

THE NATIONAL APPRENTICESHIP TRAINING PROGRAM FOR COOKS

TRAINING LOG



American Culinary Federation

180 Center Place Way
St. Augustine, Florida 32095

Local Phone: (904) 824-4468

Toll Free: (800) 624-9458

Fax: (904) 825-4758

<http://www.acfchefs.org>

THE NATIONAL APPRENTICESHIP TRAINING PROGRAM FOR COOKS

TRAINING LOG

This Training Log is the property of:

Name _____

Address _____

City/State/Zip _____

Telephone _____

Training Site _____



American Culinary Federation

180 Center Place Way
St. Augustine, Florida 32095

Local Phone: (904) 824-4468

Toll Free: (800) 624-9458

Fax: (904) 825-4758

<http://www.acfchefs.org>

©2009, American Culinary Federation Education Foundation, Inc. All rights reserved. No part of this document may be disclosed or reproduced in any form without express written consent of the American Culinary Federation Education Foundation

Welcome!

We are thrilled that you have decided to become an apprentice and join the thousands of professional chefs who began their careers in an ACF Apprentice Program.

Whether your goal is to become the head chef in a famous restaurant, share your skills as an educator, provide foodservice in a large industry or own your own restaurant, this is the place to start. ACF Apprentices receive the best training available. We will help prepare you to achieve your goals!!!

HISTORY

The American Culinary Federation (ACF) has long represented the cooks, bakers, and culinary professionals in the United States and so when The Fitzgerald Act of 1937 established the Apprentice-Training Service (presently the Bureau of Apprenticeship), the ACF began creating the set of recommended guidelines to be used for a culinary apprenticeship program. Recognizing that the future of the industry would be determined by the competence of the individuals entering the field, the American Culinary Federation established the ACF National Apprenticeship Committee (NAC) and in 1979 registered their guidelines with the Bureau of Apprenticeship. The program was developed with the help of Jack Braun, CEC, AAC; Ferdinand Metz, CMC, AAC; and L. Edwin Brown. This program took the traditional European system of apprenticeship and combined it with the educational system of the United States. This combination of programs resulted in a dynamic blend of on-the-job training and classroom instruction.

The American Culinary Federation Education Foundation's apprenticeship training program has been designed to provide future culinarians entering the workplace with comprehensive training in the practical and theoretical aspects of work required in a highly skilled profession.

In recent years apprenticeship has enjoyed a renewed popularity and is viewed as a high quality method to acquire skills while learning by doing and at the same time exploring the opportunities which exist within the culinary profession.

The apprenticeship program is based on the voluntary cooperation between local chapters of the American Culinary Federation, industry and government, the individual hotel or foodservice establishments and the local school and college systems. It is truly a cooperative endeavor. The rich rewards of this cooperation are apprentices who learn skills on-the-job which will serve them to develop into committed and dedicated culinarians.

APPRENTICE LOGBOOK - The purpose

The purpose of the Training Log is to monitor the progress of the apprentice through his/her hours of on-the-job training. It

is also designed as a tool to build a professional resume utilizing the sections provided to document work history, professional organizations, volunteer work, awards, competitions, school transcripts, references and accommodations throughout the apprenticeship experience.

The Apprentice Logbook is meant to be a reflection of the knowledge you have gained by working in a functional and productive hands-on environment. The information contained in every log entry should convey to your supervising Chef that you have produced an item, and more importantly, that you understand the process that it takes to produce it thoroughly.

Each apprentice maintains a Training Log. It is the responsibility of the apprentice to complete the log pages and to successfully complete the work processes. An apprentice cannot graduate from the apprenticeship program unless he/she successfully completes the Training Log. The apprentice is responsible for a minimum of 150 log pages, which should directly reflect the work processes. Please make additional pages as needed. If the apprentice desires to add more than the required number of log pages, additional spaces will be allotted in the Table of Contents for these additional pages.

The work processes contained within this logbook should be accomplished at the apprentice work site under the direction of the supervising chef. However, some work processes may be accomplished through the exposure and experiences provided by the cooperating educational facility.

A sample of the log page, table of contents, ledger and evaluation pages have been included for reference.

The inclusion of the following details in every entry will ensure a thorough, consistent and complete log entry that will effectively demonstrate your understanding of the subject.

HOW TO WRITE AN APPRENTICE LOGBOOK ENTRY

Sample Logbook Page Outline

I. The Station Title

Write the specific Work Process that the Log Entry will relate to. For example if you are writing an entry on "Fried Eggs" make sure that the Station Title reflects that you are referencing an activity related to the Breakfast Cook process.

II. The Title

Always title your entry in a manner that will reflect what the entire substance of the entry will convey as simple as possible. It could be "How to Properly Use a Mop" or "Hollandaise Sauce".

III. The Visual Reference or Illustration

Every entry must have an accompanying visual reference to reinforce what the subject matter is about. Common illustrations

can include a simple step-by-step representation of the culinary process that you are writing about, or a diagram of a dish machine with all of the vital parts labeled, or a simple plate diagram to convey a presentation idea for a recipe.

Remember that the Culinary Arts are visual! This exercise will help to hone your eyes to the all-important details that are so crucial to being an exceptional cook!

Photographs are acceptable, but you should only use them sparingly – and only of actual items that you have prepared. Magazine pictures are cheating, period! In the end you will want your logbook to be an original and unique representation of your learning experience!

IV. The Subject Matter

It is important that a Log Entry be “original” in the sense that it is composed of a single special task, ingredient, culinary process, specific recipe, or anything that you have actually performed or produced while working in your sponsoring house. It is also recommended that a subject is chosen from the “Work Process” category that you have spent the majority of your working hours on that week.

Also, a log entry subject should be something that you and your NCOIC can have an educational conversation about!

If it is a recipe: Make sure that the recipe is neatly written in an acceptable standard recipe format with proper punctuation and spelling that includes the following...

1. Title
2. Yield Information
3. Proper Units of Culinary Measure
4. Chronological Methodology
5. Times and Temperatures (if applicable)

V. The Informational Research

Regardless of the subject, every entry must include some detailed research relating to the chosen topic. This process is what adds depth and understanding to an activity!

Every step in a recipe, or procedure, has a specific purpose that deals with the manipulation and modification of a substance or material. Describe the physical sciences involved that deal with the “How and Why” in the procedure. Describe How ingredients and substances interact with each other and Why they do it! Be specific. Use proper culinary terminology and industry language. Use cooking times and temperatures. Thoroughly explain what you have learned.

Research can also include the culinary history associated with a recipe. Describe when and where the preparation was first introduced, how it came to be called by the name it has today, and how it has evolved over the years. This is especially true in the case of the classical preparations – every dish tells a story!

In addition, it is very important that you should also include some measure of nutritional information to coincide with your research. This has become a crucial aspect of the foodservice industry, and should be exposed in your studies. Some ideas for nutritional research could be suggesting substitute ingredients and methods to make it healthier, a detailed description of the nutritional analysis of a recipe, the nutritional make up of a key ingredient and its benefits/nutritional concerns, etc.

VI. The References

This is quite simply noting the sources from where you have obtained your research information; a magazine, book, article, or website.

Example: Chesser, J. (1992). “The Art & Science of Culinary Preparation”: pg. 64

STATIONS

The sections of training are titled by work stations in the kitchen. An apprentice will progress through all of these stations over the term of apprenticeship. Following is a list of the stations and the time required to complete the corresponding work process:

4,000-hour program

I. Steward	120
II. Breakfast	200
III. Vegetable, Starch & Pasta	600
VI. Fabrication	200
V. Broiler/Char-grill	560
VI. Soup & Sauce	520
VII. Pantry & Cold Foods	600
VIII. Cooking Techniques	800
XI. Baking & Pastry	240
X. Supervisory Development	160
Total Training Hours	4,000

EVALUATION

For each station, there is an evaluation page. On the evaluation page is the name of the station, the time required for completion, and the pages to reference for the work processes that make up each station.

It is the responsibility of the NCOIC to observe the apprentice completing each competency on this list. The NCOIC must initial and date the verification of completion of each competency. This must be carried out before the evaluation is considered to be complete.

The NCOIC must evaluate the apprentice upon completion of the required hours for each station. To document these hours, the apprentice should use the ledger located at the end of the Training Log. The NCOIC should review the outline of work processes, as well as the log pages, and the Ledger to make an appropriate evaluation.

On the evaluation page, the sections that categorize that work processes are listed. The following number system is used to assign a value or level to each section: A minimum level of 1, indicating a “GO” performance, must be achieved by the apprentice in each area.

Competency Levels		Level
GO	=	1
NO-GO	=	2

The meaning of these terms is as follows:

GO = Every aspect of the work assignment was outstanding, needed little supervision, understood the assignment well

NO-GO = Work was unsatisfactory, needed total supervision, did not grasp assignment

The NCOIC must assign a number value or level to each section, according to the supervising chef’s evaluation of progress. Then, he/ she should initial and date each line.

The NCOIC must total the numbers assigned to each section, and come up with an overall total number for each station. This number must equal or exceed the number that appears at the end of the line entitled “Total of Competency Level Achieved” for an apprentice to progress to the next station. If the apprentice fails to progress, the chef must make every effort to determine the deficiency and to work with the apprentice until he/she succeeds. Upon successful completion of each station, including the corresponding log pages, the NCOIC must sign and date the bottom of each evaluation page, but only if the apprentice has completed the correlating log pages.

The NCOIC must sign and date each log page. A representative from the Apprenticeship Committee (JCCoE) must also verify each log page. If there is an inadequacy on the part of the apprentice in filling out the log page, this must be corrected and duly noted when the log page is finally approved. This can be done by having the NCOIC date and initial it in the designated spot at the bottom of the log page.

LEDGER

There is a ledger for the apprentice to keep track of the hours of work completed in the work processes. This is done on a weekly basis, and is located in the back of the Training Log. This is an important tracking document because it ensures not only that the apprentice is spending the necessary hours in each section, but it prevents the apprentice from remaining in a training station longer than is necessary.

FINAL SCORE

At the end of the Training Log is the final evaluation page. This page lists all of the stations, with the respective evaluation scores given by the NCOIC. These numbers must be totaled, and the apprentice must have received all GO’s to complete the

apprenticeship program. If an apprentice achieves this standard the NCOIC and apprentice’s chairperson will sign and date this final evaluation page.

SUGGESTED REFERENCE MATERIALS

While the National Apprenticeship Committee no longer requires a specific text book to be utilized for the apprenticeship program, we have provided a list of suggested reference materials to help make your program successful:

The Art and Science of Culinary Preparation: Jerald W. Chesser, CEC, CCE

Culinary Fundamentals, ACF: Prentice Hall

Baking Fundamentals, ACF: Prentice Hall

Supervision in the Hospitality Industry: Applied Human Resources, 5th Ed., Miller, Walker, Drummond: John Wiley & Sons

Nutrition for Foodservice and Culinary Professionals, 6th Ed., Drummond, Brefer: John Wiley & Sons

Servsafe® Essentials, 5th Ed.: Prentice Hall

The Professional Pastry Chef: Fundamentals of Baking Pastry, 4th Ed., Friberg: John Wiley & Sons

Escoffier: The Complete Guide to the Art of Modern Cookery, 2002, Cracknell, Kaufmann: John Wiley & Sons

On Cooking: A Textbook of Culinary Fundamentals, 4th Ed., Labensky, Hause: Prentice Hall

On Baking: A Textbook of Baking and Pastry Fundamentals, 2nd Ed., Labensky, Martel, Van Damme, Sierra: Prentice Hall

Web site: www.chefcertification.com

©2009, American Culinary Federation Education Foundation, Inc. All rights reserved. No part of this document may be disclosed or reproduced in any form without express written consent of the American Culinary Federation Education Foundation



American Culinary Federation Army Food Service 92G Credentialing Program



Work Stations

	Cook	4000 hr. program
I.	Steward	120
II.	Breakfast	200
III.	Vegetable, Starch & Pasta	600
IV.	Fabrication / Butcher	200
V.	Broiler / Char-Grill	560
VI.	Soup and Sauce	520
VII.	Pantry and Garde Manger	600
VIII.	Cooking Techniques (Sauté)	800
IX.	Baking and Pastry	240
X.	Supervision & Banquet Cook	160
XI.	Field	—
XII.	Evaluation	—
	Total Training Hours	4000

Total hours and specific tasks/competencies per area

Note- Most tasks/competencies may be completed in field or garrison environments.
Additional suggested reading material is included.

I. Steward - 120 hours (Advanced Individual Training)

AA. Sanitation, Safety, Professionalism and Hygiene

- A1. Responsible for the overall cleanliness and maintenance of the kitchen and its supporting facilities plus equipment, tools, and supplies.
- A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.
 - A2 a. Provide clean wiping cloths
 - A2 b. Recognize unclean work areas
 - A2 c. Identify and select appropriate cleaning and sterilizing agents
- A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.
 - A3 a. Control disposal of food waste and garbage.
 - A3 b. Control storage of perishable goods.
- A4. Utilize food service equipment and utensils efficiently and safely at all times.
- A5. Wear professional chef's attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.

A8. Operate as an effective team.

