p> <p>631. Explain how frozen poultry should be thawed.</p>			
<p>Poultry: Fabricating Poultry</p> <p>632. Describe common fabrication cuts for poultry.</p> <p>633. Describe how to fabricate poultry into halves.</p> <p>634. Fabricate poultry into halves.</p> <p>635. Describe how to fabricate poultry into quarters.</p> <p>636. Fabricate poultry into quarters.</p> <p>637. Describe how to fabricate poultry into eighths.</p> <p>638. Fabricate poultry into eighths.</p> <p>639. Describe how to fabricate a boneless breast.</p> <p>640. Fabricate a boneless breast.</p> <p>641. Describe how to fabricate an airline breast.</p> <p>642. Fabricate an airline breast.</p> <p>643. Describe how to bone legs and thighs.</p> <p>644. Fabricate by boning a leg and a thigh.</p> <p>645. Describe how to partially bone legs and thighs.</p> <p>646. Fabricate by partially boning a leg and a thigh.</p> <p>647. Describe how to bone whole poultry.</p> <p>648. Bone whole poultry.</p> <p>649. Describe flavor enhancers including brining, marinades, rubs, stuffing, basting, herbs & spices</p>			



<p>Poultry: Cooking Techniques for Poultry</p> <p>650. Define barbequing of poultry.</p> <p>651. Define broiling of poultry.</p> <p>652. Define grilling of poultry.</p> <p>653. Define roasting of poultry.</p> <p>654. Explain the four methods used to determine the doneness of poultry.</p> <p>655. Name the safest method of determining the doneness of poultry.</p> <p>656. Identify the internal temperature required of cooked poultry (with the exception of duck).</p> <p>657. Describe how to truss whole poultry.</p>			
<p>Poultry: Chickens</p> <p>658. Describe five classifications of chicken.</p> <p>659. Prepare broiled or grilled chicken halves</p> <p>660. Prepare barbeque chicken quarters or eights</p> <p>661. Prepare broiled or grilled chicken eights</p> <p>662. Prepare deep-fried chicken eights</p> <p>663. Prepare pan-fried chicken eights</p> <p>664. Prepare stir fried boneless chicken breasts</p> <p>665. Prepare poached boneless chicken breast</p> <p>666. Prepare braised airline chicken breast</p> <p>667. Prepare broiled or grilled boned chicken leg and thigh</p> <p>668. Prepare broiled or grilled partially boned chicken leg and thigh</p> <p>669. Prepare boned whole chicken</p> <p>670. Truss whole poultry.</p> <p>671. Prepare whole roasted chicken</p> <p>672. Prepare Cornish Game Hen</p>			
<p>Poultry: Turkeys</p> <p>673. Describe four classifications of turkey.</p> <p>674. Truss and roast a whole turkey.</p> <p>675. Describe slicing and carving procedures.</p> <p>676. Slice and carve cooked poultry.</p>			



<p>Poultry: Ducks 677. Describe classifications of ducks. 678. Differentiate between white Pekin, Muscovy, Moulard, and Mallard ducks. 679. Describe three grades of foie gras. 680. Prepare duck breast</p>			
<p>Poultry: Geese 681. Describe classifications of geese.</p>			
<p>Poultry: Game Birds 682. Describe classifications of quail. 683. Prepare stuffed and roasted quail.</p>			
<p>Meats: Beef and Veal Basics 684. Describe Market Forms of Beef 685. Describe partial carcasses of beef. 686. Identify the eight primal cuts of beef. 687. Identify the cuts fabricated from each primal cut of beef. 688. Describe market forms of veal. 689. Describe partial carcasses of veal. 690. Identify the five primal cuts of veal. 691. Identify the cuts fabricated from each primal cut of veal. 692. Identify four traits to check upon receiving beef and veal. 693. Identify the temperature at which refrigerated beef and veal must be kept. 694. Explain why vacuum-sealed packages should only be opened at the time of use. 695. Describe the USDA guidelines for beef and veal. 696. Explain the significance of the USDA inspection stamp. 697. Explain why the quality grade of veal is less important than the quality grade of beef. 698. Describe common USDA quality grades of beef.</p>			
<p>Meats: Fabricating Beef and Veal 699. Describe how to tenderize and grind beef and veal. 700. Fabricate beef tenderloin into tenderloin tips, Chateaubriand, filets mignons, and tournedos. 701. Describe how to fabricate a boneless strip into steaks.</p>			



