



NOVA SCOTIA
APPRENTICESHIP
AGENCY

NOVA SCOTIA
OCCUPATIONAL STANDARD
INSTITUTIONAL COOK

FORWARD

This occupational standard was developed by a committee of industry experts in the field led by a facilitator from the Nova Scotia Apprenticeship Agency. It has the following objectives:

- to describe and group the tasks performed by skilled workers
- to identify which tasks are performed by skilled workers
- to develop instruments for use in the preparation of examinations and curricula for training leading to the certification of skilled workers
- to facilitate the mobility of apprentices and skilled workers in Canada; and,
- to supply employers, employees, associations, industries, training institutions and governments with analyses of occupations.

Any questions, comments, or suggestions for changes, corrections, or revisions to this standard or any of its related products may be forwarded to:

Nova Scotia Apprenticeship Agency
1256 Barrington Street
Halifax, Nova Scotia B3J 1Y6
Email: apprenticeship@novascotia.ca

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Tracy Walsh	Seaview Manor

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STRUCTURE OF THE OCCUPATIONAL STANDARD

To facilitate the understanding of the occupation, the work performed is divided into the following categories:

Description of the trade: an overview of the trade's duties

Essential Skills Summary: An overview of how each of the 9 essential skills is applied in this trade

Industry Expected Performance: description of the expectations regarding the level of performance of the tasks, including information related to specific codes, regulations and standards that must be observed

Pie Chart Examination Weightings: a graph which depicts the percentages of exam questions assigned to the major work activities

Task Matrix: a chart which outlines graphically the major work activities, tasks and sub-tasks of this standard

Major Work Activity (MWA): the largest division within the standard that is comprised of a distinct set of trade activities

Task: distinct actions that describe the activities within a major work activity

Task Descriptor: a general description of the task

Sub-task: distinct actions that describe the activities within a task

Range of Variables: elements that provide a more in-depth description of a term used in the performance criteria, evidence of attainment, learning outcomes, or learning objectives

DESCRIPTION OF INSTITUTIONAL COOK

“Institutional Cook” is this trade’s official provincial occupational title approved by the Nova Scotia Apprenticeship Agency.

Institutional Cooks prepare, cook, season and serve a wide variety of foods such as meat, fish, poultry, pasta, pulses, grains, nuts, dairy products, eggs, vegetables, fruit, stocks, soups, sauces, salads, desserts and baked goods. They cook meals using bulk cooking techniques or individual dishes. Institutional Cooks may plan menus, determine the size of food portions and estimate food requirements and cost, as well as monitor and order supplies, and oversee others in the preparation, cooking and handling of food.

They must also be familiar with food safety and hygiene requirements, safe work practices and with occupational and health regulations pertaining to food handling, preparation and service.

Areas of specialization vary according to where the Institutional Cook is employed. They may also specialize in preparing meals according to dietary and varying nutritional requirements. Institutional Cooks are generally employed in institutional settings such as hospitals, retirement and long-term care homes, daycare centres, educational institutes, correctional facilities and military bases.

While some Institutional Cooks may have conventional work schedules, most cooks work shift work, including early mornings, late evenings, holidays and weekends, and the number of hours worked each week varies depending on the type of position and establishment the cook is employed.

Institutional Cooks often come under pressure to provide timely and quality service. They must maintain high standards of food quality and ensure food safety and sanitation guidelines are followed. Workplaces should be clean and well lit. Kitchens are often hot and space restricted. Institutional Cooks must be able to stand for extended periods, function in close quarters, and lift heavy and awkward objects. Occupational hazards include burns, cuts, slips, falls and repetitive stress injuries.

A keen sense of taste and smell, interest in precision work and a good memory for details are key attributes for people entering this trade. Institutional Cooks use standardized recipes and must understand nutritional restrictions and portion size to be served. They must be able to use specialized equipment for modification techniques during food preparation to achieve prescribed or recommended textures and thicknesses. Institutional Cooks are required to be conscious of dietary requirements and food allergens. Institutional Cooks must also be able to work independently or as part of a team, be flexible and have good organizational skills. Other important abilities for cooks include solid mathematical, communication and interpersonal skills.

With experience, institutional cooks may act as mentors and trainers to apprentices in the trade. They can also move into other positions such as kitchen managers, chefs, banquet managers, instructors, sales, food service administrators and managers, general managers or food writers.

This standard recognizes similarities or overlaps with the work of Cooks and Bakers.

ESSENTIAL SKILLS SUMMARY

Essential skills are needed for work, learning and life. They provide the foundation for learning all other skills and enable people to evolve with their jobs and adapt to workplace change.

Through extensive research, the Government of Canada and other national and international agencies have identified and validated nine essential skills. These skills are used in nearly every occupation and throughout daily life in different ways. The nine identified skills are:

- Reading
- Document Use
- Writing
- Oral Communication
- Numeracy
- Thinking
- Digital Technology
- Working with Others
- Continuous Learning

A series of CCDA-endorsed tools have been developed to support apprentices in their training and to be better prepared for a career in the trades. The tools can be used independently or with the assistance of a tradesperson, trainer, employer, teacher or mentor to:

- understand how essential skills are used in the trades;
- learn about individual essential skills strengths and areas for improvement; and
- improve essential skills and increase success in an apprenticeship program.

Tools are available online or for order at: [Skills for Success – Assessment and training tools - Canada.ca](https://www.skillsforsuccess.ca)

The application of these skills may be described throughout this document within the competency statements which support each subtask of the trade. For a complete description of the nine essential skills for various trades, please visit: [Explore careers by essential skills - Job Bank](https://www.skillsforsuccess.ca)

ROLES AND OPPORTUNITIES FOR SKILLED TRADES IN A SUSTAINABLE FUTURE

Climate change affects all of us. Trades play a large role in implementing solutions and adjusting to changes in the world.

Throughout this standard, there may be specific references to tasks, skills and knowledge that clearly show this trade's role in a more sustainable future. Each trade has different roles to play and contributions to make in their own way.

For example:

- Construction tradespeople need to consider the materials they are using, building methods, and improvements to mechanical and electrical installations. There are important changes to codes and standards to help meet the climate change goals and commitments set for 2030 and 2050. Retrofits and new construction of low-energy buildings provide enormous opportunities for workers in this sector. Concepts, such as energy efficiency and regarding buildings as systems are foundational.
- Automotive and mechanical trades are seeing a shift towards the electrification of vehicles and equipment. As a result, new skills and knowledge will be required for tradespeople working in this sector. There are mandates for sales of new light-duty zero-emission vehicles (ZEV) in Canada, with the goal of achieving 100% ZEV sales by 2035. Due to this mandate, the demand for these vehicles is growing quickly among consumers and fleets. With this escalating demand, the need for skilled workers to maintain and repair these vehicles is also increasing.
- In industrial and resource sectors, there is pressure to move towards increased electrification of industrial processes. Many industrial and commercial facilities are also being upgraded to improve energy efficiency in areas such as lighting systems, and new production processes and technologies. There are also opportunities in carbon capture, utilization and storage (CCUS), as well as the production and export of low-carbon hydrogen.
- Trades in the service sector may also need to be aware of responsible sourcing, as well as efficient use of products and materials. New ways of working better are always a part of the job.

There are fast-moving changes in guidelines, codes, regulations and specifications. Many are being implemented for the purpose of energy efficiency and climate change. Those that affect specific trades may be mentioned within the standard. Examples of these guidelines and legislation include:

- The National Energy Code of Canada for Buildings (NECB).
- The Canadian Net-Zero Emissions Accountability Act (CNZEAA).
- Programs that encourage sustainable building design and construction such as Leadership in Energy and Environmental Design (LEED) and the Zero Carbon Building (ZCB) standards.
- The Montreal Protocol for phasing out R22 refrigerants.
- Energy efficiency programs such as ENERGY STAR.
- Principles of the United Nations Declaration for the Rights of Indigenous Peoples pertaining to energy sector development.

Apprentices and tradespeople need to increase their climate literacy and reinforce their own understanding of energy issues and environmental practices. It is important for them to understand why these changes are happening and their effect on trades' work. While individual tradespeople and apprentices may not be able to choose certain elements like; the architectural design of buildings, building material selection, regulatory requirements, use of electric vehicles and technologies, they must understand the impact of using these elements in their work. Impacts include using environmentally friendly products and following requirements related to the disposal and recycling of materials.