B. Tools and Equipment

B1. Identify, select, use, care for and store the following equipment, tools and areas as appropriate:

- B1 a. Broom
- B1 b. Mop
- B1 c. Mop pail with wringer
- B1 d. Carts, mobile, assorted sizes
- B1 e. Dishwasher, commercial model
- B1 f. Sink, utility, 3 compartment
- B1 g. Freezer, walk-in
- B1 h. Refrigerators, reach-in
- B1 i. Refrigerators, walk-in
- B1 j. Trash cans
- B1 k. Holding bins for garbage
- B1 l. Freezer, reach-in
- B1 m. Storage cabinets
- B1 n. Table, utility
- B1 o. Skirting for buffet tables (holiday menus, change of command)
- B1 p. Clipboard
- B1 q. Tables, folding
- B1 r. Linen (holiday menus, change of command)
- B1 s. Ventilation system
- B1 t. Lavatories

C. Product Identification and Knowledge

- C1. Identify all basic food products and where they are stored
- C2. Identify various cleaning chemicals and agents
- C3. Identify different sizes of canned goods
- C4. Identify various forms and containers as fresh produce comes in
- C5. Identify various forms and containers as frozen food comes in
- C6. Recognize quality standards in fresh vegetables, fish, and seafood, dairy products and meats
- C7. Identify canned heat (sternos)

D. Production

- D1. Storeroom
 - D1 a. Receive goods
 - D1 b. Store goods
 - D1 c. Inventory goods
 - D1 d. Prepare daily food order
 - D1 e. Distribute goods
 - D1 f. Clean storage and receiving areas

D2. Maintain cleanliness of kitchen

- D2 a. Recognize and prepare work areas
- D2 b. Provide clean wiping cloths
- D2 c. Identify and select appropriate cleaning and sterilizing agents
- D2 d. Clean refrigerators and freezers
- D2 e. Clean and prepare work areas
- D2 f. Polish stainless steel
- D2 g. Clean floors
- D2 h. Clean walls
- D2 i. Clean restrooms
- D2 j. Clean filters
- D2 k. Clean hood system
- D2 l. Clean ovens
- D2 m. Filter fat in deep fryer
- D2 n. Clean deep fryer

D3. Waste management and disposal

- D3 a. Clean garbage cans
- D3 b. Collect and control disposal of food waste and garbage
- D3 c. Maintain garbage area
- D3 d. Control storage of perishable items

D4. Identify and exterminate insects and vermin

- D4 a. Prepare kitchen areas for bug spraying

D5. Safety

- D5 a. Store toxic chemicals properly
- D5 b. Recognize and correct unsafe fire hazards
- D5 c. Recognize and correct unsafe safety hazards
- D5 d. Use hand fire extinguisher
- D5 e. Use and insist on safe lifting and carrying procedures
- D5 f. Apply survival first aid
- D5 g. Ensure adequate ventilation and lighting in work areas and washrooms

D6. Ware washing

- D6 a. Prepare pots and pans for cleaning
- D6 b. Wash pots and pans
- D6 c. Sanitize pots and pans
- D6 d. Dry pots and pans
- D6 e. Store pots and pans
- D6 f. Set up/turn on dish machine
- D6 g. Prepare dishwashing area
- D6 h. Prepare dishware for washing
- D6 i. Wash dishware
- D6 j. Clean dishwashing area
- D6 k. Break down/clean/dish machine
- D6 l. Store dishes
- D6 m. Prepare utensils for washing
- D6 n. Wash utensils

- D6 o. Store utensils
- D6 p. Prepare silverware for washing
- D6 q. Wash silverware
- D6 r. Store silverware

D7. Health Inspection

- D7 a. Perform an unofficial health inspection with preventive medicine

D8. Buffet set-up (field or garrison environment)

- D8 a. Set up buffet tables / field dining site
- D8 b. Cover and drape buffet tables
- D8 c. Clean chafing dishes / Insulated Food Containers (IFCs)
- D8 d. Assemble chafing dishes / IFCs
- D8 e. Light chafing dishes / preheat IFCs
- D8 f. Deliver food to buffet / field site
- D8 g. Set up food on buffet / field site

E1. Production: Kitchen

E2. Maintain cleanliness of kitchen

- E2 a. Recognize and prepare work areas
- E2 b. Provide clean wiping cloths
- E2 c. Identify and select appropriate cleaning and sterilizing agents
- E2 d. Clean refrigerators and freezers
- E2 e. Clean and prepare work areas
- E2 f. Polish stainless steel
- E2 g. Clean floors
- E2 h. Clean walls
- E2 i. Clean restrooms
- E2 j. Clean filters
- E2 k. Clean hood system
- E2 l. Clean ovens
- E2 m. Filter fat in deep fryer
- E2 n. Clean deep fryer

E3. Waste management and disposal

- E3 a. Clean garbage cans
- E3 b. Collect and control disposal of food waste and garbage
- E3 c. Maintain garbage area
- E3 d. Control storage of perishable items

E4. Identify and exterminate insects and vermin

- E4 a. Prepare kitchen areas for bug spraying

E5. Safety

- E5 a. Store toxic chemicals properly
- E5 b. Recognize and correct unsafe fire hazards
- E5 c. Recognize and correct unsafe safety hazards
- E5 d. Use hand fire extinguisher
- E5 e. Use and insist on safe lifting and carrying procedures

- E5 f. Apply survival first aid
- E5 g. Ensure adequate ventilation and lighting in work areas and washrooms

E6. Ware Washing

- E6 a. Prepare pots and pans for cleaning
- E6 b. Wash pots and pans
- E6 c. Sanitize pots and pans
- E6 d. Dry pots and pans
- E6 e. Store pots and pans
- E6 f. Set up/turn on dish machine
- E6 g. Prepare dishwashing area
- E6 h. Prepare dishware for washing
- E6 i. Wash dishware
- E6 j. Clean dishwashing area
- E6 k. Break down/clean/dish machine
- E6 l. Store dishes
- E6 m. Prepare utensils for washing
- E6 n. Wash utensils
- E6 o. Store utensils
- E6 p. Prepare silverware for washing
- E6 q. Wash silverware
- E6 r. Store silverware

F. Sustainability through Purchasing/Procurement

- F1. Identify environmentally friendly cleaning products that could be utilized in place of current products used. Keep in mind comparable cost comparisons.
- F2. Research/identify the benefits of using natural fiber textiles
- F3. Identify regularly purchased products that could be replaced with recyclable, reusable or biodegradable items.

II. Breakfast Cook - 200 hours

AA. Sanitation, Safety, Professionalism and Hygiene

- A1. Responsible for the set up, cooking, and serving of the breakfast meal.
- A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.
 - A2 a. Provide clean wiping cloths
 - A2 b. Recognize unclean work areas
 - A2 c. Identify and select appropriate cleaning and sterilizing agents
- A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.
 - A3 a. Control disposal of food waste and garbage.
 - A3 b. Control storage of perishable goods.
- A4. Utilize food service equipment and utensils efficiently and safely at all times.

- A5. Wear professional chef's attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.
- A8. Operate as an effective team.
- A9. Prevent spread of disease from salmonella, especially as it pertains to eggs and their shells.

B. Tools and Equipment

- B1. Prepare, clean, and season griddle
- B2. Prepare, clean, and season waffle iron
- B3. Maintain properly seasoned egg pan / griddle
- B4. Use sauté pan / griddle properly for eggs and omelets
- B5. Understand and show proper use varieties of spatulas, food turners, spoons, tongs and skimmers.
- B6. Understand and show use of electrical prep equipment such as mixers, blenders, food processors and coffee makers.
- B7. Utilize the bain marie / steam-line for keeping breakfast items hot and of a quality for service.
- B8. Show proper use of knives in regards to the preparation and cutting of fruits, vegetables and meats.
- B9. Clean and maintain all equipment associated with breakfast meal.

C. Product Identification and Knowledge

- C1. Recognize different sizes, types, and grades of eggs
- C2. Recognize the various types of canned, fresh or frozen juices for breakfast
- C3. Identify and select fresh vegetables and fruits used for the breakfast meal
- C4. Identify the different kinds of teas for hot tea
- C5. Describe the varieties of coffee
- C6. Identify the different types of breakfast meats
- C7. Recognize proper handling and storage of eggs, fruits, vegetables and meats used for breakfast.

D. Production

- D1. Prepare fried eggs- F00700 & F01000
 - D1 a. Over easy, medium, hard
 - D1 b. Basted- Any approved receipt source
 - D1 c. Sunny-side up
 - D1 d. Scrambled
- D2. Prepare poached eggs- F00900
 - D2 a. Set up poaching water
 - D2 b. Set up system for poaching eggs in quantity
 - D2 c. Cook poached eggs

- D3. Prepare boiled eggs- F00400**
- D3 a. Soft-cooked eggs (3 – 5 min)
 - D3 b. Hard-cooked eggs
- D4. Prepare complex egg dishes**
- D4 a. Assemble egg sandwiches- N00700 or variation
 - D4 b. Assemble breakfast burritos- F01200
 - D4 c. Prepare breakfast pizza- F01500
 - D4 d. Make Omelets- F00800 or variation
 - D4d 1. Prepare ten different fillings for omelet
 - D4d 2. Rolled omelet
 - D4d 3. Folded omelet
 - D4d 4. French omelet- Any approved recipe source
 - D4d 5. Soufflé omelet- Any approved recipe source
 - D4d 6. Eggs Benedict- Any approved recipe source, add Hollandaise sauce in special instructions on production schedule
 - D4d 7. Create one variation of Eggs Benedict – recipe approved by NCOIC, dietician, and preventive med
- D5. Prepare breakfast meats**
- D5 a. Cook bacon- L00200
 - D5 b. Cook patty sausage- L08900
 - D5 c. Cook link sausage- L09100
 - D5 d. Cook ham steak- L07100 or variation
 - D5 e. Prepare corned beef or roast beef hash from scratch- L11000 / L03300
- D6. Prepare and cook breakfast batters**
- D6 a. Waffles- D02508
 - D6 b. Pancakes- D02500
 - D6 c. French toast- D02200
 - D6 d. Crepes- Any approved recipe source
 - D6d 1. Prepare a pie filling for crepes, fill crepes- see SOP's and special instructions on production schedule
 - D6 e. Fritters- Any approved receipt source
- D7. Prepare breakfast potatoes**
- D7 a. Hash browned potatoes- Q04600
 - D7 b. Home fried potatoes- Q04700
- D8. Prepare hot cereals and breads**
- D8 a. Oatmeal- E00100
 - D8 b. Grits- E00200
 - D8 c. Baking powder biscuits- D00100
 - D8 d. Toast all types of breads including English muffins
- D9. Prepare breakfast beverages**
- D9 a. Brew regular and decaffeinated coffee
 - D9 b. Brew hot tea
 - D9 c. Reconstitute frozen juices
 - D9 d. Squeeze fresh orange and grapefruit juice

- D9 e. Utilize juice dispensers
- D9 f. Prepare a fruit or yogurt based smoothie- Any approved recipe source

- D10.** Prepare fruits for breakfast
 - D10 a. Section grapefruit
 - D10 b. Section cantaloupe
 - D10 c. Prepare any assorted fruit for fitness bar
 - D10 d. Dispense canned fruits
 - D10 e. Clean and section a variety of fruits, then arrange on platter for breakfast buffet

D11. Prepare all of the items necessary for a full breakfast buffet style service

E. Garnishment and Display

- E1.** Identify and implement six different breakfast plate garnishes
- E2.** Design layout and set up for a breakfast buffet including center pieces

F. Nutrition

- F1.** Be aware of fats and oils used in cooking breakfasts
 - F1 a. Amounts and kinds used (or available)
 - F1 b. Health impact
- F2.** Create a breakfast plate that is lower in calorie and fat content than traditional breakfast

G. Sustainability through Waste Control

- G1.** Identify products appropriate for composting
- G2.** Identify the money saving benefits of recycling
- G3.** Identify a variety of products that can be recycled
- G4.** Identify a variety of areas where waste control can be utilized in the kitchen
- G5.** Research recycling and composting policy in your municipality

III. Vegetable Cook - 600 hours

AA. Sanitation, Safety, Professionalism and Hygiene

- A1.** Responsible for fabricating, cooking, and serving all fruits, vegetables, cereals, grains, beans, tubers, and farinaceous product.
- A2.** Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.
 - A2 a. Provide clean wiping cloths
 - A2 b. Recognize unclean work areas
 - A2 c. Identify and select appropriate cleaning and sterilizing agents
- A3.** Practice the principles, techniques, and skills in food preparation, waste management and all related areas.
 - A3 a. Control disposal of food waste and garbage.
 - A3 b. Control storage of perishable goods.