<p>702. Fabricate a boneless strip into steaks.</p> <p>703. Describe procedure for Frenched veal chops.</p> <p>704. Fabricate Frenched veal chops.</p> <p>705. Describe how to tenderize and grind beef and veal.</p> <p>706. Tenderize beef or veal by pounding.</p> <p>707. Grind fresh beef.</p>			
<p>Meats: <u>Cooking Beef and Veal</u></p> <p>708. Describe a variety of meat flavor enhancers including basting liquids, dry and wet aging, dry and wet curing, herbs and spices, larding and barding, marinades and rubs.</p> <p>709. Explain the safest way to determine the doneness of meats.</p> <p>710. Identify the size of meat cuts that can be tested for doneness by the touch method.</p> <p>711. Explain the purpose of tying meat for roasting.</p> <p>712. Prepare and plate flat iron steak.</p> <p>713. Prepare and plate braised short ribs.</p> <p>714. Prepare and plate beef stew.</p> <p>715. Prepare and plate grilled hamburgers, using fresh ground beef.</p> <p>716. Prepare and plate braised pot roast.</p> <p>717. Prepare and plate prime rib roast.</p> <p>718. Prepare and plate beef ribs.</p> <p>719. Prepare and plate tenderloin tips.</p> <p>720. Prepare and plate filet mignon.</p> <p>721. Prepare and plate strip steak to order.</p> <p>722. Prepare and plate T-bone steak to order.</p> <p>723. Prepare and plate steak (rare).</p> <p>724. Prepare and plate steak (medium).</p> <p>725. Prepare and plate steak (well done).</p> <p>726. Prepare and plate rump roast.</p> <p>727. Prepare and plate steam ship roast.</p> <p>728. Prepare and plate bottom round roast.</p> <p>729. Prepare and plate flank steak.</p> <p>730. Prepare and plate short ribs.</p> <p>731. Prepare and plate brisket.</p> <p>732. Prepare and plate braised shanks</p> <p>733. Prepare and plate beef liver.</p>			



<p>734. Prepare and plate veal chops.</p> <p>735. Prepare and plate Frenched veal rack.</p> <p>736. Prepare and plate veal cutlet.</p> <p>737. Prepare and plate braised leg recipe (i.e. ossobuco).</p> <p>738. Describe the importance of slicing across the grain.</p> <p>739. Identify the direction of all grain on cuts of beef, veal, pork and lamb.</p> <p>740. List six items required to properly set up a carving station.</p>			
<p>Meats: Pork Basics</p> <p>741. Identify common market forms of pork.</p> <p>742. Explain the advantage of purchasing a whole carcass.</p> <p>743. Identify the five primal cuts of pork.</p> <p>744. Identify the cut fabricated from a picnic shoulder.</p> <p>745. Identify cuts fabricated from a shoulder butt.</p> <p>746. Identify cuts fabricated from a pork loin.</p> <p>747. Identify cuts fabricated from a ham of pork.</p> <p>748. Identify cuts fabricated from a pork belly.</p> <p>749. Explain how to prepare four offals that are only fabricated from pork.</p> <p>750. Identify four traits that should be checked upon receiving pork.</p> <p>751. Identify the required storage temperature for refrigerated pork and for frozen pork.</p> <p>752. Explain why vacuum-sealed packages of pork should only be opened at the time of use.</p> <p>753. Describe the effects of irradiation on pork.</p> <p>754. Describe the USDA inspection and grading of pork.</p>			