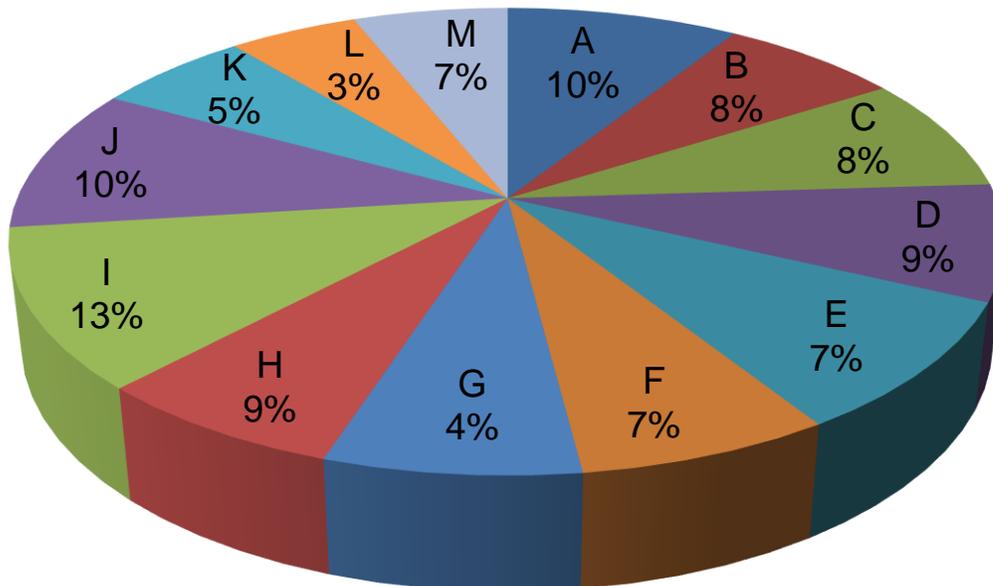
In apprenticeship, as well as in ongoing professional development, employers and instructors should encourage learning about these concepts, why they are important, how they are implemented, and the overarching targets they are aiming to achieve.

All in all, it's about doing the work better and building a better world.

INDUSTRY-EXPECTED PERFORMANCE

All tasks must be performed according to Nova Scotia regulations and standards. All health and safety standards must be respected and observed. Work should be done efficiently and to a high quality without material waste or environmental damage. All requirements of employers, consumers, clients and quality control policies must be met. At a journey person level of performance, all tasks must be done with minimal direction and supervision. As a journey person progresses in their career there is an expectation they continue to upgrade their skills and knowledge to maintain pace with industry and promote continuous learning in their trade through mentoring of apprentices.

PIE CHART OF CERTIFICATION EXAM WEIGHTINGS



MWA A	Hygiene, sanitation and safety	10%
MWA B	Common occupational skills	8%
MWA C	Produce	8%
MWA D	Stocks, broths and soups	9%
MWA E	Sauces	7%
MWA F	Cheese, dairy, dairy plant-based alternatives, eggs and egg products	7%
MWA G	Pastas, noodles and dumplings	4%
MWA H	Grains, pulses, seeds, nuts and alternative proteins	9%
MWA I	Meats, poultry and variety meats	13%
MWA J	Fish and seafood	10%
MWA K	Salads and sandwiches	5%
MWA L	Specialty preparation	3%
MWA M	Sweet and savoury baked goods and desserts	7%

This pie chart represents a breakdown of the Nova Scotia provincial certification examination. The task matrix on the following pages indicates the breakdown of tasks and sub-tasks within each major work activity. Provincial certification examinations typically have between 100 and 150 questions.

INSTITUTIONAL COOK

TASK MATRIX

A – Hygiene, sanitation and safety

10%

<p>Task A-1 Performs safety and hygiene-related functions 40%</p>	<p>1.01 Maintains safe work environment</p>	<p>1.02 Uses personal protective equipment (PPE) and safety equipment</p>	<p>1.03 Maintains personal hygiene</p>
<p>Task A-2 Practices food safety procedures 60%</p>	<p>2.01 Maintains safe condition and temperature of raw and finished product</p>	<p>2.02 Cools food rapidly</p>	<p>2.03 Re-thermalizes foods</p>
	<p>2.04 Prevents cross-contamination</p>	<p>2.05 Cleans tools and equipment</p>	<p>2.06 Sanitizes tools and equipment</p>

B – Common occupational skills

8%

<p>Task B-3 Uses tools and equipment 20%</p>	<p>3.01 Uses knives</p>	<p>3.02 Uses pots, pans and utensils</p>	<p>3.03 Uses equipment and appliances</p>
<p>Task B-4 Organizes work 10%</p>	<p>4.01 Organizes kitchen workplace</p>	<p>4.02 Schedules production</p>	
<p>Task B-5 Manages information 10%</p>	<p>5.01 Plans menu and mise en place</p>	<p>5.02 Uses documentation</p>	

Task B-6 Manages products 20%	6.01 Orders products	6.02 Receives products	6.03 Stores products
	6.04 Maintains inventory		
Task B-7 Performs trade activities 10%	7.01 Uses recipes	7.02 Performs portion control	7.03 Presents finished product
	7.04 Uses convenience foods		
Task B-8 Adapts cooking practices to meet dietary requirements 25%	8.01 Adapts kitchen practices to meet dietary requirements	8.02 Selects ingredients to meet dietary requirements	8.03 Prepares food to meet dietary requirements
	8.04 Modifies textures to meet dietary requirements		
Task B-9 Uses communication and mentoring techniques 5%	9.01 Uses communication techniques	9.02 Uses mentoring techniques	

C – Produce

8%

Task C-10 Prepares herbs and spices 25%	10.01 Selects herbs and spices	10.02 Cleans herbs	10.03 Processes herbs and spices
Task C-11 Prepares vegetables 40%	11.01 Selects vegetables	11.02 Cleans vegetables	11.03 Processes vegetables
	11.04 Cooks vegetables	11.05 Finishes vegetables	
Task C-12 Prepares fruit 35%	12.01 Selects fruit	12.02 Cleans fruit	12.03 Processes fruit
	12.04 Cooks fruit	12.05 Finishes fruit	

D – Stocks, broths and soups

9%

Task D-13 Prepares stocks and broths 30%	13.01 Selects stock and broth ingredients	13.02 Processes stock and broth ingredients	13.03 Cooks stocks and broths
Task D-14 Prepares soups 70%	14.01 Selects soup ingredients	14.02 Processes soup ingredients	14.03 Cooks soups
	14.04 Finishes soups		

E – Sauces

7%

Task E-15 Prepares thickening and binding agents 40%	15.01 Selects thickening and binding ingredients	15.02 Processes thickening and binding ingredients	
Task E-16 Prepares sauces 60%	16.01 Selects sauce ingredients	16.02 Processes sauce ingredients	16.03 Cooks sauces
	16.04 Finishes sauces		

F – Cheese, dairy, plant-based dairy alternatives, eggs and egg products

7%

<p>Task F-17 Uses cheese, dairy products and plant-based dairy alternative products</p> <p>45%</p>	<p>17.01 Selects cheese, dairy and plant-based dairy alternative ingredients</p>	<p>17.02 Processes cheese, dairy and plant-based dairy alternative ingredients</p>	<p>17.03 Finishes cheese, dairy and plant-based dairy alternative products</p>
<p>Task F-18 Prepares eggs and egg-based dishes</p> <p>55%</p>	<p>18.01 Selects ingredients for eggs and egg-based dishes</p>	<p>18.02 Processes ingredients for eggs and egg-based dishes</p>	<p>18.03 Cooks eggs and egg-based dishes</p>
	<p>18.04 Finishes eggs and egg-based dishes</p>		

G – Pastas, noodles and dumplings

4%

<p>Task G-19 Prepares pastas and noodles</p> <p>65%</p>	<p>19.01 Selects pasta and noodle ingredients</p>	<p>19.02 Cooks dry and frozen pastas and noodles</p>	<p>19.03 Finishes pastas and noodles</p>
<p>Task G-20 Prepares dumplings</p> <p>35%</p>	<p>20.01 Selects dumpling ingredients</p>	<p>20.02 Processes dumplings</p>	<p>20.03 Cooks dumplings</p>
	<p>20.04 Finishes dumplings</p>		

H – Grains, pulses, seeds, nuts and alternative proteins

9%

<p>Task H-21 Prepares grains and pulses</p> <p>60%</p>	<p>21.01 Selects grains and pulses</p>	<p>21.02 Processes grains and pulses</p>	<p>21.03 Cooks grains and pulses</p>
<p>Task H-22 Prepares seeds and nuts</p> <p>10%</p>	<p>22.01 Selects seeds and nuts</p>	<p>22.02 Processes seeds and nuts</p>	<p>22.03 Cooks seeds and nuts</p>
<p>Task H-23 Prepares alternative proteins</p> <p>30%</p>	<p>23.01 Selects alternative proteins</p>	<p>23.02 Processes alternative proteins</p>	<p>23.03 Cooks alternative proteins</p>