- A4. Utilize food service equipment and utensils efficiently and safely at all times.
- A5. Wear professional chef's attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.
- A8. Operate as an effective team.
- A9. Wash all vegetables, dried beans, and rice for the removal of unwanted chemicals

B. Tools and Equipment

- B1. Identify and use a variety of small hand utensils
 - B1 a. Peelers
 - B1 b. Channel knife
 - B1 c. Melon baller
 - B1 d. Tomato corer
 - B1 e. Zigzag cutter
 - B1 f. Brushes

- B2. Use all types of knives
 - B2 a. Paring
 - B2 b. French
 - B2 c. Utility
 - B2 d. Grapefruit
 - B2 e. Slicer

- B3. Sharpen knives
 - B3 a. Use stone
 - B3 b. Use steel

- B4. Identify and select all sizes of pots for cooking varying amounts of vegetables
 - B4 a. Saucepans - 1 quart, 2 quart, 4 ½ quart, 7 quart
 - B4 b. Saucepots - 8 ½ quart, 26 quart, 5 gallon
 - B4 c. Stockpot - 3 gallon, 6 gallon, 10 gallon, 15 gallon
 - B4 d. Covers - 10", 12", 14"

- B5. Identify and select pans for cooking vegetables
 - B5 a. Hotel pans (line pans) - perforated, solid
 - B5a 1. 2 inch hotel pan
 - B5a 2. 4 inch hotel pan
 - B5a 3. 6 inch hotel pan
 - B5a 4. 1/2 hotel pan
 - B5a 5. 1/3 hotel pan
 - B5a 6. 1/4 hotel pan
 - B5a 7. Long 1/2 hotel pan
 - B5 b. Sheet pans
 - B5b 1. Full sheet pan
 - B5b 2. ½ sheet pan
 - B5b 3. ¼ sheet pan

- B5 c. Fry pans
 - B5c 1. 12 inch
 - B5c 2. 14 inch
- B5 d. Sauté pans
 - B5d 1. Slope-sided (Sautéuse)
 - B5d 2. Straight-sided (Sautoir)
- B5 e. Cast iron skillet
- B5 f. Rondeau
- B5 g. Wok

B6. Identify and select heavy duty equipment

- B6 a. Truncheon
- B6 b. Steam kettle
- B6 c. Commercial steamer
- B6 d. Stove top
 - B6d 1. French top
 - B6d 2. Open burners
 - B6d 3. Griddle
 - B6d 4. Induction Burner
- B6 e. Ovens
 - B6e 1. Convection
 - B6e 2. Conventional
 - B6e 3. Convection-steam (combi)
 - B6e 4. Microwave
- B6 f. French fryer
- B6 g. Vertical chopping machine
- B6 h. Mixers
 - B6h 1. Stand alone
 - B6h 2. Tabletop (4 qt)
- B6 i. Buffalo chopper
- B6 j. Electric slicer
- B6 k. Food processor

B7. Identify and select various other hand tools

- B7 a. Spatulas
- B7 b. Forks
- B7 c. Spoons
 - B7c 1. Slotted
 - B7c 2. Perforated
 - B7c 3. Solid
 - B7c 4. Measuring
- B7 d. Ladles - 2, 4, 6, 8 oz.
- B7 e. Strainers
 - B7e 1. Spider
 - B7e 2. China cap
 - B7e 3. Colander - 11 quart, 16 quart
- B7 f. Mandolin
- B7 g. Spaetzle press and or pasta maker

- B7 h. Whips
 - B7h 1. French
 - B7h 2. Piano wire
- B7 i. Funnels
- B7 j. Scales
- B7 k. Liquid measures
- B7 l. Dry measures
- B7 m. Can opener
- B7 n. Mixing bowls
- B7 o. Immersion blender

- B8. Identify and select cutting boards
- B9. Identify and select various sizes of storage containers, lids
- B10. Identify need and request tool and equipment repairs
- B11. Clean and maintain all equipment related to vegetable production and the fry station

C. Product Identification and Knowledge

- C1. Determine good quality in fresh fruits and vegetables
- C2. Properly store fruits and vegetables
 - C2 a. Maintain proper temperature
 - C2 b. Rotate stock
 - C2 c. Keep storage area cleaned
 - C2 d. Keep all fruits and vegetables properly covered
- C3. Identify all types of varieties of vegetables - recognizes various types of vegetables and determines whether they are roots, stems, seeds, leaves or fruits of a plant
- C4. Identify various stages of ripeness for fruits and vegetables and explain how that will relate to cooking
- C5. Identify the best times of the year for different fruits and vegetables
- C6. Identify the regions or locations where fruits and vegetables come from
- C7. Identify, select, and understand the use of a wide variety of dried pasta products
- C8. Identify, select, and understand the use of a wide variety of dried beans and legumes
- C9. Identify, select, and understand the use of a variety of the types of potatoes and other tubers
- C10. Identify, select, and understand the use of a wide variety of farinaceous products and cereals
- C11. Identify, select, and understand the use of all nuts
- C12. Identify, select, and understand the use of all mushrooms
- C13. Describe the conditions for progressing or retarding ripening of fruits and vegetables
- C14. Demonstrate a working knowledge in deep fat frying, including proper temperatures and frying shortenings

D. Production

- D1. Do pre-preparation of fruits, vegetables, farinaceous products, and tubers**
 - D1 a. Clean and peel all fruits and vegetables both by hand and by machine
 - D1a 1. Peel fruit, vegetables, and tubers
 - D1a 2. Core fruit and vegetables
 - D1a 3. Section fruit, vegetables, and tubers
 - D1a 4. Zest or score citrus fruit
 - D1 b. Practice all of the standard cuts on fruits, vegetables, and tubers
 - D1b 1. Mince
 - D1b 2. Slice
 - D1b 3. Chop
 - D1b 4. Small, medium, large dice
 - D1b 5. Oblique/Roll cuts
 - D1b 6. Tourne
 - D1b 7. Brunoise
 - D1b 8. Julienne
 - D1b 9. French fry
 - D1b 10. Batonnet
 - D1b 11. Paysanne
 - D1b 12. Bias slice
 - D1b 13. Fluting mushrooms
 - D1 c. Puree, bread, batter, stuff fruits and vegetables
 - D1 d. Marinate and preserve fruits and vegetables
- D2. Cook all fruits, vegetables, tubers, farinaceous products, cereals, grains and beans available in the following manners:**
 - D2 a. Blanching
 - D2 b. Shocking
 - D2 c. Boiling
 - D2 d. Par-boiling
 - D2 e. Deep frying
 - D2 f. Pan frying
 - D2 g. Sautéing
 - D2 h. Steaming
 - D2 i. Baking
 - D2 j. Broiling
 - D2 k. Stew
 - D2 l. Braise
 - D2 m. Poach
- D3. Make complex preparations with fruits, vegetables, tubers, cereals, grains, beans, and farinaceous products**
 - D3 a. Prepare potatoes in 15 different ways; Examples:
 - D3a 1. Oven browned- Q00500
 - D3a 2. Baked- Q04400
 - D3a 3. Quick baked potato halves (twice baked potatoes)- Q04401
 - D3a 4. French fried- Q04500
 - D3a 5. Cottage fried- Q04601
 - D3a 6. Home fried- Q04700
 - D3a 7. Mashed- Q04800

- D3a 8. Boiled- Q11902
- D3a 9. Duchess- Any approved recipe source
- D3a 10. Dauphine- Any approved recipe source
- D3a 11. O'Brien- Q04900
- D3a 12. German potato cakes- Q01900
- D3a 13. Scalloped- Q05300
- D3a 14. Au gratin- Q05100
- D3a 15. Garlic cheese (parisienne)- Q50000
- D3 b. Prepare six different vegetables in five different ways each; Example: Carrots
- D3b 1. Lyonnaise- Q01700
- D3b 2. Glazed- Q01701
- D3b 3. Amandine- Q01400
- D3b 4. Grilled- Any approved recipe source and add into special instruction
- D3b 5. Breaded- Any approved recipe source and add into special instructions
- D3b 6. Mixed vegetable stir fry- Q02500
- D3 c. Mix dough for pasta and fabricate one type of pasta from scratch
- D3c 1. Prepare pasta dough- Any approved recipe source
- D3c 2. Prepare mix for dumplings/spaetzle- Any approved recipe source
- D3c 3. Prepare gnocchi dough- Any approved recipe source
- D3 d. Prepare dried and fresh pasta in six different ways; Examples:
- D3d 1. Spaghetti w/ meat sauce- L03801
- D3d 2. Macaroni and cheese- F00100
- D3d 3. Penne Primavera and or Noodles Jefferson- E01200
- D3d 4. Fettuccine Alfredo and or Orzo w/ lemon and herbs- E02200
- D3d 5. Stuffed Manicotti and or Lasagna- L002500
- D3d 6. Gnocchi Romano and Pasta Provençal- E51000
- D3 e. Make various fruit preparations; Examples:
- D3e 1. Pineapple salsa- O00900
- D3e 2. Fruit medley salad- M03200
- D3e 3. Applesauce- see SOP's
- D3e 4. Chutneys- Any approved recipe source
- D3 f. Prepare dried beans and legumes; Examples:
- D3f 1. Savory baked beans- Q00301
- D3f 2. Split pea puree and or Spanish style beans- Q00600
- D3f 3. Boiled lima beans and or Simmered beans w/ bacon- Q00500
- D3 g. Prepare grains and cereals
- D3g 1. Prepare three rice dishes; Examples:
- D3g1 a. Rice pilaf- E00800
- D3g1 b. Red beans & rice- E01000
- D3g1 c. Pork fried rice- E00700
- D3g1 d. Risotto- Any approved recipe source, add into special instructions
- D3g1 e. Fried Rice- E 00700
- D3g1 f. Basmati rice- Any approved recipe source, add into special instructions
- D3g 2. Prepare barley- Any approved recipe source
- D3 h. Prepare roasted vegetables for purees and mousses
- D3 i. Utilize and prepare frozen vegetables- QG0300
- D3 j. Utilize roasted and or prepare canned vegetables- QG0100

E. Garnishment

- E1. Cook to retain color for appearance
- E2. Control portion size for plate balance
- E3. Utilize varieties of cuts for appearance
- E4. Mix colors in fruits and vegetables for plate balance
- E5. Combine vegetables and starches for appearance and texture
- E6. Utilize various toppings and garnishes; Example:
 - E6 a. Broccoli or cauliflower polonaise- Q01000/Q01002
- E7. Utilize various sauces for effect of presentation and taste
- E8. Work with the varieties of shapes of vegetables, fruits, starches for composition and balance
- E9. Prepare vegetables and starches for a buffet style service
- E10. Develop a good sense for proportions to result in clean and appetizing display

F. Nutrition

- F1. Cook vegetables in a manner for the retention of vitamins and minerals
- F2. Utilize alternative flavoring methods - spicing, herbs, vegetable purees, stocks, natural juices to replace fats and sodium
- F3. Minimize use of saturated fats in dishes
- F4. Store cooked and raw vegetables using a method to retain vitamins and minerals
- F5. Learn the nutritive values associated with fresh fruits and vegetables and how to maintain these nutrients during preparation and cooking
- F6. Use salt judiciously

G. Sustainability through Energy Conservation

- G1. Develop a power up /power down worksheet for your facility
- G2. Identify/research the cost benefit of replacing one piece of large kitchen equipment with an energy saving model.
- G3. Identify energy saving plan for lights
- G4. Define “energy efficient”
- G5. Understand the benefits of “energy efficient” equipment
- G6. Be able to name several pieces of large kitchen equipment that can generate significant savings if replaced by energy efficient models
- G7. Identify proper pre-heating times for different kinds of kitchen ovens
- G8. Develop a cleaning schedule for major equipment – stoves/coolers

IV. Fabrication/Butcher - 200 hours

AA. Sanitation, Safety, Professionalism and Hygiene

- A1. Responsible for the fabrication of meats, poultry, and seafood so that they are in a state where they can be used for final preparations in the other stations of the kitchen.
- A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.
 - A2 a. Provide clean wiping cloths
 - A2 b. Recognize unclean work areas
 - A2 c. Identify and select appropriate cleaning and sterilizing agents
- A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.
 - A3 a. Control disposal of food waste and garbage.
 - A3 b. Control storage of perishable goods.
- A4. Utilize food service equipment and utensils efficiently and safely at all times.
- A5. Wear professional chef's attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.
- A8. Operate as an effective team.
- A9. Maintain sanitary area for butchery
- A10. Clean machinery used for butchery

B. Tools and Equipment

- B1. Identify and select knives to be used in the butchery of meats, poultry, and seafood
 - B1 a. Scimitar
 - B1 b. Boning knife
 - B1b 1. Stiff blade
 - B1b 2. Flex blade
 - B1 c. Slicer
 - B1 d. Utility knife
 - B1 e. Meat cleaver
 - B1 f. Fish filleting knife
- B2. Identify and select tools for sharpening knives
 - B2 a. Steel
 - B2 b. Stones - Oil stone, water stone
 - B2 c. Honing oil
 - B2 d. Electric grinder
- B3. Sharpen and steel knives

B4. Identify and select machinery used in the butchery of meats, seafood, fish and poultry