<p>Meats: Fabricating Pork</p> <p>755. Describe how to fabricate tenderloin from a pork loin and portion.</p> <p>756. Clean and fabricate portions of pork tenderloin.</p> <p>757. Describe how to butterfly boneless pork chops.</p> <p>758. Butterfly a boneless pork chop.</p>			
<p>Meats: Cooking Pork</p> <p>759. Describe various styles of barbeque including Kansas City, Carolina, Memphis and Texas barbeque.</p> <p>760. Describe how to smoke proteins.</p> <p>761. Describe how to tie a boneless pork roast.</p> <p>762. Prepare and plate picnic shoulder (i.e. pulled pork) recipe</p> <p>763. Prepare and plate pork chops.</p> <p>764. Prepare and plate baby back ribs.</p> <p>765. Prepare and plate country style ribs.</p> <p>766. Prepare and plate baked ham.</p> <p>767. Prepare and plate ham steak.</p> <p>768. Prepare and plate braised pork belly.</p>			
<p>Meats: Lamb Basics</p> <p>769. Identify common market forms of lamb</p> <p>770. Describe whole and partial lamb carcasses.</p> <p>771. Explain the difference between a foresaddle and a hindsaddle.</p> <p>772. Explain the difference between a back and a bracelet.</p> <p>773. Identify the five primal cuts of lamb.</p> <p>774. Identify the cuts fabricated from a lamb shoulder.</p> <p>775. Identify the cuts fabricated from a lamb rack</p> <p>776. Identify the cuts fabricated from a lamb loin.</p> <p>777. Identify the cuts fabricated from a leg of lamb.</p> <p>778. Identify the cuts fabricated from a lamb breast.</p> <p>779. Explain how to prepare lamb offal.</p>			



<p>780. Identify four traits that should be checked upon receiving lamb.</p> <p>781. Identify the required storage temperature for refrigerated lamb and frozen lamb.</p> <p>782. Describe the USDA inspection and grading of lamb.</p>			
<p>Meats: Fabricating Lamb</p> <p>783. Describe how to separate a hotel rack.</p> <p>784. Describe how to French a rack of lamb.</p> <p>785. French a rack of lamb.</p> <p>786. Describe how to bone leg of lamb.</p> <p>787. Bone leg of lamb.</p> <p>788. Describe how to bone a loin to form a rolled roast.</p> <p>789. Bone and tie loin to form a rolled roast.</p> <p>790. Describe how to fabricate noisettes.</p> <p>791. Fabricate a lamb tenderloin into noisettes.</p>			
<p>Meats: Cooking Lamb</p> <p>792. Prepare and plate lamb chops.</p> <p>793. Prepare and plate crown roast.</p> <p>794. Prepare and plate grilled loin.</p> <p>795. Prepare and plate roast leg of lamb.</p> <p>796. Prepare and plate rolled lamb roast.</p> <p>797. Prepare and plate braised lamb shank.</p>			
<p>Meats: Game</p> <p><u>798.</u> Describe a variety of game prepared in professional kitchens</p>			
<p>Fish and Seafood: Fish Basics</p> <p>799. Differentiate between lean and fatty fish.</p> <p>800. Describe three classifications of fish based on external shape and structure.</p> <p>801. Identify types of roundfish, flatfish, and cartilaginous fish.</p> <p>802. Describe the various market forms of fish.</p> <p>803. Explain how fresh fish are received and stored.</p> <p>804. Explain how frozen fish are received and stored.</p> <p>805. Name the government organization in charge of voluntary fish inspections.</p>			