I – Meats, poultry and variety meats

13%

<p>Task I-24 Prepares meats and variety meats</p> <p>50%</p>	<p>24.01 Selects meats and variety meats</p>	<p>24.02 Processes meats and variety meats</p>	<p>24.03 Cooks meats and variety meats</p>
	<p>24.04 Finishes meats and variety meats</p>		
<p>Task I-25 Prepares poultry</p> <p>50%</p>	<p>25.01 Selects poultry</p>	<p>25.02 Processes poultry</p>	<p>25.03 Cooks poultry</p>
	<p>25.04 Finishes poultry</p>		

J – Fish and seafood

10%

Task J-26 Prepares fin fish 75%	26.01 Selects fin fish	26.02 Processes fin fish	26.03 Cooks fin fish
	26.04 Finishes fin fish		
Task J-27 Prepares seafood 35%	27.01 Selects seafood	27.02 Processes seafood	27.03 Cooks seafood
	27.04 Finishes seafood		

K – Salads and sandwiches

5%

Task K-28 Prepares sandwiches 45%	28.01 Selects sandwich ingredients	28.02 Processes sandwich ingredients	28.03 Assembles sandwiches
	28.04 Cooks sandwiches		

Task K-29 Prepares salads 45%	29.01 Selects salad ingredients	29.02 Processes salad ingredients	29.03 Finishes salad
Task K-30 Prepares condiments, preserves and dressings 10%	30.01 Selects ingredients for condiments, preserves and dressings	30.02 Processes ingredients for condiments, preserves and dressings	

L – Specialty preparation

3%

Task L-31 Prepares snacks and other finger foods 60%	31.01 Selects ingredients for snacks and other finger foods	31.02 Processes ingredients for snacks and other finger foods	31.03 Assembles snacks and other finger foods
	31.04 Cooks snacks and other finger foods	31.05 Finishes snacks and other finger foods	
Task L-32 Prepares deli meat and cured products 40%	32.01 Selects deli meat and cured products	32.02 Processes deli meat and cured products	32.03 Cooks deli meat and cured products
	32.04 Finishes deli meat		

M – Sweet and savoury baked goods and desserts

7%

<p>Task M-33 Prepares dough-based products 20%</p>	<p>33.01 Selects ingredients for dough</p>	<p>33.02 Processes ingredients for dough</p>	<p>33.03 Cooks dough-based products</p>
	<p>33.04 Finishes dough-based products</p>		
<p>Task M-34 Prepares batter-based products 20%</p>	<p>34.01 Selects ingredients for batters</p>	<p>34.02 Processes ingredients for batters</p>	<p>34.03 Cooks batter-based products</p>
	<p>34.04 Finishes batter-based products</p>		
<p>Task M-35 Prepares creams, mousses, frozen desserts, fillings, icings and toppings 15%</p>	<p>35.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings and toppings</p>	<p>35.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings and toppings</p>	<p>35.03 Finishes creams, mousses, frozen desserts, fillings, icings and toppings</p>
<p>Task M-36 Assembles cakes 10%</p>	<p>36.01 Selects cake components for assembly</p>	<p>36.02 Finishes cakes</p>	
<p>Task M-37 Prepares savoury and sweet pastries and pies 35%</p>	<p>37.01 Selects ingredients for savoury and sweet pastries and pies</p>	<p>37.02 Assembles savoury and sweet pastries and pies</p>	<p>37.03 Cooks savoury and sweet pastries and pies</p>
	<p>37.04 Finishes savoury and sweet pastries and pies</p>		

MAJOR WORK ACTIVITY A

Hygiene, Sanitation and Safety

TASK A-1 Performs safety and hygiene-related functions

TASK DESCRIPTOR

Institutional Cooks are expected to perform safety-related functions throughout all activities of the trade. They maintain, clean and sanitize tools and equipment to ensure a safe and hygienic workplace. They use personal protective equipment (PPE) and safety equipment by complying with regulations and standards such as the Workplace Hazardous Materials Information System (WHMIS). Institutional Cooks must constantly maintain personal hygiene.

A-1.01 Maintains safe work environment

	Performance Criteria
A-1.01.01P	identify and report <i>potential hazards</i>
A-1.01.02P	clear and clean walkways
A-1.01.03P	clean workstation
A-1.01.04P	maintain clutter-free workstation
A-1.01.05P	store and lock up hazardous products
A-1.01.06P	store hazardous equipment and utensils
A-1.01.07P	complete cleaning task list on a daily, weekly and monthly basis
A-1.01.08P	secure workstations when not in use
A-1.01.09P	lock-out equipment
A-1.01.10P	prepare, test, label and store cleaning and sanitation solutions
A-1.01.11P	identify location of safety exits and assembly areas
A-1.01.12P	identify emergency procedures

RANGE OF VARIABLES

potential hazards include: water, debris, exposed electrical wires, uneven floors, unidentified liquids and chemicals, fire, environmental, damaged furniture, fixtures and equipment, poor lighting, inadequate ventilation

A-1.02 Uses personal protective equipment (PPE) and safety equipment

	Performance Criteria
A-1.02.01P	dress in industry-specific clothing and approved footwear
A-1.02.02P	locate <i>PPE</i> and <i>safety equipment</i>
A-1.02.03P	select <i>PPE</i> and <i>safety equipment</i>
A-1.02.04P	identify worn, defective and expired <i>PPE</i> and <i>safety equipment</i>

RANGE OF VARIABLES

PPE includes: goggles, respirators, protective gloves (rubber/latex, cut-resistant, heat-resistant), rubber aprons, non-slip protective footwear

safety equipment includes: fire extinguishers, fire blankets, eye-wash stations, WHMIS stations, first aid kits, Automatic External Defibrillator (AED)

A-1.03 Maintains personal hygiene

Performance Criteria

A-1.03.01P	follow handwashing procedures
A-1.03.02P	maintain good personal hygienic conditions
A-1.03.03P	wear clean work attire
A-1.03.04P	wear hair and beard nets and hats
A-1.03.05P	ensure nails are short
A-1.03.06P	remove jewelry and accessories
A-1.03.07P	cover all exposed cuts and wounds

RANGE OF VARIABLES

work attire includes: aprons, pants, shirts, jackets, hats, approved footwear

TASK A-2 Practices food safety procedures

TASK DESCRIPTOR

Practicing food safety procedures is the most critical component of the food service industry and ensures consumer and employee health and safety. Cleaning and sanitizing are two separate tasks that are both crucial; cleaning removes physical debris and sanitizing removes biological contaminants.

A-2.01 Maintains safe condition and temperature of raw and finished product

Performance Criteria

A-2.01.01P	select and use tools and equipment
A-2.01.02P	verify and record that food is at required internal temperature
A-2.01.03P	read various types of thermometers
A-2.01.04P	monitor temperature of equipment
A-2.01.05P	hold and store finished product
A-2.01.06P	take corrective measures
A-2.01.07P	discard product

RANGE OF VARIABLES

tools and equipment include: thermometers, ice wands, ice baths, blast chillers, bain-marie, refrigerator, hot holding cabinets **types of thermometers** include: digital, analog, laser

A-2.02**Cools food rapidly****Performance Criteria**

A-2.02.01P	select cooling methods and vessels
A-2.02.02P	monitor cooling process
A-2.02.03P	take corrective measures

RANGE OF VARIABLES

methods include: ice bath, divide product into smaller batches, place product in refrigerated unit, use ice wands, use blast chiller

A-2.03**Re-thermalizes foods****Performance Criteria**

A-2.03.01P	select and use tools and equipment
A-2.03.02P	re-heat food
A-2.03.03P	verify internal temperature
A-2.03.04P	take corrective measures

RANGE OF VARIABLES

tools and equipment include: pans, pots, food service containers, stoves, microwaves, thermometer, ovens, thermal circulator, combi-oven

A-2.04**Prevents cross-contamination****Performance Criteria**

A-2.04.01P	recognize potential food contamination risks
A-2.04.02P	use clean and sanitized work surfaces, tools and equipment
A-2.04.03P	wash hands and change gloves
A-2.04.04P	follow storage techniques
A-2.04.05P	use designated storage containers, cutting boards and utensils specific to products
A-2.04.06P	set up sanitizing system equipment

RANGE OF VARIABLES

potential food contamination risks include: unsanitary work surfaces, improper storage, chemical, cross use of utensils and equipment, clothes, cell phones, soiled towels, gloves, biological, physical

storage techniques include: raw food on the bottom and cooked food on the top, elevate minimum distance above floor, separate meat items accordingly, cover

sanitizing system equipment includes: pails, spray bottles, gloves

A-2.05**Cleans tools and equipment****Performance Criteria**

A-2.05.01P	identify utensils, tools, equipment and appliances to be cleaned
A-2.05.02P	disassemble and assemble kitchen tools and equipment for cleaning purposes
A-2.05.03P	remove residual debris
A-2.05.04P	apply <i>cleaning procedures</i>
A-2.05.05P	remove tough cooked-on, carbonized, dehydrated or stubborn residual debris or stains
A-2.05.06P	rinse and dry utensils, tools, equipment and appliances

RANGE OF VARIABLES

cleaning procedures include: use of chemicals, three-sink method, proper heat and drying techniques

A-2.06**Sanitizes tools and equipment****Performance Criteria**

A-2.06.01P	identify utensils, tools, equipment and appliances to be sanitized
A-2.06.02P	apply <i>sanitization procedures</i>
A-2.06.03P	apply sanitizing solution

RANGE OF VARIABLES

sanitization procedures include: use of chemicals, using test strips to measure pH, proper heat and drying techniques

MAJOR WORK ACTIVITY B

Common Occupational Skills

TASK B-3 Uses tools and equipment

TASK DESCRIPTOR

Institutional Cooks use mechanized and non-mechanized tools and equipment in the production of food.