B4 a. Meat grinder

B4 b. Band saw

B5. Identify and select tools used for butchery

B5 a. Meat mallet

B6. Clean and maintain all equipment related to fabrication

C. Product Identification- Meat, poultry & seafood- Online class and video

C1. Identify and select the primary cuts of meat

C2. Identify poultry

C2 a. Chicken

C2a 1. Fryer/broiler

C2a 2. Roasting hen

C2a 3. Capon

C2 b. Duck

C2 c. Goose

C2 d. Quail

C2 e. Turkey

C3. Identify shellfish

C3 a. Shrimp

C3 b. Clams

C3 c. Oysters

C3 d. Mussels

C3 e. Lobsters

C3 f. Crabs

C4. Identify fish

C4 a. Flat

C4 b. Round

C4 c. Fat

C4 d. Lean

C5. Identify and select the portions that break down the secondary cuts and recommended cooking techniques

C5 a. Steaks; Examples:

C5a 1. T-bones

C5a 2. New York Strip

C5 b. Cutlets

C5 c. Poultry; Examples:

C5c 1. Wings

C5c 2. Boneless breast

C5 d. Sausages

C5 e. Chops

C5 f. Shellfish

C5f 1. Lobster tail

C5 g. Fish; Examples:

C5g 1. Fillets

C5g 2. Steaks

C6. Identify offals's/variety meats

D. Production

D1. Fabrication- Meat, poultry & seafood

D1 a. Prepare the area where fabrication will occur

D1 b. Clean (remove skin, fat, gristle) from meat cuts

D1 c. Identify and select meats from primal cuts to secondary cuts

D1 d. Break down secondary cuts into portion sizes; Example:

D1d 1. Portion strip loin

D1d 2. Cut filet of beef into:

D1d2 a. Chateaubriand

D1d2 b. Filet mignons

D1d2 c. Turnedos

D1d 3. Cut whole chicken into:

D1d3 a. Airline Breast,

D1d3 b. Double breasts

D1d3 c. Quarters,

D1d3 d. Pieces of eight

D1 e. Pound meat to tenderize

D1 f. Debone poultry

D1 g. Tie meat and poultry

D1g 1. Truss chickens

D1g 2. Tie string to form a net around meats to be roasted

D1 h. Grind beef and form for appropriate applications

D1 i. Portion Pork, Veal, or Lamb Loin into:

D1i 1. Chops

D1i 2. Racks

D1i 3. Medallions

D1i 4. Scallopini

D1 j. Fillet fish

D1j 1. Round

D1j 2. Flat

D1 k. Portion fish

D1k 1. Steaks

D1k 2. Fillets

D1 l. Shell shrimp and crab

D1 m. Section lobster

D1 n. Wrap and store meats, poultry, and seafood

D1n 1. Label & date (FIFO)

E. Sustainability in Fabrication

- E1. Define and understand the concept of “food miles”
- E2. Identify a variety of protein products that can be purchased in your area of the country and how you would procure them from the vendor
- E3. Identify the benefits of purchasing locally produced(raised) proteins
- E4. Explain the benefits of purchasing organic foods
- E5. Explain the concept of sustainable proteins

V. Broiler/Char-Grill - 560 hours

AA. Sanitation, Safety, Professionalism and Hygiene

- A1. Responsible for the final preparation of meats, fish, seafood, and vegetables for broiling, grilling, or roasting and then garnishing and presenting for service.
- A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.
 - A2 a. Provide clean wiping cloths
 - A2 b. Recognize unclean work areas
 - A2 c. Identify and select appropriate cleaning and sterilizing agents
- A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.
 - A3 a. Control disposal of food waste and garbage.
 - A3 b. Control storage of perishable goods.
- A4. Utilize food service equipment and utensils efficiently and safely at all times.
- A5. Wear professional chef’s attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.
- A8. Operate as an effective team.
- A9. Clean broiler, keep free of grit and grease
- A10. Maintain grill brush, brick

B. Tools and Equipment

- B1. Understand and show proper use of hand tools that are used in the broiling process
 - B1 a. Spatulas
 - B1a 1. Slotted
 - B1a 2. Solid
 - B1 b. Grill fork
 - B1 c. Tongs
- B2. Understand and show proper use of cooking equipment through the use of tools such as grill brushes and grill bricks

B3. Show proper use of knives and equipment in regards to the final preparation of items for broiling, grilling, and roasting

B4. Show proper use of select tools and equipment for carving

- B4 a. Meat slicer
- B4 b. Ham slicer
- B4 c. Carving fork
- B4 d. French knife
- B4 e. Boning knife
- B4 f. Slicer
- B4 g. Utility knife
- B4 h. Paring knife
- B4 i. Cutting board

B5. Show proper use of containers used for items to be broiled, grilled, and roasting

- B5 a. Metal broiler plates/platters
- B5 b. Casseroles
- B5 c. Skewers

B6. Identify large equipment associated with this station

- B6 a. Griddle
- B6 b. Salamander
- B6 c. Ovens
- B6 d. Toaster
- B6 e. Broiler
- B6 f. Grill

B6. Identify and select cutting boards

B7. Clean and maintain all equipment related to this station

C. Product Identification and Knowledge

C1. Identify and select different and whole cuts of meat, poultry, and seafood used for broiling, grilling and roasting

C1 a. Beef, Veal, Lamb, and Pork; Examples – individual cuts:

C1a 1. Sirloin steak

C2. C2 a. Chop; Examples – whole cuts:

C2a 1. Loin

C2a 2. Flank

C2a 3. Top round

C2 b. Poultry; Example –

C2b 1. Individual cuts – airline chicken breast

C2b 2. Whole cuts – semi – boneless half

C2 c. Sausages

C2 d. Seafood; Examples –

C2d 1. Steaks

C2d 2. Filleted side

C2d 3. Whole

C3. Identify and select marinades and seasoning mixes used for broiling, grilling, and roasting

- C4. Understand the meat cost of various commercial cuts and how this affects the determination and portion size and weight of the finished product
- C5. Determine the cooking and shrink factor of various cuts from raw to finished, and how these factors relate to the preparation of large quantities of meat
- C6. Specify verbally how a particular cut of meat should be cooked and at what temperature in order to maximize flavor with minimum shrinkage. Demonstrate this knowledge by weighing in a raw meat cut, cooking it, determining the shrink factor, and the finished portion cost
- C7. Demonstrate knowledge of proper roasting and holding temperatures and the internal temperatures of different states of doneness
- C8. Identify and select oils and butters for basting mixes
- C8 a. Recognize the smoking point for oils and fats
- C9. Identify and select sauces for broiling, grilling, and roasting items
- C9 a. Prepared sauces
- C9 b. Sauces from scratch
- C10. Distinguish the different degree of doneness in meat, poultry, seafood and vegetables
- C10 a. Beef and lamb - Black and Blue, rare, medium rare, medium, medium well, well done
- C10 b. Fish, shellfish, poultry, pork, vegetables - under cooked, overcooked
- C11. Identify and select all of the materials for hot sandwiches
- C11 a. Breads, Meats, Cheeses, Spreads, Sauces

D. Production

- D1. Prepare compound butters
- D1 a. Prepare maitre d' hotel butter- Any approved recipe source, add in special instructions
- D2. Prepare marinades
- D3. Prepare seasoning mixes
- D3 a. Wet basting mixes
- D3 b. Dry spice and herb mixes
- D4. Prepare hot hors d'oeuvres such as Ramaki, Bruchetta and Stuffed Mushroom Caps; Example:
- D4 a. Baked Chinese eggrolls- B00200
- D4 b. Pizza treats- B00500
- D4 c. Fried cauliflower- Q02000
- D4 d. Golden potato balls- Q05600
- D5. Prepare hot appetizers such as Oysters Rockefeller or Chicken Satay; Examples:
- D5 a. Beef Porcupine- L02900
- D5 b. Crab Cakes- L 14100
- D5 c. Hot and Spicy Chicken Wings- L81200
- D6. Prepare hot sandwiches utilizing the broiler, oven, griddle and grill; Examples:
- D6 1. Reuben- N02000
- D6 2. Grilled cheese- N00600
- D6 3. Steak and cheese Philly- N00300
- D6 4. Open faced turkey- N03300

D6 5. Open faced roast beef- N03500

D65 a. Create a hot sandwich special- recipe approved by NCOIC, dietician, and preventive med

D7. Prepare meats, poultry, seafood, fish and vegetables for broiling, roasting or grilling

D7 a. Season with dry herbs and spices

D7 b. Marinate in liquid seasoning mix

D7 c. Stuff meats for roasting

D8. Prepare and cook meats and poultry for roasting

D8 a. Season

D8 b. Stuff

D8 c. Base; Examples:

D8c 1. Steamship round of beef- L00401

D8c 2. Grilled steak- L00700

D8c 3. Beef fajitas- L04300

D8c 4. Roast, fresh ham- L09600

D8c 5. Baked, stuffed pork chops- L08400

D8c 6. Roast pork- L08100

D8c 7. BBQ spare ribs- L09200

D8c 8. Roast veal- L10600

D8c 9. Baked fish- L119 or variation

D8c 10. Blackened fish- L84000

D8c 11. Savory roast lamb- L07700

D8c 12. Baked chicken- L14300

D8c 13. Honey glazed Rock Cornish hen- L14200

D8c 14. Roast turkey- L16100

D9. Carve roasted meats on the serving line

D10. Assemble and cook casseroles

D11. Prepare sauces for broiled, grilled and roasted meats, fish and seafood; Example:

D11 a. Barbecue- O00200

D11 b. Au jus- O01800

E. Garnishment

E1. Produce a grilled garnish - skewered items

E2. Use color combinations well to make up for the bland brown of grilled items - accent with bright colors

E3. Utilize meat combinations that will accent with color and texture

E4. Utilize grill marks for a positive visual effect

E5. Prepare appropriate vegetable garnishes to go with items; Example:

E5 a. Sautéed mushrooms and onions- Q03001

E5 b. stuffed cherry – tomatoes- Any approved recipe source

F. Nutrition

F1. Utilize marinades, herbs, and spices to promote flavor and lessen dependence on salt and fat

- F2. Develop the natural flavor of meat with subtle use of fats, flavoring and spicing
- F3. Substitute healthier fats and oils that are lower in cholesterol and saturated fats, when possible
- F4. Develop a healthful entree plate with broiled or grilled meat, poultry or seafood or vegetables

G. Sustainable/Community Centered Purchasing

- G1. Define descriptive terms including, but not limited to, “Amish” and “free range”.
- G2. Identify the pros and cons of purchasing locally.
- G3. Understand the concept of sustainable seafood, and list 10 fish that are one the red, yellow, and green lists.
- G4. List seafood that can be used instead of red listed species

VI. Soup and Sauce - 520 hours

AA. Sanitation, Safety, Professionalism and Hygiene

- A1. Responsible for the production and presentation of hot soups and hot sauces
- A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.
 - A2 a. Provide clean wiping cloths
 - A2 b. Recognize unclean work areas
 - A2 c. Identify and select appropriate cleaning and sterilizing agents
- A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.
 - A3 a. Control disposal of food waste and garbage.
 - A3 b. Control storage of perishable goods.
- A4. Utilize food service equipment and utensils efficiently and safely at all times.
- A5. Wear professional chef’s attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.
- A8. Operate as an effective team

B. Tools and Equipment

- B1. Identify and use the following equipment:
 - B1 a. Stock pot and spigot pots - all sizes
 - B1 b. Bain marie containers and serving lines
 - B1b 1. Ceramic
 - B1b 2. Stainless steel
 - B1 c. Sauce pans
 - B1 d. Sauté pans
 - B1 e. Roasting or locker pan for roasting bones
 - B1 f. Open burner stove top
 - B1 g. Strainers

- B1g 1. 5 qt china cap
- B1g 2. Fine mesh china cap
- B1g 3. Cheesecloth
- B1g 4. Colander
- B1 i. Containers and lids for storing soups, sauces, and stocks
- B1 j. Containers for serving soup
 - B1j 1. Bowls
 - B1j 2. Cups
 - B1j 3. Crocks
 - B1j 4. Deep dish plates
- B1 k. Whips
- B1 l. Dippers and skimmers
 - B1l 1. Ladles - 2, 4, 6, 8 oz.
 - B1l 2. Skimmer - 4"
 - B1l 3. Spider
 - B1l 4. Serving spoons
- B1 m. Electric soup warmer

B2. Clean and maintain all equipment related to soup and sauce production

C. Product Identification and Knowledge

- C1.** Identify and demonstrate a working knowledge of the use of soup, sauce and stock bases
 - C1 a. Dry
 - C1 b. Paste
 - C1 c. Liquid
- C2.** Gain a working knowledge of the use of bases and flavorings for the preparation of various sauces and gravies
- C3.** List ingredients and seasonings used in stock preparation
- C4.** Identify and describe the use of stocks
 - C4 a. White, Brown, and Fish stock
- C5.** Demonstrate the preparation and uses of glazes prepared from stocks
- C6.** Identify and select thickening agents
 - C6 a. Arrowroot
 - C6 b. Roux
 - C6b 1. White roux
 - C6b 2. Blond roux
 - C6b 3. Brown roux
 - C6 c. Cornstarch
 - C6 d. Beurre manie
 - C6 e. Whitewash
 - C6 f. Breadcrumbs
 - C6 g. Liaison
- C7.** Identify the seasoning forms
 - C7 a. Sachet bag
 - C7 b. Mirepoix