<p>Fish and Seafood: <u>Fabricating Fish</u> 806. Explain the importance of properly fabricating fish. 807. Explain how to scale a fish. 808. Scale a fish. 809. Explain how to fabricate a roundfish into steaks. 810. Fabricate a roundfish into steaks. 811. Explain how to fillet a roundfish. 812. Fillet a roundfish. 813. Explain how to skin a roundfish fillet. 814. Skin a roundfish fillet. 815. Explain how to fillet a flatfish. 816. Fillet a flatfish. 817. Explain how to skin a flatfish fillet. 818. Skin a flatfish fillet.</p>			
<p>Fish and Seafood: <u>Cooking Fish</u> 819. Explain cooking techniques used for preparing fish. 820. Grill fish steaks 821. Grill fish fillets 822. Bread and pan-fry fish fillets 823. Batter and deep-fry fish fillets 824. Poach fish fillets</p>			
<p>Fish and Seafood: <u>Shellfish Basics</u> 825. Identify three categories of shellfish. 826. Describe four types of crustaceans. 827. Describe two types of univalves. 828. Describe five types of bivalves. 829. Describe three types of cephalopods. 830. Describe various market forms of shellfish. 831. Explain how live shellfish are received and stored. 832. Describe the purpose of shellstock tag. 833. Explain how frozen shellfish are received and stored.</p>			



<p>Fish and Seafood: <u>Fabricating Shellfish</u></p> <p>834. Identify a variety of shellfish fabrication techniques.</p> <p>835. Describe procedure for deveining shrimp.</p> <p>836. Devein Shrimp.</p> <p>837. Describe procedure for debearding mussels.</p> <p>838. Debeard mussels.</p> <p>839. Explain how to prepare live lobster for grilling/broiling or sautéing.</p> <p>840. Split lobster tails.</p> <p>841. Explain how to clean soft-shell crabs.</p> <p>842. Clean soft-shell crabs.</p> <p>843. Explain how to shuck oysters.</p> <p>844. Shuck oysters.</p> <p>845. Explain how to clean squid.</p> <p>846. Clean squid.</p> <p>847. Explain how to shuck clams.</p> <p>848. Shuck clams.</p>			
<p>Fish and Seafood: <u>Cooking Shellfish</u></p> <p>849. Explain cooking techniques used for preparing fish.</p> <p>850. Grill Shrimp or prawns</p> <p>851. Boil or steam shrimp or prawns.</p> <p>852. Saute shrimp or prawns</p> <p>853. Bread and deep-fry shrimp or prawns</p> <p>854. Batter and deep-fry shrimp or prawns</p> <p>855. Poach and chill shrimp or prawns</p> <p>856. Boil Whole Lobsters</p> <p>857. Boil Crayfish</p> <p>858. Steam or Poach Crabs</p> <p>859. Saute or Steam Clams</p> <p>860. Bread and deep-fry clams.</p> <p>861. Steam Mussels</p> <p>862. Steam Oysters</p> <p>863. Prepare raw on the half-shell oysters.</p> <p>864. Pan-fry scallops</p> <p>865. Prepare Ceviche using scallops.</p> <p>866. Bread and fry Squid</p>			



Baking and Pastry: Bakeshop Ingredients

- 867. Identify how ingredients are measured in the bakeshop,
- 868. Explain how two ingredients can have the same volume but different weights.
- 869. Identify the protein in flour that gives a baked product structure.
- 870. Contrast five types of flour commonly used in the bakeshop.
- 871. Explain how sugars and natural sweeteners affect baked products.
- 872. Identify eight types of sugars and natural sweeteners used in the bakeshops.
- 873. Explain how fats affect baked products.
- 874. Explain the process of hydrogenation.
- 875. Differentiate between hydrogenated and hi-ratio shortenings.
- 876. Explain how eggs affect baked products.
- 877. Explain how milk and other dairy products affect baked products.
- 878. Explain how thickening agents affect baked products.
- 879. Identify five common thickening agents.
- 880. Explain the purpose of a leavening agent.
- 881. Identify five common leavening agents.
- 882. Identify four varieties of yeast used to leaven baked products.
- 883. Explain how flavorings affect baked products.
- 884. Identify five types of chocolate used in the bakeshop.
- 885. Differentiate between an extract and a flavoring emulsion.
- 886. Explain how a vanilla bean is added to a mixture.
- 887.** Define seven common terms used to describe methods of combining ingredients.