B-3.01 Uses knives

Performance Criteria

B-3.01.01P	select knives
B-3.01.02P	utilize knives
B-3.01.03P	inspect knives
B-3.01.04P	select and use <i>sharpening tools</i>
B-3.01.05P	wash, dry and sanitize knives
B-3.01.06P	store knives
B-3.01.07P	choose <i>cutting surfaces</i> to prevent damage to knives and safety

RANGE OF VARIABLES

sharpening tools include: whetstone, steel, pull sharpener, electric sharpener

cutting surfaces include: wood, plastic, colour-coded surfaces

B-3.02 Uses pots, pans and utensils

Performance Criteria

B-3.02.01P	select pots, pans and utensils
B-3.02.02P	utilize pots, pans and utensils
B-3.02.03P	inspect pots, pans and utensils
B-3.02.04P	wash, sanitize and dry pots, pans and utensils
B-3.02.05P	store pots, pans and utensils
B-3.02.06P	choose <i>material appropriate utensils</i> to prevent damage to pots and pans
B-3.02.07P	control heat

RANGE OF VARIABLES

material appropriate utensils include: hard wood, high heat resistant silicone, stainless steel, non-stick coated, bamboo

B-3.03**Uses equipment and appliances****Performance Criteria**

B-3.03.01P	select <i>equipment and appliances</i> for use
B-3.03.02P	operate <i>equipment and appliances</i>
B-3.03.03P	inspect <i>equipment and appliances</i>
B-3.03.04P	assemble and disassemble <i>equipment and appliances</i>
B-3.03.05P	store <i>equipment, appliances</i> and accessories
B-3.03.06P	clean, sanitize and <i>maintain equipment and appliances</i>

RANGE OF VARIABLES

equipment and appliances include: stoves, ovens, deep fryers, meat grinders, slicers, mixers, vacuum packaging machines, thermometers, scales, food processors, refrigeration equipment
maintain equipment and appliances includes: oiling, calibrating, lubricating, cleaning

TASK B-4 Organizes work

TASK DESCRIPTOR

Institutional Cooks manage their work in an effective and efficient manner by organizing the workspace and scheduling production.

B-4.01**Organizes kitchen workplace****Performance Criteria**

B-4.01.01P	arrange <i>utensils, equipment, appliances</i> and products
B-4.01.02P	organize and maintain workspace

RANGE OF VARIABLES

utensils include: knives, wooden spoons, whisks, spatulas, scissors, tongs, tweezers
equipment and appliances include: meat grinders, slicers, mixers, vacuum packaging machines, thermometers, scales, food processors, blender

B-4.02**Schedules production****Performance Criteria**

B-4.02.01P	identify <i>daily</i> and <i>forecasted activities</i> to be completed
B-4.02.02P	create, prioritize and follow production schedule
B-4.02.03P	monitor progress

RANGE OF VARIABLES

daily activities include: receiving, storing, preparing, holding, cooking, maintaining, serving
forecasted activities include: menu rotations, inventory requirements

TASK B-5 Manages information

TASK DESCRIPTOR

Institutional Cooks use information such as menus, recipes and schedules.

B-5.01 Plans menu and mise en place

Performance Criteria

B-5.01.01P	create and cost menu
B-5.01.02P	develop and follow recipes
B-5.01.03P	convert recipes
B-5.01.04P	determine <i>production requirements</i>
B-5.01.05P	identify and incorporate substitute ingredients

RANGE OF VARIABLES

production requirements include: food, quantity, labour, equipment, recipes

B-5.02 Uses documentation

Performance Criteria

B-5.02.01P	organize and file <i>documents</i>
B-5.02.02P	process <i>documents</i>
B-5.02.03P	recognize documentation errors
B-5.02.04P	complete <i>forms</i>

RANGE OF VARIABLES

documents include: shellfish tags, SDS, logs (temperature, waste, sanitizer strength), recipe files, job hazard analysis, prep list, OH&S, cleaning list

forms include: food safety, inventory forms, work schedules, jurisdictional accident documentation, apprenticeship, performance evaluations

TASK B-6 Manages products

TASK DESCRIPTOR

Institutional Cooks are involved in ordering, receiving, storing and, at times, transporting of products. At all stages of production products must be handled in a safe manner, and according to food safety and jurisdictional regulations.

B-6.01 Orders products

Performance Criteria

B-6.01.01P	determine product specifications
B-6.01.02P	identify ingredient requirements and complete order list
B-6.01.03P	determine quantities required
B-6.01.04P	relay product order and specifications to product supplier
B-6.01.05P	interpret vendor product listings

RANGE OF VARIABLES

product specifications include: market forms, shelf life, case size, product type, colour

vendors include: major suppliers, local community suppliers, foragers

B-6.02 Receives products

Performance Criteria

B-6.02.01P	verify invoices
B-6.02.02P	verify products received
B-6.02.03P	operate receiving equipment
B-6.02.04P	determine priority of storage

RANGE OF VARIABLES

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

receiving equipment includes: hand carts, conveyors, scales, lifts

B-6.03 Stores products

Performance Criteria

B-6.03.01P	ensure clean, organized and secure storage area
B-6.03.02P	select and use food storage containers
B-6.03.03P	recognize and store hazardous products
B-6.03.04P	store products
B-6.03.05P	date, label and rotate products
B-6.03.06P	unpack and break down received products

RANGE OF VARIABLES

storage areas include: refrigerators, freezers, dry storage, chemical storage

food storage containers include: food-grade plastic, stainless steel, non-reactive, vacuum-packed, eco-friendly

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

B-6.04 Maintains inventory**Performance Criteria**

B-6.04.01P	verify quantities of <i>products</i>
B-6.04.02P	verify quality of perishable <i>products</i>
B-6.04.03P	perform stock rotation
B-6.04.04P	dispose of expired <i>products</i>

RANGE OF VARIABLES

products include: dairy, produce, meats, poultry, seafood, dry goods, sundries

TASK B-7 Performs trade activities

TASK DESCRIPTOR

Institutional Cooks are expected to perform the following activities throughout all major work activities of the trade. Institutional Cooks may plate or present products as required.

B-7.01 Uses recipes**Performance Criteria**

B-7.01.01P	follow recipe sequence
B-7.01.02P	measure amounts of ingredients
B-7.01.03P	maintain consistency when converting recipes
B-7.01.04P	determine ingredient substitutions
B-7.01.05P	adjust seasoning

B-7.02 Performs portion control**Performance Criteria**

B-7.02.01P	portion product
B-7.02.02P	convert volume, weight and temperature
B-7.02.03P	use <i>portion control utensils</i>

RANGE OF VARIABLES

portion control utensils include: measuring cups, portion bags, scales, ladles, portion cake cutters

B-7.03 Presents finished product**Performance Criteria**

B-7.03.01P	identify menu item components
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Performance Criteria

B-7.03.02P	select and use tools used for plating and presentation
B-7.03.03P	coordinate cooked product supply
B-7.03.04P	determine plating and presentation design, components and plating sequence
B-7.03.05P	assemble components
B-7.03.06P	ensure accuracy, consistency and quality of final plating and presentation
B-7.03.07P	maintain safe food temperature when plating, presenting and transporting
B-7.03.08P	label packaged foods

RANGE OF VARIABLES

transporting foods includes: off-site catering, take-out/delivery service, home meal replacements (HMR)

B-7.04 Uses convenience foods

Performance Criteria

B-7.04.01P	identify convenience type products
B-7.04.02P	follow manufacturers' directions
B-7.04.03P	apply convenience type products

RANGE OF VARIABLES

convenience type products include: soup bases, sauce bases, frozen products, canned products, ready-to-bake dough products, fully cooked, dehydrated

TASK B-8 Adapts cooking practices to meet dietary requirements

TASK DESCRIPTOR

Practicing food safety procedures is a critical component of the food service industry and ensures consumer and employee health and safety. In order to ensure consumer satisfaction, cooks accommodate dietary requirements including cultural, allergies, ethical, religious, environmental, individual preference and health-related.