- C7 c. Dry seasoning mixes
- C7 d. Liquid flavorings; Examples:
 - C7d 1. Liquid smoke
 - C7d 2. Worcestershire sauce
 - C7d 3. Hot or Pepper sauce
 - C7d 4. Lemon juice
- C7 e. Herbs
 - C7e 1. Fresh
 - C7e 2. Dried
- C7 f. Bouquet garni

C8. Identify and select bones for stock

C9. Identify and select ingredients for soups

- C9 a. Vegetables
 - C9a 1. Fresh
 - C9a 2. Frozen and canned
- C9 b. Starches
- C9 c. Beans
- C9 d. Meats, fish, and seafood

C10. Outline the major classifications and uses of sauces

D. Production

D1. Prepare stocks

- D1 a. White
 - D1a 1. Chicken
 - D1a 2. Veal
- D1 b. Brown
 - D1b 1. Beef
 - D1b 2. Roast Chicken/duck/game
 - D1b 3. Prepare remouillage
- D1 c. Fish
- D1 d. Shellfish
 - D1d 1. Lobster
 - D1d 2. Shrimp
- D1 e. Vegetable

D2. Prepare court bouillons- Any approved recipe source

D3. Prepare and use a variety of thickening agents

- D3 a. White, Blonde, Brown roux
- D3 b. Beurre manie
- D3 c. Cornstarch
- D3 d. Arrowroot
- D3 e. Liaison
- D3 f. Thicken naturally using the reduction technique

- D4. Prepare broth soups; Examples:
- D4 1. Chicken noodle- P00201
 - D4 2. Vegetable- P00700

- D5. Prepare a consommé- Any approved recipe source
- D5 a. Prepare a raft
 - D5 b. Prepare double
 - D5 c. Prepare different types; Examples:
 - D5c 1. Beef
 - D5c 2. Chicken

- D6. Prepare cream Soups; Examples:
- D6 1. Cream of mushroom- P01400
 - D6 2. Tomato- P00600
 - D6 3. Broccoli- P01401
 - D6 4. Cream of asparagus- Any approved recipe source

- D7. Prepare puree soups; Examples:
- D7 1. Puree of split pea- P02300 Add into special instructions variation
 - D7 2. Navy bean- P00800
 - D7 3. Carrot- P80000
 - D7 4. Potage Crecy- Any approved recipe source

- D8. Prepare bisque- Any approved recipe source; Examples:
- D8 a. Lobster
 - D8 b. Shrimp

- D9. Prepare chowder; Examples:
- D9 1. New England clam- P01301
 - D9 2. Manhattan clam- P01200
 - D9 3. Corn- P01100

- D10. Prepare specialty and national soups; Examples:
- D10 1. Minestrone- P00701
 - D10 2. Shrimp gumbo- P01001
 - D10 3. Gazpacho- Any approved recipe source
 - D10 4. Egg drop- P80300

- D11. Prepare sauces
- D11a. Leading (Mother) sauces – make the following
 - D11a 1. Béchamel- Any approved recipe source
 - D11a1 a. Prepare two small sauces; Examples:
 - D11a1a 1. Cheese- O 00101
 - D11a1a 2. Nantua- Any approved recipe source
 - D11a 2. Veloute (Veal, Chicken, Fish)- Any approved recipe source
 - D11a2 a. Prepare two small sauces; Examples:
 - D11a2a 1. Supreme- Any approved recipe source
 - D11a2a 2. Curry- Any approved recipe source
 - D11a 3. Espagnole- Any approved recipe source
 - D11a3 a. Prepare two small sauces; Examples:

- D11a3a 1. Bordelaise- Any approved recipe source
- D11a3a 2. Chasseur- Any approved recipe source
- D11a3 b. Prepare classical demi-glace
- D11a 4. Tomato sauce- O00150
 - D11a4 a. Prepare two small sauces; Examples:
 - D11a4a 1. Creole- O00500
 - D11a4a 2. Portuguese- Any approved recipe source
- D11a 5. Hollandaise-
 - D115 a. Prepare two small sauces; Examples:
 - D11a5a 1. Maltaise- Any approved recipe source
 - D11a5a 2. Bearnaise- Any approved recipe source
 - D11a5 b. Specialty sauces
 - D11a5b 1. Prepare au jus- Any approved recipe source
 - D11a5b 2. Prepare pan gravy- O01600
 - D11a5b 3. Prepare meat glace from stock meats- Any approved recipe source
 - D11a5b 4. Prepare Fond Lie- Any approved recipe source

E. Garnishment

- E1. Demonstrate proper use of garnish to enhance the flavor, texture and visual appearance of soups and sauces
 - E1 a. Garnish sauces
 - E1a 1. Produce two classical sauce garnishes; Examples:
 - E1a1 a. Zingara- Any approved recipe source
 - E1a1 b. Chasseur- Any approved recipe source
 - E1a1 c. Bordelaise- Any approved recipe source
 - E1a 2. Produce two soup garnishes of own creation - recipe approved by NCOIC, dietician, and preventive med
- E2. Demonstrate the use of commercial coloring agents (Kitchen Bouquet, Kitchen Quick) to enhance pale brown stocks, soups and sauces

F. Nutrition

- F1. Remove fat from stocks, soups, sauces (degraisser)
 - F1 a. Quick with ice cube for stock
 - F1 b. Skimming
 - F1 c. Using paper on top
- F2. Promote soup as a meal on the menu
- F3. Substitute vegetable stock for meat stock
- F4. Retain nutrients in the making of stock
 - F4 a. Produce low fat and low sodium sauces and soups
 - F4a. 1. Use low fat dairy products
 - F4a. 2. Use low/no cholesterol oils
 - F4a. 3. Use reductions in place of thickening agents
 - F4a. 4. Use thickening agents which are lower in fat

G. Sustainability through Water Conservation

- G1. Survey all faucets to identify any leaks
- G2. Identify simple steps to conserve water

- G3. Identify the most energy efficient approved thawing processes
- G4. Research water efficient appliances
- G5. Research low flow aerators and identify which faucets are best suited for such devices
- G6. Determine the cost of water in your municipality

VII. Pantry and Garde Manger - 600 hours

AA. Sanitation, Safety, Professionalism and Hygiene

- A1. Responsible for all cold food production and presentation - including sandwiches, salads, cold appetizers and entrees, canapés, and showpieces
- A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.
 - A2 a. Provide clean wiping cloths
 - A2 b. Recognize unclean work areas
 - A2 c. Identify and select appropriate cleaning and sterilizing agents
- A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.
 - A3 a. Control disposal of food waste and garbage.
 - A3 b. Control storage of perishable goods.
- A4. Utilize food service equipment and utensils efficiently and safely at all times.
- A5. Wear professional chef's attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.
- A8. Operate as an effective team

B. Tools and Equipment

- B1. Use variety of hand tools:
 - B1 a. Vegetable peeler
 - B1 b. Hand grater
 - B1 c. Aspic and canapé cutters
 - B1 d. Utility knife
 - B1 e. French knife
 - B1 f. Serrated knife
 - B1 g. Boning Knife
 - B1 h. Paring knife
 - B1 i. Corer
 - B1 j. Channel knife
- B2. Use a variety of machines:
 - B2 a. Table-top mixer (2-4 qt)
 - B2 b. Stand alone mixer
 - B2 c. Meat grinder with attachments

- B2 d. Food processor
- B2 e. Buffalo chopper
- B2 f. Blender
- B2 g. VCM (Vertical Cutter Mixer)
- B2 h. Use and care for electric slicer – break down, clean

B3. Use molds for mousses, gelatin

B4. Demonstrate a working knowledge of refrigerators and freezers

- B4 a. Walk-in
- B4 b. Reach-in
- B4 c. Ice cream box

B5. Clean and store fancy platters, mirrors

B6. Clean and store buffet tables and or serving lines

B7. Clean and maintain all equipment related to production in this station

C. Product Identification and Knowledge

C1. Identify, select, and explain use of the following:

C1 a. Fruits

- C1a 1. Fresh
- C1a 2. Exotics
- C1a 3. Canned
- C1a 4. Dried
- C1a 5. Frozen

C1 b. Leaf vegetables - aware of all varieties, uses

C1 c. Vegetables

C1 d. Beans and legumes

C1 e. Tubers

C1 f. Meats for meat salads

C1 g. Cold cuts

C1 h. Breads

C1 i. Sandwich spread - prepared and otherwise

C1 j. Cheese

- C1a 1. Bacteria ripened, from inside; Example: Cheddar
- C1a 2. Bacteria ripened, from outside; Example: Limburger
- C1a 3. Mold ripened, from inside; Example: Roquefort
- C1a 4. Mold ripened, from outside; Example: Camembert
- C1a 5. Un-ripened; Example: Cream

C1 k. Olives/pickled vegetables

C1 l. Dairy products

C1 m. Pate spice, spice mixes and blends

C1 n. Gelatin and aspic

C1 o. Liquors to flavor mousse, dressings, sauces

C1 p. Seasonings - herbs

C1 q. Bottled dressings/dry mixes

C1 r. Sausages

C1 s. Pates, galantines, terrines

- C1 t. Pastas and farinaceous products
- C1 u. Cereals and grains

C2. Identify all basic components of salad

C3. Store and handle cold food and beverages

D. Production

D1. Cook whole meats, seafood to be served cold - roast beef, turkey breast, corned beef, chicken, ham, salmon, lobster, fish, shrimp, crab

D2. Slice meats and cheeses

D3. Set up cold lunch buffet

- D3 a. Assemble meat platters
- D3 b. Assemble bread trays
- D3 c. Assemble cheese platters
- D3 d. Garnish and arrange salads in serving bowl
- D3 e. Assemble garnish platters
- D3 f. Layout all platters and salads attractively on buffet table according to buffet / line flow

D4. Prepare cold sauces and dressings

D4 a. Mayonnaise

D4 b. Sauces- Prepare eight different variations

- D4b 1. Tartar- O01300
- D4b 2. Cocktail- O01100
- D4b 3. Chutney- Any approve recipe source
- D4b 4. Salsa- O00701
- D4b 5. Louis- Any approve recipe source
- D4b 6. Cumberland- Any approve recipe source
- D4b 7. Mignonette- Any approve recipe source
- D4b 8. Remoulade- Any approve recipe source
- D4b 9. Ponzu- Any approve recipe source
- D4b 10. Aioli- Any approved recipe source

D4 c. Dressings- Prepare ten different dressings; Examples:

- D4c 1. Thousand island- M06300
- D4c 2. Bleu cheese- M05900
- D4c 3. Vinaigrette- M05500
- D4c 4. French- M05800
- D4c 5. Ranch- Any approved recipe source
- D4c 6. Caesar- Any approved recipe source
- D4c 7. Russian- M06700
- D4c 8. Honey mustard- M01000
- D4c 9. Cooked dressings- Any approved recipe source
- D4c 10. Fruit salad dressing dressings; Examples:

D4c10 a. Honey lemon dressing- Any approved recipe source

D4c10 b. Yogurt- M01100

D4c10 c. Sour cream- Sour cream- M06800

D4c10 d. Poppy seed- Any approved recipe source

D4 d. Spreads assorted for canapés and sandwiches

D4d 1. Egg salad- N01000

D4d 2. Ham salad- N01300

D4d 3. Chicken salad- N00800

D4d 4. Tuna salad- N01500

D4d 5. Salmon salad- No1502

D4 e. Dips assorted

D4e 1. Salsa- O00700

D4e 2. Corn relish- M03900

D4e 3. Dill- O02700

D4e 4. Yogurt cucumber- O02400

D5. Prepare complex preparations

D5 a. Mousses- Any approved recipe source

D5a 1. From uncooked product to be cooked

D5a 2. From cooked product not to be cooked

D5a 3. Prepare and poach quenelles

D5 b. Pates- Any approved recipe source

D5 c. Galantines and ballotines- Any approved recipe source

D5 d. Terrines- Any approved recipe source

D5 e. Prepare flavored aspic- Any approved recipe source

D5 f. Coat with flavored aspic- Any approved recipe source

D5 g. Pickle foods- Any approved recipe source

D6. Prepare salads

D6 a. Prepare green salads

D6 b. Prepare leafy salads

D6b 1. Tossed green- M04700

D6b 2. Spinach- M00200

D6b 3. Spring- M04400

D6 c. Prepare vegetable salads

D6c 1. Composed salads

D6c1 a. Chef- M00700

D6c 2. Mixed (bound)

D6c2 a. Potato- M04000

D6c2 b. Coleslaw- M00800

D6c2 c. German tomato- M05300

D6 d. Prepare meat and poultry salads (see spreads)

D6 e. Prepare seafood and fish salad

D6 f. Prepare legumes and farinaceous salads

D6f 1. Pasta- M03800

D6f 2. Macaroni- M03400

D6f 3. Three bean- M04500

D6 g. Prepare legumes

D6g 1. Simmered dry beans- Q00502

D6 h. Fruit salads

D6g 1. Waldorf- M00500

D6g 2. Fruit medley- M03200

- D6 i. Gelatin salads
 - D6i 1. Jellied fruit- M02500
 - D6i 2. Perfection- M03600