<p>Baking and Pastry: <u>Quick Bread Preparation (Biscuit, Muffin, Quick Bread Loaves, and Corn Bread)</u></p> <p>888. Identify four common types of quick breads.</p> <p>889. Describe three methods of mixing quick breads.</p> <p>890. List guidelines for baking quick breads and checking them for doneness.</p> <p>891. Explain how to cool and store quick breads.</p> <p>892. Describe how to prepare biscuits.</p> <p>893. Prepare biscuits.</p> <p>894. Describe how to prepare muffins.</p> <p>895. Prepare muffins.</p> <p>896. Describe how to prepare quick bread loaves.</p> <p>897. Prepare quick bread loaves.</p> <p>898. Describe how to prepare corn bread.</p> <p>899. Prepare corn bread.</p>			
<p>Baking and Pastry: <u>Cookie Preparation</u></p> <p>900. Describe cookie preparation.</p> <p>901. Describe the creaming method of mixing cake batters.</p> <p>902. Describe the sponge method of mixing cake batters.</p> <p>903. Identify six types of cookie preparation.</p> <p>904. Describe process for cooling and storing cookies.</p> <p>905. Prepare cookies using drop method.</p> <p>906. Prepare cookies using rolled method.</p> <p>907. Prepare cookies using the following methods: bar or molded.</p>			
<p>Baking and Pastry: <u>Yeast Bread Preparation</u></p> <p>908. Contrast lean dough, rich dough, and rolled-in yeast dough.</p> <p>909. Explain how to scale ingredients.</p> <p>910. Describe three methods of mixing yeast dough.</p> <p>911. Explain how to knead yeast dough.</p> <p>912. Define fermentation.</p> <p>913. Explain why yeast dough needs to be punched.</p>			



<p>914. Explain how to scale/divide yeast dough.</p> <p>915. Explain why yeast dough may need to be rounded.</p> <p>916. Describe six ways dough can be shaped.</p> <p>917. Explain how to pan yeast dough.</p> <p>918. Describe the purpose of proofing yeast dough.</p> <p>919. Explain how to score yeast dough.</p> <p>920. Explain how to dock yeast dough.</p> <p>921. Explain how to wash yeast dough.</p> <p>922. Explain the cause of oven spring and the temperature at which it stops.</p> <p>923. Describe steam injection.</p> <p>924. Explain why some yeast breads should not be wrapped for storage.</p> <p>925. Prepare a lean yeast dough product.</p> <p>926. Prepare a rich yeast dough product.</p> <p>927. Prepare a rolled-in yeast dough product.</p>			
<p>Baking and Pastry: Pie and Tart Preparation</p> <p>928. Explain pie and tart dough ratios.</p> <p>929. Name four types of piecrusts.</p> <p>930. Differentiate between mealy and flaky piecrusts.</p> <p>931. Differentiate between pie crust and tart crust</p> <p>932. Differentiate between crumb crusts and specialty crusts.</p> <p>933. Explain the purpose of blind baking.</p> <p>934. Identify four common types of pie filling.</p> <p>935. Contrast fruit, cream, soft, and chiffon pie fillings.</p> <p>936. Explain how the ratio of sugar to egg whites affects meringues.</p> <p>937. Describe three common types of meringue.</p> <p>938. Prepare a mealy pie dough</p> <p>939. Prepare a flaky pie dough.</p> <p>940. Prepare a crumb crust.</p> <p>941. Prepare dough for tart.</p> <p>942. Blind bake a piecrust</p>			