B-8.01 Adapts kitchen practices to meet dietary requirements

Performance Criteria

B-8.01.01P	identify modifications to preparation areas, practices and procedures
B-8.01.02P	perform modifications to preparation areas
B-8.01.03P	modify food preparation, cooking and serving procedures

RANGE OF VARIABLES

modifications to preparation areas include: using specialized equipment to isolate allergens, dedicated prep areas for allergens, preventing cross-contamination (allergens, cultural practices)

B-8.02

Selects ingredients to meet dietary requirements

Performance Criteria

B-8.02.01P	identify dietary requirements
B-8.02.02P	propose alternate dish
B-8.02.03P	select substitute ingredients

RANGE OF VARIABLES

dietary requirements include: cultural, allergies, ethical, religious, health-related, environmental, preferences

B-8.03

Prepares food to meet dietary requirements

Performance Criteria

B-8.03.01P	modify recipes
B-8.03.02P	modify cooking procedures
B-8.03.03P	prepare alternate dish
B-8.03.04P	identify dish and advise service team

B-8.04

Modifies textures to meet dietary requirements

Performance Criteria

B-8.03.01P	modify recipe
B-8.03.02P	modify cooking procedures
B-8.03.03P	adjust texture of food
B-8.03.04P	ensure consistency and weight

RANGE OF VARIABLES

texture include: chopped, soft, bite-sized, minced, moist, pureed, thickened liquids

TASK B-9 Uses communication and mentoring techniques

TASK DESCRIPTOR

Learning in the trades is done primarily in the workplace with tradespeople passing on their skills and knowledge to apprentices, as well as sharing knowledge among themselves. Apprenticeship is, and always has been about mentoring – learning workplace skills and passing

them on. Because of the importance of this to the trade, this task covers the activities related to communication in the workplace and mentoring skills.

B-9.01 Uses communication techniques

Performance Criteria

B-9.01.01P	demonstrate communication practices with individuals or in a group
B-9.01.02P	listen using active listening practices
B-9.01.03P	receive and respond to feedback on work
B-9.01.04P	explain and provide feedback
B-9.01.05P	ask open-ended questions to improve communication
B-9.01.06P	participate in safety and information meetings
B-9.01.07P	share information
B-9.01.08P	communicate with consumers
B-9.01.09P	coordinate tasks with co-workers
B-9.01.10P	maintain a respectful attitude

RANGE OF VARIABLES

active listening includes: hearing, interpreting, reflecting, responding, paraphrasing

B-9.02 Uses mentoring techniques

Performance Criteria

B-9.02.01P	identify and communicate learning objective and point of lesson
B-9.02.02P	link lesson to other lessons and job
B -9.02.03P	demonstrates performance of a skill to an apprentice or learner
B -9.02.04P	set up conditions required for an apprentice or learner to practice a skill
B -9.02.05P	assess apprentice or learner's ability to perform tasks with increasing independence
B -9.02.06P	give support and feedback for improvement
B -9.02.07P	document technical training opportunities
B -9.02.08P	support apprentices or learners in pursuing technical training opportunities
B -9.02.09P	support harassment free workplace
B -9.02.10P	assess apprentice or learner suitability to trade

RANGE OF VARIABLES

harassment includes: objectionable conduct, comment or display made either on a one-time or continuous basis that demeans, belittles, or causes personal humiliation or embarrassment to the recipient

MAJOR WORK ACTIVITY C

Produce

TASK C-10 Prepares herbs and spices

TASK DESCRIPTOR

Herbs and spices provide flavouring and serve as a garnish to enhance the finished product. Institutional Cooks need to be knowledgeable in the various types of herbs and spices and their applications. They select, clean and process the herbs and spices that are used in various recipes.

C-10.01 Selects herbs and spices

Performance Criteria

- | | |
|-------------|---|
| C-10.01.01P | identify <i>indicators of freshness and quality</i> |
| C-10.01.02P | identify <i>herbs</i> and <i>spices</i> |
| C-10.01.03P | choose <i>herbs</i> and <i>spices</i> |

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture

herbs include: rosemary, mint, thyme, basil

spices include: peppercorn, nutmeg, cumin

C-10.02 Cleans herbs

Performance Criteria

- | | |
|-------------|----------------------------------|
| C-10.02.01P | clean <i>herbs</i> |
| C-10.02.02P | maintain quality of <i>herbs</i> |

RANGE OF VARIABLES

herbs include: rosemary, mint, thyme, basil

C-10.03 Processes herbs and spices

Performance Criteria

- | | |
|-------------|---|
| C-10.03.01P | use <i>tools and equipment</i> |
| C-10.03.02P | prepare <i>herbs</i> and <i>spices</i> and apply <i>processing techniques</i> |
| C-10.03.03P | prepare <i>herb</i> and <i>spice</i> -flavoured oils, vinegars and pastes |
| C-10.03.04P | maintain quality of <i>herbs</i> and <i>spices</i> |

RANGE OF VARIABLES

tools and equipment include: mortar and pestle, grinders, knives, graters

herbs include: rosemary, mint, thyme, basil

spices include: peppercorn, nutmeg, cumin

processing techniques include: chopping, tearing, rubbing, crushing, roasting

TASK C-11 Prepares vegetables

TASK DESCRIPTOR

Vegetables are an important staple of all meals and it is essential for the cook to be able to select, prepare, cook and finish vegetables to retain quality, flavour and nutrients.

C-11.01 Selects vegetables

Performance Criteria

- C-11.01.01P identify vegetables
- C-11.01.02P identify **indicators of freshness and quality**

RANGE OF VARIABLES

indicators of freshness and quality include: firmness, colour, texture, aroma

C-11.02 Cleans vegetables

Performance Criteria

- C-11.02.01P select and use **cleaning tools**
- C-11.02.02P apply **cleaning procedures**
- C-11.02.03P maintain quality of vegetable
- C-11.02.04P store cleaned vegetable

RANGE OF VARIABLES

cleaning tools include: gloves, salad spinner, knives, brushes

cleaning procedures include: washing, paring, brushing, rinsing, soaking

C-11.03 Processes vegetables

Performance Criteria

- C-11.03.01P select and use **tools and equipment**
- C-11.03.02P identify processing **methods**
- C-11.03.03P maintain uniform cuts
- C-11.03.04P perform various **types of cuts**
- C-11.03.05P cut and shape vegetable for garnishes

Performance Criteria

C-11.03.06P	maintain quality of vegetable
C-11.03.07P	minimize waste and utilize trim
C-11.03.08P	store cut vegetables

RANGE OF VARIABLES

tools and equipment include: knives, crinkle cutters, mandolins, food processors, slicer, juicer, blender, vegetable carving tools

methods include: cutting, acidulating, juicing, puréeing, shaping, shaving, grating, slicing, drying

types of cuts include: julienne, baton, brunoise, dice

C-11.04 Cooks vegetables

Performance Criteria

C-11.04.01P	select cooking method
C-11.04.02P	select and use tools and equipment
C-11.04.03P	apply techniques to maintain pigmentation and texture of vegetables
C-11.04.04P	preserve nutritional value
C-11.04.05P	determine doneness
C-11.04.06P	apply cooking techniques to market forms of vegetables

RANGE OF VARIABLES

cooking methods include: blanching, sautéing, grilling, frying, baking, steaming, broiling, roasting, braising

tools and equipment include: steamer, frying pan, deep fryer, oven, grill, colander

market forms include: peeled, dehydrated, whole, cut, bulk frozen, IQF, canned

C-11.05 Finishes vegetables

Performance Criteria

C-11.05.01P	select finishing techniques
C-11.05.02P	apply finishing techniques
C-11.05.03P	hold cooked vegetables

RANGE OF VARIABLES

finishing techniques include: glazing, saucing, gratin, sautéing, garnishing, seasoning

TASK C-12 Prepares fruit

TASK DESCRIPTOR

Fruit can be used in preparations such as salads, sauces, soups and as garnishes, showpieces and accompaniments. It is essential for the cook to be able to select, prepare and cook fruit to retain quality, flavour and nutrients.