- D7. Prepare cold sandwiches
 - D7 a. Sliced meat
 - D7 b. Sliced cheese
 - D7 c. Meat, seafood, and egg salad
 - D7 d. Combination
 - D7 e. Vegetable
 - D7 f. Specialty sandwiches
 - D7 g. Finger
 - D7 h. Canapes
 - D7 i. Stock and maintain condiments for sandwiches
 - D7 j. Stock and maintain breads for sandwiches

- D8. Prepare cold hors d'oeuvres/canapes
 - D8 a. Deviled eggs- F00500

- D9. Extract juice from fruits and vegetables

- D10. Prepare cold appetizers
 - D10 a. Seafood Cocktail- L13900 (variation) & O01100
 - D10 b. Fruit cocktails- M03500
 - D10 c. Shuck oysters- Approved recipe source
 - D10 d. Open clams- Approved recipe source

- D11. Prepare cheese boards and trays

- D12. Prepare cold entrée and salad plates

- D13. Prepare cold soups; Examples:
 - D13 1. Vichyssoise- Any approved recipe source
 - D13 2. Gazpacho- Any approved recipe source
 - D13 3. Fruit- Any approved recipe source

- D14. Demonstrate the ability to set up, maintain and supply a cold station

E. Garnishment

- E1. Prepare buffet showpieces
 - E1 a. Prepare decorated pieces using aspic and/or chaud froid
 - E1 b. Produce sculptures: ice, fat, fruit and vegetables
 - E1 c. Produce decorated mirrors and platters
- E2. Decorate buffet table
 - E2 a. Arrange a cornucopia
- E3. Garnish sandwich plates
 - E3 a. Traditional
 - E3 b. Create a functional signature garnish
- E4. Garnish cold appetizers

E5. Garnish cold entrées

E6. Prepare a variety of appetizer garnishes and relishes such as: radish roses, carrot curls, scallions, vegetable sticks, stuffed and ripe olives, chopped, vegetables and pickle mixtures

F. Nutrition

F1. Use flavoring agents as alternative to fat and sodium

F1 a. Exotic vinegars

F1 b. Wines

F1 c. Herbs

F1 e. Liquors

F1 f. Spices

F1 g. Fruit juices

F2. Use low fat dairy products to reduce fat

F2 a. Yogurt

F2 b. Low fat cottage/ricotta cheese

F3. Create cold meals which are flavorful yet healthful

G. Sustainability - Purchasing "Cents"

G1. Identify local purchasing sources for produce and fruits

G2. Identify local purchasing sources for non-food items

G3. Identify current season-specific products. Discuss the pros and cons of menuing seasonal products.

G4. Identify the benefits of establishing a facility garden to provide produce and herbs for your kitchen.

G5. Compare the price of non-local to local food

G6. Define and understand the concept of "heirloom" and "heritage"

VIII. Cooking Techniques (Sauté) - 800 hours

AA. Sanitation and Hygiene

A1. Responsible for the preparation, production, and serving of entrée items and hot appetizers which are sautéed, pan-fried, deep fried, braised, baked, or poached.

A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.

A2 a. Provide clean wiping cloths

A2 b. Recognize unclean work areas

A2 c. Identify and select appropriate cleaning and sterilizing agents

A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.

A3 a. Control disposal of food waste and garbage.

A3 b. Control storage of perishable goods.

A4. Utilize food service equipment and utensils efficiently and safely at all times.

- A5. Wear professional chef's attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.
- A8. Operate as an effective team.

B. Tools and Equipment

- B1. Identify and select sauté pans
- B2. Identify and select knives
- B3. Identify and select spatulas
- B4. Identify and select pots and pans
 - B4 a. Sauteuse
 - B4 b. Rondeau
- B5. Identify electric Swiss brazier
- B6. Identify and select ovens and stove tops
 - B6 a. Open burners
 - B6 b. French top
- B7. Care for the deep-fat fryer and the grease quality content
- B8. Identify and select tools to go with deep fryer
 - B8 a. Fryer baskets
 - B8 b. Wire strainers
 - B8 c. Filter papers
 - B8 d. China cap
- B9. Identify fish poacher
- B10. Identify and select casseroles
- B11. Clean and maintain all equipment related to this station

C. Product Identification and Knowledge

- C1. Identify and select all of the ingredients necessary for entrée dishes (mise en place):
 - C1 a. Fats and oils
 - C1 b. Meats
 - C1 c. Poultry
 - C1 d. Fish
 - C1 e. Seafood
 - C1 f. Cheese and dairy products
 - C1 g. Fruits and vegetables
 - C1 h. Seasoning liquids
 - C1 i. Breading ingredients
 - C1 j. Eggs
 - C1 k. Herbs and spices
 - C1 l. Sauces

- C2. Identify quality in pre-fabricated entrée items
- C3. Identify proper portion sizes in entrée items
- C4. Identify proper cooking temperatures with various types of foods to be deep fried
- C5. Identify various types of wild game and demonstrates a working knowledge of several dishes

D. Production

- D1. Clarify butter
- D2. Prepare meuniere butter- Any approved recipe source
- D3. Prepare beurre noisette- Any approved recipe source
- D4. Prepare beurre noir- Any approved recipe source
- D5. Make final preparation of fabricated meats and seafood for entrée dishes
- D6. Stuff meat, fish, poultry, and seafood for entrée production
- D7. Bread meat, fish, poultry, and seafood using standard breading procedure for entrée production
 - D7 a. Make egg wash
 - D7 b. Make breadcrumbs
 - D7 c. Make seasoned flour mix
- D8. Batter meat, fish, poultry, seafood and vegetables for entrée production
 - D8 a. Make tempura batter- D03800
 - D8 b. Make beer batter- D05100 (add beer, if available)
 - D8 c. Make fritter batter- D02400
- D9. Pan-fry entrées
 - D9 a. Pan fried fish- L12200
 - D9 b. Pan fried chicken breast- Any approved recipe source
- D10. Deep fry entrées - both from scratch and prefabricated
 - D10 a. Blanch fresh French fries then finish them for color
 - D10b. Fry entrée items
 - D10b 1. Fried chicken- L15500
 - D10b 2. Veal parmesan- L10300
 - D10b 3. Fried fish- L12202
- D11. Poach entrées
 - D11 a. Prepare poaching liquid- Any approved recipe source
 - D11 b. Poach fish- Any approved recipe source
 - D11 c. Poach chicken- Any approved recipe source
- D12. Braise entrées
 - D12 a. Pot roast- L01000
 - D12 b. Braised ribs- L09300
 - D12 c. Braised pork chops- L08500
 - D12 d. Chicken cacciatore- L14800

- D13. Bake entrées and casseroles
 - D13 a. Baked, stuffed pork chops- L08400
 - D13 b. Baked fish- L11900
 - D13 c. Lasagna- L02500
 - D13 d. Stuffed Green peppers-L04000

- D14. Stew entrées/fricassee entrees
 - D14 a. Beef stew- L02200
 - D14 b. Chuck wagon stew- L16700
 - D14 c. Chicken Fricassee- Any approved recipe source
 - D14 d. Veal blanquette- Any approved recipe source

- D15. Sauté entrées
 - D15 a. Shrimp scampi- L12100
 - D15 b. Fiesta chicken- L18200
 - D15 c. Stir-fry- Q02500
 - D15 d. Beef Stroganoff- L05304
 - D15 e. Pasta Prima Vera- Any approved recipe source

E. Garnishment

- E1. Garnish lunch and dinner entrée plates
- E2. Garnish pans of hot food items for the buffet line
- E3. Demonstrate importance of garnish at this station of the kitchen
- E4. Demonstrate plate presentation skills in combining colors, shapes, and textures

F. Nutrition

- F1. Determine portion size as it relates to fat and caloric intake
- F2. Create and prepare entrées with nutritional concepts in mind
- F3. Use of unsaturated fats for preparations and cooking where possible
- F4. Utilize cooking techniques - baking, poaching, braising which can lower fat content of meal
- F5. Prepare and cook entrées to retain nutrients

G. Sustainability through Recycling

- G1. Identify local source for recycling fats, oils and grease
- G2. Discuss the financial implications of recycling fats, oils and grease from the restaurant's perspective.
- G3. Identify items that contain batteries that should be recycled
- G4. Determine/research the cost benefit of recycling cardboard or another item.
- G5. List products being used in your facility that could be recycled
- G6. Identify one organization in you area that will recycle glass

G7. List the post-consumer paper content in the paper towels being used in the kitchen.

G8. Research alternative types of paper towels.

IX. Baking and Pastry - 240 hours

AA. Sanitation, Safety, Professionalism and Hygiene

A1. Responsible for the preparation, production, and presentation of baked goods including breads and sweet goods, and for the production and presentation of fancy pastries, desserts, and showpieces:

A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.

A2 a. Provide clean wiping cloths

A2 b. Recognize unclean work areas

A2 c. Identify and select appropriate cleaning and sterilizing agents

A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.

A3 a. Control disposal of food waste and garbage.

A3 b. Control storage of perishable goods.

A4. Utilize food service equipment and utensils efficiently and safely at all times.

A5. Wear professional chef's attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.

A6. Identify alternative methods on the production schedule to meet special dietary needs.

A7. Practice communication and customer service skills.

A8. Operate as an effective team

B. Tools and Equipment

B1. Operate scales

B2. Demonstrate accuracy in scaling

B3. Use weights and measures accurately in baking

B4. Identify and select tools for measuring

B4 a. Liquid and dry measuring containers

B4 b. Scales – (metric and imperial) Bakers balance, spring and digital

B5. Identify and select hand tools used in baking and pastry

B5 a. Bench scraper and bowl scraper

B5 b. Wire whips

B5 c. Biscuit cutters

B5 d. Sifter

B5 e. Sieves and strainers

B5 f. Pastry wheel

B5 g. Rolling pins

B5 h. Paring knife

B5 i. Chef's knife

- B5 j. Bench knife
- B5 k. Lamé
- B5 l. Bread knife
- B5 m. Palette knife
- B5 n. Mixing bowl
- B5 o. Cutting boards
- B5 p. Bench brush
- B5 q. Graters
- B5 r. Citrus zester
- B5 s. Rasp
- B5 t. Swivel bladed peelers
- B5 u. Apple corer
- B5 v. Metal spatulas
- B5 w. Melon ball cutters

B6. Identify and select tools for décor work

- B6 a. Pastry bags
- B6 b. Piping tips
- B6 c. Parchment paper- and its uses
- B6 d. Cake and decorating combs
- B6 e. Turn tables
- B6 f. Chocolate cutters
- B6 g. Dipping tools
- B6 h. Chocolate molds
- B6 i. Fondant Funnel
- B6 j. Heavy copper pot

B7. Identify and select thermometers used in baking and pastry

- B7 a. Mercury thermometers
- B7 b. Stem-type thermometers
- B7 c. Probe thermometers
- B7 d. Instant read thermometers
- B7 e. Candy Thermometers

B8. Identify and select all types of pans used in baking and pastry

- B8 a. Spring form
- B8 b. Muffin tins
- B8 c. Bread loaf pans
- B8 d. Turk's head
- B8 e. Angel food tubes
- B8 f. Sheet pans
- B8 g. Round cake - 8", 10"
- B8 h. Pie pans
- B8 i. Tart pans
- B8 j. Barquette tins
- B8 k. Flan rings
- B8 l. Hotel pans / line pans
- B8 m. Flexible silicone molds
- B8 n. Flexible silicone mats

B9. Identify and select pots and pans for pastry cooking

B9 a. Saucepots

B9 b. Double boiler

B10. Identify and select glassware and china for serving desserts

B10 a. Parfaits

B10 b. Coupes

B10 c. Dessert dishes

B10 d. Cake and pie plates

B10 e. Sundae dishes

B11. Identify and select stationary equipment for baking and pastry

B11 a. Ovens

B11a 1. Deck oven

B11a 2. Convection oven

B11a 3. Revolving tray oven

B11a 4. Rack oven

B11a 5. Revolving tray oven

B11a 6. Rack oven

B11a 7. Combination oven

B11a 8. Microwave oven

B11a 9. Steam-injection oven

B11 b. Burners

B11b 1. Hotel range

B11b 2. Confectioners stove

B11b 3. Induction heat

B11 c. Mixers

B11 d. Blender

B11 e. Immersion blender

B11 f. Food processor

B11 g. Proof box

B11 h. Retarders

B11 i. Refrigeration

B11 j. Freezers

B11 k. Electric ice cream makers

B11 l. Commercial ice cream makers

B11 m. Batch ice cream freezers

B12. Describe an efficient layout for a small bakeshop within an operating kitchen including the tools and equipment used, the extent and limitations of production

B13. Clean and maintain all equipment related to this station

C. Product Identification and Knowledge

C1. Describe and demonstrate baking and pastry mise en place

C2. Increase or decrease a baking recipe using a baker's formula

C3. Demonstrate knowledge of standardized formulas

C4. Convert recipes using the US and Metric systems

C5. Describe gluten and its functions

C6. Identify and select flours, meals, and starches

C6 a. Flours - rye, graham, whole wheat, cake, pastry, all purpose, bread, almond, hazelnut

C6 b. Meals – cornmeal

C6 c. Starches - cornstarch, waxy maize, arrowroot, tapioca, granulated, sheet or leaf gelatin