<p>943. Prepare a specialty crust.</p> <p>944. Prepare a pie with fruit filling.</p> <p>945. Prepare a fresh fruit tart.</p> <p>946. Prepare a pie with cream filling.</p> <p>947. Prepare a soft pie filling.</p> <p>948. Prepare a chiffon pie filling.</p> <p>949. Prepare a pie with meringue topping.</p>			
<p>Baking and Pastry: <u>Cake Preparation</u></p> <p>950. Describe the four stages of baking cakes.</p> <p>951. Describe how to test for doneness, cool and store cakes.</p> <p>952. Identify four cake batter-mixing methods.</p> <p>953. Describe the two-stage method of mixing cake batters.</p> <p>954. Describe the sponge method of mixing cake batters.</p> <p>955. Describe the chiffon method of mixing cake batters.</p> <p>956. Use the two-stage mixing method to mix a cake batter.</p> <p>957. Use the creaming method to mix a cake batter.</p> <p>958. Use the sponge method to mix a cake batter.</p> <p>959. Use the chiffon method to mix a coke batter.</p>			
<p>Baking and Pastry: <u>Icing Preparation</u></p> <p>960. Name the three functions of icings.</p> <p>961. Describe nine different types of icings.</p> <p>962. Describe how to fill a pastry bag and pipe icing.</p> <p>963. Describe icing techniques.</p> <p>964. Fill a pastry bag with icing and demonstrate use of pastry bag and tips.</p> <p>965. Prepare buttercream icing.</p> <p>966. Prepare whipped cream icing.</p> <p>967. Prepare ganache.</p> <p>968. Prepare glazed icing.</p>			



<p>Baking and Pastry: Convenience <u>Pre-Prepared Baking and Pastry Products</u></p> <p>969. Identify and select frozen pre-prepared baked goods and pastry products.</p> <p>970. Bake pre-prepared convenience baked goods and pastries.</p> <p>971. Prep and plate pre-prepared convenience cakes, pies and desserts.</p>			
<p>Total Competencies: 971</p>			



Appendix A
RELATED INSTRUCTION OUTLINE
Sous Chef (ACF®)
(Existing Title: Cook, Chief)
O*NET-SOC CODE: 35-1011.00 RAPIDS CODE: 1053CB

Related Instruction Provider	
Name: Rouxbe Global Food Group	
Address: 4313 245 th Avenue SE Issaquah, WA 98029	
Email: scott@rouxbe.com	Phone Number: (415) 272-1390
Suggested Related Instruction Hours: 420	

Related Instruction/Course Outline			
Course Number	Course Title	Learning Objectives	Contact Hours
CIP Code 12.0500	Cooking and Related Culinary Arts, General	Focuses on the general study of the cooking and related culinary arts, and that may prepare individuals for a variety of jobs within the food service industry.	150
CIP Code 12.0501	Baking and Pastry Arts/Baker/Pastry Chef	Prepares individuals to serve as professional bakers and pastry specialists in restaurants or other commercial baking establishments.	30
CIP Code 12.0503	Culinary Arts/ Chef Training	Prepares individuals to provide professional chef and related cooking services in restaurants and other commercial food establishments.	180
CIP Code 12.0504	Restaurant, Culinary, and Catering Management/Manager	Prepares individuals to plan, supervise, and manage food and beverage preparation and service operations, restaurant facilities, and catering services.	30
CIP Code 12.0509	Culinary Science / Culinology	Focuses on the blending of food science and the culinary arts and that prepares individuals to work as research chefs and related research and development positions in the food industry.	30
Total RTI Hours			420 Hours



SELECTION PROCEDURES

The employer-partner selection procedures for this occupation are listed below:

1. The sponsor will accept apprenticeship placement requests from employer or educational organizations, colleges, or school, or career transitioning professionals with transferrable skills. The sponsor will be the final authority on determining eligibility.
2. All apprenticeship requests will be reviewed by the sponsor and the program's apprenticeship advisory committee for approval or denial. Requests will be reviewed and considered in the order they are received.
3. Employer-partner should use the below criteria in selecting apprentice candidates:
 - Skills and Experience Assessment of the candidate's culinary skills and experience.
 - Behavioral Interview to assess the candidate's work ethic, teamwork skills, ability to handle pressure, and passion for the culinary field.
 - Reference Checks of previous employers or mentors to verify the candidate's work experience, skills, and character.
 - The employer will make the final selection based upon the occupational requirements and the needs of the organization/company.