C-12.01 Selects fruit

Performance Criteria

- | | |
|-------------|---|
| C-12.01.01P | identify fruits |
| C-12.01.02P | identify <i>indicators of freshness and quality</i> |

RANGE OF VARIABLES

indicators of freshness and quality include: firmness, colour, texture

C-12.02 Cleans fruit

Performance Criteria

- | | |
|-------------|--------------------------------------|
| C-12.02.01P | select and use <i>cleaning tools</i> |
| C-12.02.02P | apply <i>cleaning procedures</i> |
| C-12.02.03P | maintain quality of fruit |
| C-12.02.04P | store cleaned fruit |

RANGE OF VARIABLES

cleaning tools include: gloves, knives, brushes

cleaning procedures include: washing, paring, brushing, rinsing

C-12.03 Processes fruit

Performance Criteria

- | | |
|-------------|---|
| C-12.03.01P | select and use <i>tools and equipment</i> |
| C-12.03.02P | identify processing <i>methods</i> |
| C-12.03.03P | maintain uniform cuts |
| C-12.03.04P | cut shapes of fruit for garnishes |
| C-12.03.05P | maintain quality of fruit |
| C-12.03.06P | minimize waste and utilize trim |
| C-12.03.07P | store cut fruit |

RANGE OF VARIABLES

tools and equipment include: knives, mandolins, shape cutters, juicer, melon baller, spoon, food processor, fruit carving tools, blender

methods include: cutting, acidulating, juicing, puréeing, shaping, shaving, grating, slicing

C-12.04 Cooks fruit**Performance Criteria**

C-12.04.01P	select <i>cooking method</i>
C-12.04.02P	apply <i>cooking method</i>
C-12.04.03P	select and use <i>tools and equipment</i>
C-12.04.04P	preserve nutritional value
C-12.04.05P	determine doneness
C-12.04.06P	apply cooking techniques to <i>market forms</i> of fruits

RANGE OF VARIABLES

cooking methods include: sautéing, grilling, poaching, frying, baking

tools and equipment include: steamer, frying pan, deep fryer, oven, grill, colander

market forms include: peeled, dehydrated, whole, cut, bulk frozen, IQF, canned

C-12.05 Finishes fruit**Performance Criteria**

C-12.05.01P	select <i>finishing techniques</i>
C-12.05.02P	apply <i>finishing techniques</i>
C-12.05.03P	hold cooked fruits

RANGE OF VARIABLES

finishing techniques include: glazing, saucing, sautéing, garnishing, seasoning, caramelizing, grilling

MAJOR WORK ACTIVITY D

Stocks, Broths and Soups

TASK D-13 Prepares stocks and broths

TASK DESCRIPTOR

Institutional Cooks prepare stocks and broths to provide flavour and texture for a variety of products and applications. Selecting proper ingredients for the stock or broth is a critical step in the preparation process.

D-13.01 Selects stock and broth ingredients

Performance Criteria

- | | |
|-------------|---|
| D-13.01.01P | identify and choose <i>ingredients</i> |
| D-13.01.02P | identify <i>indicators of freshness and quality</i> |

RANGE OF VARIABLES

ingredients include: bones, vegetables, aromatics, water, proteins

indicators of freshness and quality include: firmness, colour, texture

D-13.02 Processes stock and broth ingredients

Performance Criteria

- | | |
|-------------|---|
| D-13.02.01P | select and use <i>tools and equipment</i> |
| D-13.02.02P | calculate quantity of <i>ingredients</i> |
| D-13.02.03P | gather <i>ingredients</i> |
| D-13.02.04P | measure <i>ingredients</i> |
| D-13.02.05P | prepare <i>ingredients</i> |

RANGE OF VARIABLES

tools and equipment include: strainers, spigot pots, roasting pans, skimmers, stock pots, cutting boards, knives, scales, cheese cloth, butchers twine

ingredients include: bones, vegetables, aromatics, water, proteins

D-13.03 Cooks stocks and broths

Performance Criteria

- | | |
|-------------|------------------------------|
| D-13.03.01P | cook <i>ingredients</i> |
| D-13.03.02P | prepare bones and vegetables |

	Performance Criteria
D-13.03.03P	deglaze cooking vessel
D-13.03.04P	bring stock to simmer
D-13.03.05P	monitor broth temperature
D-13.03.06P	skim stock or broth
D-13.03.07P	monitor cooking time and aromatics
D-13.03.08P	reduce stock or broth
D-13.03.09P	strain and filter stock or broth
D-13.03.10P	evaluate quality and clarity of stock or broth
D-13.03.11P	cool finished stock or broth

RANGE OF VARIABLES

ingredients include: bones, vegetables, aromatics, water, proteins, convenience products

TASK D-14 Prepares soups

TASK DESCRIPTOR

Soup flavour, consistency, temperature and texture are important factors to achieve quality results when preparing soups. Soups incorporate stocks, broths, vegetables, proteins and dairy.

D-14.01 Selects soup ingredients

	Performance Criteria
D-14.01.01P	identify and choose ingredients
D-14.01.02P	identify indicators of freshness and quality

RANGE OF VARIABLES

indicators of freshness and quality include: firmness, colour, texture

ingredients include: bones, vegetables, aromatics, water, proteins, convenience products

D-14.02 Processes soup ingredients

	Performance Criteria
D-14.02.01P	select and use tools and equipment
D-14.02.02P	calculate quantity of ingredients
D-14.02.03P	gather ingredients
D-14.02.04P	measure ingredients

RANGE OF VARIABLES

ingredients include: bones, vegetables, aromatics, water, proteins, convenience products

tools and equipment include: scales, cutting boards, knives, whisks, food processors, cheese cloths

D-14.03 Cooks soups**Performance Criteria**

D-14.03.01P	select tools and equipment
D-14.03.02P	combine ingredients
D-14.03.03P	clarify consommés
D-14.03.04P	monitor cooking time and aromatics
D-14.03.05P	incorporate thickening agents
D-14.03.06P	adjust soup characteristics

RANGE OF VARIABLES

ingredients include: bones, vegetables, aromatics, water, proteins, convenience products

tools and equipment include: whisks, food processor, cheese cloth, spoon, spatula, strainers, steam kettle, soup pot

thickening agents include: roux, purees, modified starches, eggs

soup characteristics include: taste, thickness, texture, appearance, colour, temperature

D-14.04 Finishes soups**Performance Criteria**

D-14.04.01P	adjust soup characteristics
D-14.04.02P	cool soup
D-14.04.03P	prepare finishing ingredients
D-14.04.04P	garnish soup

RANGE OF VARIABLES

soup characteristics include: taste, thickness, texture, appearance, colour, temperature

MAJOR WORK ACTIVITY E

Sauces

TASK E-15 Prepares thickening and binding agents

TASK DESCRIPTOR

Thickening agents are used by Institutional Cooks to thicken soups and sauces. Binding agents are used by Institutional Cooks to hold ingredients together.

E-15.01 Selects thickening and binding ingredients

Performance Criteria

- | | |
|-------------|---|
| E-15.01.01P | determine <i>thickening and binding agents</i> to be made |
| E-15.01.02P | identify <i>indicators of freshness and quality</i> of ingredients |
| E-15.01.03P | identify and choose ingredients for <i>thickening and binding agents</i> |

RANGE OF VARIABLES

thickening and binding agents include: roux, starches, liaison, beurre manié, vegetable purées, reduction

indicators of freshness and quality include: firmness, colour, texture

E-15.02 Processes thickening and binding ingredients

Performance Criteria

- | | |
|-------------|---|
| E-15.02.01P | select and use <i>tools and equipment</i> |
| E-15.02.02P | calculate ratio of thickening and binding ingredients |
| E-15.02.03P | incorporate thickening and binding ingredients |

RANGE OF VARIABLES

tools and equipment include: bowls, whisks, ladles, pots, strainer, blender

TASK E-16 Prepares sauces

TASK DESCRIPTOR

Preparing sauces is an important task as they serve to increase the moisture of the final dish, to modify and add flavour and texture, and in some cases may also serve as the main element of the dish. Sauces are used to accompany and complement dishes and enhance the appearance of the final dish.