C7. Identify and select sizes and grades of fresh eggs

C8. Identify and select prepared egg products - sugared yolks, sugared whites, whole eggs

C9. Identify and select dairy products

C9 a. Milk products

C9a 1. Whole, skim, 2%

C9a 2. Cream - heavy, coffee, half and half

C9a 3. Canned milks - evaporated, sweetened condensed

C9a 4. Dry powdered milk

C9 b. Sour cream

C9 c. Yogurt

C9 d. Cheeses

C9 e. Ice Creams

C9 f. Sherbets

C9 g. Buttermilk

C10. Identify and select fats, oils, and shortenings

C10 a. “Plastic” shortenings

C10 b. Emulsified shortenings

C10 c. Puff pastry shortening

C10 d. Butter

C10 e. Margarine

C10 f. Oil

C10 g. Lard

C11. Identify and select sweeteners

C11 a. Granulated sugar

C11 b. Powdered sugar

C11 c. Molasses

C11 d. Brown sugar

C11 e. Corn syrup

C11 f. Honey

C11 g. Maple syrup

C11 h. Turbinado sugar

C11 i. Cooking syrups

C11 j. Simple syrups

C11 k. Cooked sugar

C11 l. Reduced fruit juices

- C12. Identify and select leavening agents**
- C12 a. Yeast – Instant dry, can pressed, active dry
 - C12 b. Simple sourdough starter
 - C12 c. Baking soda
 - C12 d. Baking powder
 - C12 e. Ammonium bicarbonate
 - C12 f. Eggs

- C13. Identify and select salt, flavorings and spices**
- C13 a. Chocolate and cocoa
 - C13 b. Extracts and emulsions
 - C13 c. Baking spices - nutmeg, cinnamon, mace, cloves, ginger, caraway, poppy seed, anise, allspice, cardamom, and other
 - C13 d. Liquors
 - C13 e. Flavor concentrations

- C14. Identify and select prepared bakers fillings**
- C14 a. Fruit fillings
 - C14 b. Baker's cheese
 - C14 c. Nut fillings
 - C14 d. Nougat paste

C15. Identify and select nuts

C16. Identify and select fruits for pastry and baked goods

- C17. Identify and select frozen pre-prepared baked goods and pastry products**
- C17 a. Puff paste dough and Danish dough
 - C17 b. Ready-proof rolls and breads
 - C17 c. Pre-made cakes, pies, desserts, convenience products

D. Production

D1. Apply the basic principles of baking and pastry and the basic knowledge of ingredients and procedures including the vocabulary and terminology to production

- D2. Prepare yeast dough and yeast dough products**
- D2 a. Produce two loaves each of two different yeast breads
 - D2a 1. French Bread- D00400
 - D2a 2. Whole wheat bread- D05500
 - D2 b. Produce two dozen each of two different types of yeast dinner rolls
 - D2b 1. Hot rolls (enriched dough)- D03300 or variation
 - D2b 2. Hard rolls (lean dough)- D03200
 - D2 c. Prepare sweet roll dough and sweet roll dough products
 - D2c 1. Cinnamon rolls- D03600
 - D2c 2. Raised doughnuts- D01900

D3. Prepare rolled-in dough and rolled-in dough products

- D3 a. Danish pastry- D03900

D4. Prepare quick breads

- D4 a. Prepare soft dough and produce biscuits
- D4 b. Mix batters

- D4b 1. Bagels- D01300
- D4b 2. Biscuits- D00100
- D4b 3. Muffins- D02900 or variation
- D4b 4. Corn bread- D01400 or variation
- D4b 5. Banana bread- D03000
- D4b 6. Prepare Popovers- Any approved recipe source
- D4b 7. Prepare crepes- Any approved recipe source
- D4b 8. Prepare scones- Any approve recipe source
- D4b 9. Prepare pate choux products
 - D4b9 a. Cream puffs- J01700
 - D4b9 b. Éclairs- J01701

D5. Produce cakes

- D5 a. High-fat cakes
 - D5a 1. Use creaming method
 - D5a1 a. Pound cake- G02100
 - D5a 2. Use two-stage method
 - D5a2 a. Devil's food cake- G01200
 - D5a2 b. Low-fat cakes
 - D5a2b 1. Use sponge method
 - D5a2b1 a. Sponge cake- Any approved recipe source
 - D5a2b1 b. Prepare classic genoise- Any approve recipe source
 - D5a2 c. Prepare cakes from mixes
 - D5a2c 1. White- G03001
 - D5a2c 2. Chocolate or devil's food- G01200
 - D5a2 d. Prepare Cheese cake- G02601

D6. Produce icings

- D6 a. Buttercream- G02200
- D6 b. Foam type icings
 - D6b 1. Prepare boiled icing- Any approved recipe source
 - D6b 2. Decorator's- G00700
- D6 c. Chocolate glaze (ganache)- G02400

D7. Ice and decorate cakes

- D7 a. Completely ice two different types of cake each with a different type of icing
- D7 b. Understand the use of fondant

D8. Produce cookies using the creaming and sponge methods

- D8 a. Drop cookies
 - D8a 1. Chocolate chip- H02000
 - D8a 2. Oatmeal- H00700
- D8 b. Bar cookies
 - D8b 1. Brownies- H00200
 - D8b 2. Crisp toffee bars- H00600
- D8 c. Sliced cookies
 - D8c 1. Sugar- H01300
 - D8c 2. Snickerdoodles- H01302

D9. Produce pies

D9 a. Prepare pie dough and crusts

D9a 1. Flaky dough- Any approved recipe source

D9a 2. Mealy dough- I00100

D9a 3. Graham cracker or cookie crumb- I00200

D9a 4. Prepare Short dough- Any approved recipe source

D9a 5. Bake pie crust

D9a 6. Line tart shells and bake

D9 b. Prepare fruit pies

D9b 1. Apple- I00900

D9b 2. Blueberry- I01700

D9 c. Prepare cream pies

D9c 1. Chocolate- I02800

D9c 2. Banana- I00601

D9 d. Prepare pie topped with meringue

D9d 1. Lemon meringue- I03300

D9 e. Prepare holiday pies

D9e 1. Pumpkin- I01300

D9e 2. Pecan- I03100

D9 f. Prepare cobblers and crisps

D9f 1. Apple crisp- J00100

D9f 2. Peach cobbler- I01001

D9 g. Work with frozen puff pastry

D9g 1. Fruit turnovers- I 3400

D9 h. Prepare puddings and pastry fillings

D9h 1. Vanilla custard sauce (creme anglaise)- Any approved recipe source

D9h 2. Vanilla pudding (Pastry cream)- J01800

D9h 3. Baked pudding

D9h3 a. Rice- J01500

D9h3 b. Bread- J01600

D9h 4. Cherry pie filling- I02700

D9h 5. Coconut custard- Any approved recipe source

D9h 6. Chocolate cream pie filling- I02800

D9 i. Assemble pies

D9i 1. Make one whipped cream topped pie

D9i 2. Make one different kind of fruit pie

D9i 3. Make one soft pie filling

D9 j. Bake and finish pies

D9 k. Bake premade pies.

D10. Prepare and bake pate au choux paste; Examples:

D10 a. Éclairs- Any approved recipe source

D10 b. Cream puffs- Any approved recipe source

D11. Understand the production and handling of puff paste dough, how to work with it and use it to make several items; Examples:

D11 a. Turnovers- Any approved recipe source

D11 b. Cream horns- Any approved recipe source

D11 c. Patty shells- Any approved recipe source

D11 d. Napoleon- Any approved recipe source

- D12.** Prepare meringue
- D12 a. Prepare common meringue- I03300
 - D12 b. Prepare either Swiss or Italian meringue- Any approved recipe source

- D13.** Prepare fruit desserts
- D13 a. Prepare poached pears- Any approved recipe source
 - D13 b. Prepare apple crisp- Any approved recipe source

- D14.** Prepare puddings and pastry fillings
- D14 a. Prepare vanilla custard sauce (creme anglaise)- J01800
 - D14 b. Prepare pastry cream- J01800 variation
 - D14 c. Prepare baked custards- Any approved recipe source
 - D14 d. Prepare crème brûlée- Any approved recipe source
 - D14 e. Prepare baked pudding; Examples:
 - D14e 1. Rice- J01500
 - D14e 2. Bread pudding- J01700
 - D14 f. Prepare one of the following:
 - D14f 1. Bavarian cream- Any approved recipe source
 - D14f 2. Chocolate mousse- Any approved recipe source
 - D14f 3. Soufflé- Any approved recipe source

- D15.** Prepare ice cream desserts
- D15 a. Prepare parfaits- Any approved recipe source
 - D15 b. Prepare sundaes (coupes)
 - D15b 1. Prepare traditional sundaes
 - D15b 2. Prepare one of the following:
 - D15b2 a. Pear Belle Helene- Any approved recipe source
 - D15b2 b. Peach Melba- Any approved recipe source
 - D15b2 c. Bananas Foster- Any approved recipe source
 - D15 c. Prepare a bombe- Any approved recipe source
 - D15 d. Prepare Baked Alaska- Any approved recipe source

- D16.** Prepare Dessert Sauces
- D16 a. Fruit purees- Any approved recipe source
 - D16 b. Caramel sauce- Any approved recipe source
 - D16 c. Chocolate sauce- K00500

D17. Understand the principles of pastillage, marzipan, nougat, chocolate, blown and spun sugar, and the varieties of fancy pastry and candies

D18. Understand the proper serving procedures and portion size for a variety of desserts.

E. Garnishment

- E1.** Use various toppings for ice cream to enhance color
- E2.** Prepare sweetened whipped cream and garnish desserts using a pastry bag
- E3.** Garnish ice cream with nuts, candies and other items
- E4.** Assemble pastries and cookies for display
- E5.** Set up the desserts and pastries for a buffet

F. Nutrition

- F1. Substitute for sugars - fruit juices/concentrates, fruits, honey, artificial sweeteners
- F2. Substitute for highly saturated fats; Examples:
 - F2 a. Margarine for butter
 - F2 b. Oils for solid shortenings
 - F2 c. Low fat cottage cheese for cream cheese
 - F2 d. Yogurt for sour cream
 - F2 e. Low fat milk, evaporated skim milk for whole milk
- F3. Prepare a substitute for high-calorie desserts by concentrating on fruit and lower fat and sugar preparations Supervision & Banquet

G. Sustainable Equipment = energy use

- G1. Determine what lights bulbs could be changed to CFL or LED bulbs resulting in cost savings.
- G2. List the pros and cons of using these types of bulbs
- G3. Identify at least 5 pieces of small equipment that require proper maintenance and cleaning to ensure efficiency
- G4. Research the savings of several pieces of small equipment when replaced with newer energy efficient items
- G5. Research the different types of hoods and describe their energy usage
- G6. Determine the cost of electricity in your municipality
- G7. Identify an instance where the usage of the proper equipment will save energy

X. Supervision & Banquet Cook- 160 hours

AA. Sanitation, Safety, Professionalism and Hygiene

- A1. Perform supervisory management skills and be able to operate any of stations in the kitchen
- A2. Practice sanitation and safety in the receiving and storage of foods, food preparation, service foods, and clean up procedures.
 - A2 a. Provide clean wiping cloths
 - A2 b. Recognize unclean work areas
 - A2 c. Identify and select appropriate cleaning and sterilizing agents
- A3. Practice the principles, techniques, and skills in food preparation, waste management and all related areas.
 - A3 a. Control disposal of food waste and garbage.
 - A3 b. Control storage of perishable goods.
- A4. Utilize food service equipment and utensils efficiently and safely at all times.
- A5. Wear professional chef's attire (in accordance with AR 670-1 and TB MED 530) emphasizing standards of personal hygiene.
- A6. Identify alternative methods on the production schedule to meet special dietary needs.
- A7. Practice communication and customer service skills.
- A8. Operate as an effective team

B. Supervision

- B1. Attend an in house NCO meeting as the Shift Leader or First Cook
- B2. Lead the shift in the completion of a task
- B3. Successfully supervise and direct food production and all related tasks in absence of the Shift Leader or First Cook
- B4. Be responsible for the successful completion of a remote site function and production schedule
- B5. Train a new Soldier in a task on food preparation
- B6. Complete a self evaluation every 1000 hours in the program under the supervision of the dining facility manager, shift leader, first cook, or NCOIC

C. Menu planning and cost control

- C1. Demonstrate a working knowledge of menu selection, working with emphasis on determining the use of food items on the menu that are most suitable for a particular establishment and or dining facility
- C2. Demonstrate consistency in portioning of foods in relationship to quantity and cost
- C3. Demonstrate a working knowledge of food related mathematics to include costing of menu items on the production schedule and kitchen requisition
- C4. Design a three-course menu to include recipes, a complete listing of food costs by item, profit margins by item, and layouts (to be completed with the dining facility manager and or ration NCOIC)
- C5. Review the profit and loss statement over a one month period with the supervising chef, dining facility manager, ration NCOIC, or NCOIC
- C6. Outline the benefits offered to the employees (Soldier) and relate the cost of these benefits to the company (U.S. Army / DOD)
- C7. Explain the concept of workman's compensation
- C8. Draft a complete work schedule / production schedule that includes workers in all sections of the kitchen
- C9. Discuss the procedure for coaching (supervising / mentoring) and the termination of an employee (scenario)
- C10. Relate procedures for an individual to collect unemployment (scenario)

D. Purchasing

- D1. Take a physical inventory, compare to pars, and draft a purchase order based on house specifications

E. Sustainability – Be a Leader in Sustainable Practices

- E1. Identify 3 areas that can result in a cost benefit when sustainability initiatives are established
- E2. Add “energy awareness” to your employee training
- E3. Lead by example – close doors, turn off lights, monitor climate controls. Follow “power up” and “power down” schedules.
- E4. Identify sustainable activities that can save money in the kitchen
- E5. Explain how following sustainable practices can improve your business.