E-16.01 Selects sauce ingredients

Performance Criteria

E-16.01.01P	identify sauce
E-16.01.02P	identify <i>indicators of freshness and quality</i> of ingredients
E-16.01.03P	identify and choose ingredients

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture

E-16.02 Processes sauce ingredients

Performance Criteria

E-16.02.01P	select and use <i>non-reactive processing tools and equipment</i>
E-16.02.02P	measure and prepare ingredients according to recipe specifications

RANGE OF VARIABLES

non-reactive processing tools and equipment include: double boilers, saucepans, strainers, stainless steel bowls, plastics (BPA free), silicone

E-16.03 Cooks sauces

Performance Criteria

E-16.03.01P	combine ingredients
E-16.03.02P	adjust temperature of sauce
E-16.03.03P	use <i>cooking methods</i>
E-16.03.04P	deglaze cooking vessel
E-16.03.05P	determine <i>sauce qualities</i>
E-16.03.06P	apply <i>thickening technique</i>
E-16.03.07P	adjust <i>sauce qualities</i>

RANGE OF VARIABLES

cooking methods include: tempering, reduction, blending, infusion, coagulation, caramelization

sauce qualities include: consistency, colour, flavour, texture

thickening technique includes: reduction, adding thickening agents (roux, liaison, slurry), emulsification

E-16.04 Finishes sauces

Performance Criteria

E-16.04.01P	use finishing techniques
E-16.04.02P	evaluate and adjust final qualities
E-16.04.03P	hold finished sauce

RANGE OF VARIABLES

finishing techniques include: monté au beurre, liaison, garnishing, flambé

final qualities include: taste, appearance, flavour, texture, alcohol level

MAJOR WORK ACTIVITY F

Cheese, Dairy, Plant-based Dairy Alternatives, Eggs and Egg Products

TASK F-17 Uses cheese, dairy products and plant-based dairy alternative products

TASK DESCRIPTOR

Using cheese, dairy-related dishes and plant-based dairy alternative products involves selecting and understanding the various properties of each product. It is important to understand the methods of incorporating cheese, dairy products and plant-based dairy alternative products in recipes. Attention to quality and safety is important to preparing these dishes.

F-17.01 Selects cheese, dairy and plant-based dairy alternative ingredients

Performance Criteria

- F-17.01.01P recognize freshness of **dairy products**
- F-17.01.02P recognize ripeness characteristics of cheese
- F-17.01.03P identify **milk** and **dairy products**
- F-17.01.04P identify **plant-based dairy alternatives**
- F-17.01.05P identify **types of butters and butter substitutes**
- F-17.01.06P identify cheese, dairy and **plant-based dairy alternatives** to complement **dishes**

RANGE OF VARIABLES

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

milk includes: goat, sheep, cow

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

types of butters and butter substitutes include: margarine (hydrogenated and non-hydrogenated), salted, ghee, unsalted, cultured

dishes include: appetizers, breakfast items, desserts, soups

F-17.02 Processes cheese, dairy and plant-based dairy alternative ingredients

Performance Criteria

- F-17.02.01P select and use **tools and equipment**
- F-17.02.02P alter consistency of product
- F-17.02.03P add cheese, dairy and **plant-based dairy alternatives**
- F-17.02.04P flavour **dairy products**

Performance Criteria

F-17.02.05P	apply <i>cooking methods</i>
F-17.02.06P	apply <i>techniques to process cheeses</i>
F-17.02.07P	apply <i>techniques to process dairy and dairy-related products</i>

RANGE OF VARIABLES

tools and equipment include: cheese graters, cutters, non-reactive pots and pans

methods include: whipping, melting, heating, coagulating

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

cooking methods include: baking, melting, deep-frying, pan frying, broiling, reducing,

simmering

techniques to process cheeses include: shredding, crumbling, slicing, shaving

techniques to process dairy and dairy-related products include: souring, tempering, scalding, freezing, puréeing

F-17.03 Finishes cheese, dairy and plant-based dairy alternative products

Performance Criteria

F-17.03.01P	select and use <i>tools and equipment</i>
F-17.03.02P	flavour <i>dairy products</i> and <i>plant-based dairy alternatives</i>
F-17.03.03P	apply <i>finishing techniques</i>
F-17.03.04P	select <i>garnishes and accompaniments</i>

RANGE OF VARIABLES

tools and equipment include: torches, broilers, salamander, rasp, freezer

dairy products include: skim, whole, buttermilk, cream, cheese, yogurt, butter

plant-based dairy alternatives include: liquids (coconut, soy, almond), cheeses (nut, rice, oil)

finishing techniques include: gratin, grilling, melting, brûlé

garnishes and accompaniments include: fruit, nuts, herbs, spices, condiments, sauces

TASK F-18 Prepares eggs and egg-based dishes

TASK DESCRIPTOR

Institutional Cooks must have an understanding of the importance and versatility of eggs, egg products and egg substitutes. Eggs have many uses including acting as leavening agents, binding agents, and can be prepared on their own or to create a number of dishes.

F-18.01 Selects ingredients for eggs and egg-based dishes

Performance Criteria

F-18.01.01P	identify freshness of eggs, <i>egg products</i> and <i>egg substitutes</i>
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Performance Criteria

F-18.01.02P	identify and choose <i>ingredients</i>
F-18.01.03P	select eggs, <i>egg products</i> and <i>egg substitutes</i>
F-18.01.04P	adjust eggs, <i>egg products</i> and <i>egg substitute</i> volumes to account for yield differences
F-18.01.05P	identify <i>types of eggs</i>

RANGE OF VARIABLES

egg products include: liquid egg, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

ingredients include: milk, clarified butter, cheese, sugar, vegetables, herbs, proteins, acids, fruits

types of eggs include: chicken

F-18.02 Processes ingredients for eggs and egg-based dishes

Performance Criteria

F-18.02.01P	select and use <i>tools and equipment</i>
F-18.02.02P	apply <i>procedures to process</i> eggs, <i>egg products</i> and <i>egg substitutes</i>
F-18.02.03P	combine eggs, <i>egg products</i> and <i>egg substitutes</i> with other <i>ingredients</i>
F-18.02.04P	whip eggs

RANGE OF VARIABLES

tools and equipment include: non-reactive bowl, whisk, timer, spatula

procedures to process include: separating, beating, tempering

egg products include: liquid egg, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

ingredients include: milk, clarified butter, cheese, sugar, vegetables, herbs, proteins, acids, fruits

F-18.03 Cooks eggs and egg-based dishes

Performance Criteria

F-18.03.01P	select and use <i>tools and equipment</i>
F-18.03.02P	apply <i>cooking methods</i>
F-18.03.03P	temper eggs, <i>egg products</i> and <i>egg substitutes</i>
F-18.03.04P	determine <i>doneness</i>

RANGE OF VARIABLES

tools and equipment include: pan, pot, oven, steamer, spatula, whisk, perforated spoon, double boiler, bain-marie

cooking methods include: boiling, poaching, frying, scrambling, shirring, basting, baking, tempering,

egg products include: liquid egg, eggs, egg whites, egg yolks, egg white powder

egg-substitutes include: plant-based substitutes

doneness includes: soft, medium, hard, degree of set, texture and consistency, temperature

F-18.04 Finishes eggs and egg-based dishes

Performance Criteria

F-18.04.01P	assemble egg-based dishes
F-18.04.01P	select and use tools and equipment
F-18.04.02P	select garnishes
F-18.04.03P	torch or broil egg-based dishes

RANGE OF VARIABLES

egg-based dishes include: omelets, quiches, soufflés

tools and equipment include: torch, pot, oven, steamer, plates, hotel pans, warmer

garnishes include: green onions, parsley, fruit, paprika

MAJOR WORK ACTIVITY G

Pastas, Noodles and Dumplings

TASK G-19 Prepares pastas and noodles

TASK DESCRIPTOR

In order to produce a variety of quality pasta and noodle dishes in both individual and larger quantities, it is important for cooks to be aware of preparation techniques, applications and storage methods.

G-19.01 Selects pasta and noodle dish ingredients

Performance Criteria

G-19.01.01P	determine quality of ingredients
G-19.01.02P	identify and choose ingredients
G-19.01.03P	determine <i>dough type</i> and <i>styles</i> required

RANGE OF VARIABLES

dough types include: rice based, corn based, buckwheat, wheat flour, egg based

styles include: spaghetti, ravioli, vermicelli, penne, udon, lo mein, couscous

G-19.02 Cooks dry and frozen pastas and noodles

Performance Criteria

G-19.02.01P	select and use <i>tools and equipment</i>
G-19.02.02P	use <i>cooking methods</i>
G-19.02.03P	determine doneness
G-19.02.04P	Drain and cool cooked pastas, noodles and related dishes
G-19.02.05P	Hold and store cooked pastas, noodles and related dishes

RANGE OF VARIABLES

tools and equipment include: colanders, pots, pans (hotel, frying, wok), pasta cooking machines, deep fryers, skimmers, tongs

cooking methods include: boiling, baking, frying

G-19.03 Finishes pastas and noodles

Performance Criteria

G-19.03.01P	prepare cooked pastas and noodles
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Performance Criteria

G-19.03.02P	identify and choose sauce, dressing or <i>liquids</i>
G-19.03.03P	apply sauces, dressings, <i>liquids</i> and components
G-19.03.04P	adjust seasonings
G-19.03.05P	garnish cooked pasta and noodle dishes

RANGE OF VARIABLES

liquids include: seasoned water, stock, oil, broth

TASK G-20 Prepares pastas and dumplings

TASK DESCRIPTOR

Dumplings are made of dough, primarily cooked using moist heat, and can be filled with ingredients. Pastas may have fillings such as meat, cheese, seafood or vegetables and are fully or partially encased in doughs made of wheat, rice, or other flours. They may be cooked by baking, steaming, simmering or frying. In order to produce a variety of pastas and dumplings in both individual and larger quantities, it is important for Institutional Cooks to be aware of preparation techniques and methods.