Suggested Reading Materials

Culinary Fundamentals, ACF; Prentice Hall

Baking Fundamentals, ACF; Prentice Hall

Supervision in the Hospitality Industry: Applied Human Resources, 5th Ed., Miller, Walker, Drummond: John Wiley & Sons

Nutrition for Foodservice and Culinary Professionals, 6th Ed., Drummond, Brefer: John Wiley & Sons

Food Safety Fundamentals: Essentials of Food Safety & Sanitation, McSwane, Rue, Linton, Williams: Prentice Hall

The Professional Pastry Chef: Fundamentals of Baking Pastry, 4th Ed., Friberg: John Wiley & Sons

Escoffier: The Complete Guide to the Art of Modern Cookery, John Wiley & Sons

The Art and Science of Culinary Preparation, Chesser: The Educational Institute of the American Culinary Federation

XII. EVALUATION

STATION 1: Steward

Time required for completion: _____

Description of station and work processes:

Responsible for the overall cleanliness and maintenance of the kitchen, it's supporting facilities equipment, tools and supplies.

Key to Competency Levels

	Level
Poor – Work was unsatisfactory, needed total supervision, did not grasp assignment	1
Fair – Acceptable work needed some supervision, understood assignment well.	2
Good – End results were good, needed little supervision, understood assignment well	3
Excellent – Every aspect of the work assignment outstanding	4

Items to be signed by the Supervising Chef

Date Chef's Initials Level

A. Sanitation, Safety & Professionalism Demonstrate a clear understanding of the processes necessary to ensure a safe and sanitary work environment as outlined in section A of the work processes.	_____	_____	_____
B. Tools and Equipment Identify and demonstrate the use and care of a selection of tools & equipment from each area outlined in section B of the work processes.	_____	_____	_____
C. Product Identification Demonstrate the ability to identify and select a variety of products outlined in section C of the work processes.	_____	_____	_____
D. Production	_____	_____	_____
2.d. Clean refrigerators and freezers	_____	_____	_____
2.o. Clean deep fryer	_____	_____	_____
6.f-k. Set up and breakdown dishwasher and area	_____	_____	_____
8.a. Perform an unofficial health inspection	_____	_____	_____

Total of Competency level achieved (minimum score = 8): _____

Apprentice

Supervising Chef

Date

STATION 2: Breakfast Evaluation

Time required for completion: _____

Description of station and work processes:

Responsible for the preparation, production and service of both a la carte and buffet breakfast meals.

Key to Competency Levels

Poor – Work was unsatisfactory, needed total supervision, did not grasp assignment	1
Fair – Acceptable work needed some supervision, understood assignment well.	2
Good – End results were good, needed little supervision, understood assignment well	3
Excellent – Every aspect of the work assignment outstanding	4

Items to be signed by the Supervising Chef

	Date	Chef's Initials	Level
A. Sanitation, Safety & Professionalism Demonstrate a clear understanding of the processes necessary to ensure a safe and sanitary work environment as outlined in section A of the work processes.	_____	_____	_____
B. Tools and Equipment Identify and demonstrate the use and care of a selection of tools & equipment from each area outlined in section B of the work processes.	_____	_____	_____
C. Product Identification Demonstrate the ability to identify and select a variety of products outlined in section C of the work processes.	_____	_____	_____
D. Production			
1.a-d. Prepare common egg dishes	_____	_____	_____
5.a-d. Prepare breakfast meats	_____	_____	_____
6. Prepare and cook breakfast batters	_____	_____	_____
7. Prepare breakfast potatoes	_____	_____	_____
8. Prepare hot cereals and toast breads	_____	_____	_____
9. Prepare breakfast beverages	_____	_____	_____
10. Prepare fruits for breakfast	_____	_____	_____
11. Prepare breakfast items for a la carte and buffet style service	_____	_____	_____
E. Garnishment & Layout			
1. Identify and implement multiple plating garnishes	_____	_____	_____
2. Design & set up breakfast buffet layout	_____	_____	_____
F. Nutrition			
1. Be aware of the variety of fats and oils used in cooking breakfast and their health impact	_____	_____	_____
2. Create a breakfast plate that is lower in calorie and fat content	_____	_____	_____

Total of Competency level achieved (minimum score = 12):

Apprentice

Supervising Chef

Date

STATION 3: Vegetable, Starch & Pasta

Time required for completion: _____

Description of station and work processes:

Responsible for fabricating, cooking, and serving all fruits, vegetables, cereals, grains, beans, tubers, and farinaceous product.

Key to Competency Levels

	Level
Poor – Work was unsatisfactory, needed total supervision, did not grasp assignment	1
Fair – Acceptable work needed some supervision, understood assignment well.	2
Good – End results were good, needed little supervision, understood assignment well	3
Excellent – Every aspect of the work assignment outstanding	4

Items to be signed by the Supervising Chef

Date **Chef's Initials** **Level**

<p>A. Sanitation, Safety & Professionalism Demonstrate a clear understanding of the processes necessary to ensure a safe and sanitary work environment as outlined in section A of the work processes.</p>	_____	_____	_____
<p>B. Tools and Equipment Identify and demonstrate the use and care of a selection of tools & equipment from each area outlined in section B of the work processes.</p>	_____	_____	_____
<p>C. Product Identification Demonstrate the ability to identify and select a variety of products outlined in section C of the work processes.</p>	_____	_____	_____
<p>D. Production</p> <p style="padding-left: 20px;">1.a-d. Clean and peel a wide variety of fruits and vegetables</p> <p style="padding-left: 20px;">1.b.1-10. Execute all of the standard cuts on fruits, vegetables, and tubers</p> <p style="padding-left: 20px;">3.a.7. Prepare mashed potatoes</p> <p style="padding-left: 20px;">3.a.14. Prepare au gratin potatoes</p> <p style="padding-left: 20px;">3.c.1. Prepare pasta dough</p> <p style="padding-left: 20px;">3.f. Prepare dried beans and legumes</p> <p style="padding-left: 20px;">3.g.1.a. Prepare rice pilaf</p> <p style="padding-left: 20px;">3.h. Prepare roasted vegetables for puree and mousses</p>	_____	_____	_____
<p>E. Garnishment & Layout</p> <p style="padding-left: 20px;">1. Prepare vegetables and starches for both a la carte and buffet style service</p>	_____	_____	_____
<p>F. Nutrition</p> <p style="padding-left: 20px;">1. Cook vegetables in a manner for the retention of vitamins and minerals.</p>	_____	_____	_____

Total of Competency level achieved (minimum score = 12): _____

Apprentice

Supervising Chef

Date

STATION 4: Fabrication

Time required for completion: _____

Description of station and work processes:

Responsible for the fabrication of meats, poultry, and seafood so that they are in a state where they can be used for final preparations in the other stations of the kitchen.

Key to Competency Levels

Poor – Work was unsatisfactory, needed total supervision, did not grasp assignment	1
Fair – Acceptable work needed some supervision, understood assignment well.	2
Good – End results were good, needed little supervision, understood assignment well	3
Excellent – Every aspect of the work assignment outstanding	4

Items to be signed by the Supervising Chef

	Date	Chef's Initials	Level
A. Sanitation, Safety & Professionalism Demonstrate a clear understanding of the processes necessary to ensure a safe and sanitary work environment as outlined in section A of the work processes.	_____	_____	_____
B. Tools and Equipment Identify and demonstrate the use and care of a selection of tools & equipment from each area outlined in section B of the work processes.	_____	_____	_____
C. Product Identification Demonstrate the ability to identify and select a variety of products outlined in section C of the work processes.	_____	_____	_____
D. Production			
1.d. Break down secondary cuts into portion sizes	_____	_____	_____
1.d.1. Properly trim strip loin of beef and portion	_____	_____	_____
1.d.2.a-c. Fabricate filet of beef	_____	_____	_____
1.d.3. Fabricate chicken	_____	_____	_____
1.h. Grind beef and form for appropriate applications	_____	_____	_____
1.j.1. Fillet round fish	_____	_____	_____
1.j.2. Fillet flat fish	_____	_____	_____

Total of Competency level achieved (minimum score = 8): _____

Apprentice

Supervising Chef

Date

STATION 5: Broiler/Char-grill

Time required for completion: _____

Description of station and work processes:

Responsible for the final preparation of various proteins and vegetables for broiling, grilling, or roasting, and then garnishing and presenting for service.

Key to Competency Levels

	Level
Poor – Work was unsatisfactory, needed total supervision, did not grasp assignment	1
Fair – Acceptable work needed some supervision, understood assignment well.	2
Good – End results were good, needed little supervision, understood assignment well	3
Excellent – Every aspect of the work assignment outstanding	4

Items to be signed by the Supervising Chef

Date **Chef's Initials** **Level**

<p>A. Sanitation, Safety & Professionalism Demonstrate a clear understanding of the processes necessary to ensure a safe and sanitary work environment as outlined in section A of the work processes.</p>	_____	_____	_____
<p>B. Tools and Equipment Identify and demonstrate the use and care of a selection of tools & equipment from each area outlined in section B of the work processes.</p>	_____	_____	_____
<p>C. Product Identification Demonstrate the ability to identify and select a variety of products outlined in section C of the work processes.</p>	_____	_____	_____
<p>D. Production</p> <ol style="list-style-type: none"> 1. Prepare compound butters 2. Prepare marinades 3. Prepare seasoning mixes 4. Prepare hot hors d'oeuvres such as Rumaki, Brochettes and Stuffed Mushroom Caps 5. Prepare hot appetizers such as Oysters Rockefeller or Chicken Satay 6. Prepare hot sandwiches utilizing the oven, broiler, grill and griddle 7. Prepare and cook meats, poultry, seafood, fish and vegetables for grilling and/or broiling 8. Prepare and cook meats, and poultry for roasting 9. Carve roasted meats on buffet serving lines 10. Assemble and cook casseroles 11. Prepare sauces for broiled and roasted meats, fish and seafood 	_____	_____	_____

E. Garnishment & Layout

- 2. Identify and implement plating garnishes that create a colorful plate _____
- 4. Utilize grill marks for a positive visual effect _____

F. Nutrition

- 1. Utilize marinades, herbs and spices to promote flavor and lessen dependence on salt and fat _____
- 3. Develop a healthful entrée plate with broiled or grilled meat, poultry, seafood or vegetables _____

Total of Competency level achieved (minimum score = 12): _____

Apprentice

Supervising Chef

Date

Total of Competency level achieved (minimum score = 12): _____

Apprentice

Supervising Chef

Date

13. Prepare cold soups

E. Garnishment & Layout

1. 1.a-c. Prepare buffet showpieces

4. Garnish cold appetizers

5. Garnish cold entrees

F. Nutrition

3. Create cold meals which are flavorful yet healthful.

Total of Competency level achieved (minimum score = 12):

Apprentice

Supervising Chef

Date

E. Garnishment & Layout

4. Demonstrate plate presentation skills in combining colors, shapes, and textures

F. Nutrition

2. Create and prepare items with nutritional concepts in mind.

Total of Competency level achieved (minimum score = 12):

Apprentice

Supervising Chef

Date

F. Nutrition

3. Prepare a substitute for high-calorie desserts by concentrating _____
on fruit and lower fat and sugar preparations. _____

Total of Competency level achieved (minimum score = 12): _____

Apprentice

Supervising Chef

Date

Final Evaluation

DIRECTIONS:

Transfer the competency level score achieved from each kitchen station evaluation page.

Station:	Evaluation
1. Steward	_____
2. Breakfast	_____
3. Vegetable, Starch, & Pasta	_____
4. Fabrication	_____
5. Broiler/Char-Grill	_____
6. Soup & Sauce	_____
7. Pantry & Cold Foods	_____
8. Cooking Techniques	_____
9. Baking & Pastry	_____
10. Supervisory Development	_____
Total Score:	_____

Minimum score for completion 110

Apprentice Name (please print)

Chapter/Program Name (please print)

Authorization of Completion:

Supervising Chef Signature

Date

Apprenticeship Committee Chair Signature

Date

Manual Logbook Entries

Name of Apprentice: _____

Week of Program: _____ Year of Program: _____

Name of Establishment: _____

The Apprentice _____ has _____ has not shown adequate proficiency in this category.

Signature of Supervising Chef: _____ Date: _____

Signature of Committee Rep: _____ Date: _____

If inadequate, DATE of subsequent approval:

Chef: _____ Date: _____