G-20.01 Selects pasta and dumpling ingredients

Performance Criteria

G-20.01.01P	determine quality of ingredients
G-20.01.02P	identify and choose ingredients
G-20.01.03P	determine <i>dough type</i> and shape required

RANGE OF VARIABLES

dough type includes: wonton wrapper, leavened dough, flour, wheat, rice-based

G-20.02 Processes pastas and dumplings

Performance Criteria

G-20.02.01P	select and use <i>tools and equipment</i>
G-20.02.02P	combine ingredients
G-20.02.03P	use <i>assembly techniques</i>
G-20.02.04P	store and hold prepared <i>pastas</i> and <i>dumplings</i>

RANGE OF VARIABLES

tools and equipment include: bowls, cutters, forms, press, electric roller, stand mixer, disher scoop

assembly techniques include: panning, traying, saucing

pastas include: cannelloni, manicotti, long pasta, short pasta, wheat and non-wheat based pasta, tortellini, ravioli, agnolotti

dumplings include: wontons, ravioli, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

G-20.03 Cooks pastas and dumplings

Performance Criteria

G-20.03.01P	select and use <i>tools and equipment</i>
G-20.03.02P	use <i>cooking methods for pastas</i>
G-20.03.03P	use <i>cooking methods for dumplings</i>
G-20.03.04P	determine doneness
G-20.03.05P	store and hold cooked <i>pastas</i> and <i>dumplings</i>

RANGE OF VARIABLES

tools and equipment include: colanders, pots, frying pans, deep fryers, skimmers, tongs, bamboo baskets, wok

cooking methods for pastas include: boiling, baking, frying

cooking methods for dumplings include: boiling, simmering, poaching, steaming, pan-frying, deep frying

pastas include: cannelloni, manicotti, long pasta, short pasta, wheat and non-wheat based pasta, tortellini, ravioli, agnolotti

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

G-20.04 Finishes pastas and dumplings

Performance Criteria

G-20.04.01P	prepare <i>pastas</i> and <i>dumplings</i> for serving
G-20.04.02P	select sauces, dressings, components and accompaniments
G-20.04.03P	adjust seasonings
G-20.04.04P	garnish <i>pastas</i> and <i>dumplings</i>
G-20.04.05P	reheat pasta and dumplings

RANGE OF VARIABLES

pastas include: cannelloni, manicotti, long pasta, short pasta, wheat and non-wheat based pasta, tortellini, ravioli, agnolotti

dumplings include: wontons, pierogi, matzo balls, gyoza, shumai, gnocchi, market forms (prepared and packaged)

MAJOR WORK ACTIVITY H

Grains, Pulses, Seeds, Nuts and Alternative Proteins

TASK H-21 Prepares grains and pulses

TASK DESCRIPTOR

In order to produce a variety of quality grain and pulse dishes in both individual and larger quantities, it is important for Institutional Cooks to be aware of preparation techniques, methods, and grain and pulse varieties and characteristics.

H-21.01 Selects grains and pulses

Performance Criteria

H-21.01.01P	identify and choose types of <i>grains</i> and <i>pulses</i>
H-21.01.02P	determine quantity of <i>grains</i> and <i>pulses</i>
H-21.01.03P	determine quality of <i>grains</i> and <i>pulses</i>

RANGE OF VARIABLES

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

H-21.02 Processes grains and pulses

Performance Criteria

H-21.02.01P	inspect <i>grains</i> and <i>pulses</i>
H-21.02.02P	discard <i>grains</i> and <i>pulses</i>
H-21.02.03P	wash <i>grains</i> and <i>pulses</i>
H-21.02.04P	strain <i>grains</i> and <i>pulses</i>
H-21.02.05P	soak <i>grains</i> and <i>pulses</i>

RANGE OF VARIABLES

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

H-21.03 Cooks grains and pulses

Performance Criteria

H-21.03.01P	select and use tools and equipment
H-21.03.02P	select ingredients and seasonings
H-21.03.03P	use cooking methods
H-21.03.04P	determine doneness
H-21.03.05P	finish grains and pulses

RANGE OF VARIABLES

tools and equipment include: colanders, steamers, pots, tongs, spatula, Dutch ovens, woks, pressure cooker, spoons

cooking methods include: boiling, steaming, baking, stir-frying, puffing, pressure cooking, pilaf and risotto methods, braising

grains include: rice (short, long), wild rice, barley, bulgur, oats

pulses include: lentils, beans, peas

TASK H-22 Prepares seeds and nuts

TASK DESCRIPTOR

Seeds and nuts can be served on their own or can be incorporated as key ingredients in many dishes such as soups, dressings and salads. Seeds and nuts can be used as protein alternatives.

H-22.01 Selects seeds and nuts

Performance Criteria

H-22.01.01P	identify and choose types of seeds and nuts
H-22.01.02P	determine amount of seeds and nuts
H-22.01.03P	determine quality of seeds and nuts

RANGE OF VARIABLES

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

H-22.02 Processes seeds and nuts

Performance Criteria

H-22.02.01P	inspect and clean seeds and nuts
H-22.02.02P	discard seeds and nuts
H-22.02.03P	process seeds and nuts
H-22.02.04P	blanch nuts

RANGE OF VARIABLES

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

H-22.03 Cooks seeds and nuts

Performance Criteria

H-22.03.01P	select and use tools and equipment
H-22.03.02P	select ingredients and seasonings
H-22.03.03P	use cooking methods
H-22.03.04P	determine doneness
H-22.03.05P	finish seeds and nuts

RANGE OF VARIABLES

tools and equipment include: colanders, steamers, pans (hotel, frying, sheet), pots, tongs, spatula, pressure cooker

cooking methods include: boiling, steaming, roasting, baking, frying, simmering, pilaf

seeds include: pumpkin, sunflower, flax, chia, quinoa, sesame

nuts include: tree nuts (almonds, pine, walnuts), groundnuts (peanuts)

TASK H-23 Prepares alternative proteins

TASK DESCRIPTOR

Alternative proteins can be served on their own, as main dishes, or as a source of protein in many recipes. They can also be incorporated as key ingredients in many dishes such as soups, pastas, salads, and hot and cold appetizers. Alternative proteins may include insects and plant-based protein sources.

H-23.01 Selects alternative proteins

Performance Criteria

H-23.01.01P	choose types of alternative proteins
H-23.01.02P	choose amount of alternative proteins

RANGE OF VARIABLES

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

H-23.02**Processes alternative proteins****Performance Criteria**

H-23.02.01P	prepare <i>alternative proteins</i>
H-23.02.02P	inspect <i>alternative proteins</i>
H-23.02.03P	flavour <i>alternative proteins</i>

RANGE OF VARIABLES

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

H-23.03**Cooks alternative proteins****Performance Criteria**

H-23.03.01P	select and use <i>tools and equipment</i>
H-23.03.02P	use <i>cooking methods</i>
H-23.03.03P	determine doneness
H-23.03.04P	finish <i>alternative proteins</i>

RANGE OF VARIABLES

tools and equipment include: pots, tongs, spatula, pans (grill, frying), wok

cooking methods include: boiling, steaming, grilling, deep frying, shallow frying, roasting, baking

alternative proteins include: tofu (firm, soft), tempeh, bean curd, seitan (gluten), market forms (prepared and packaged), insects

MAJOR WORK ACTIVITY I

Meats, Poultry and Variety Meats

TASK I-24 Prepares meats and variety meats

TASK DESCRIPTOR

Institutional Cooks prepare meat such as beef, pork, veal and lamb. They must take particular care in their preparation in order to avoid waste and to adhere to jurisdictional codes and regulations. Variety meats are also referred to as offal. These items are often nutrient-rich and can be value-added elements to cooks' repertoire of skills. They require particular handling and preparation procedures.

I-24.01 Selects meats and variety meats

Performance Criteria

- | | |
|-------------|---|
| I-24.01.01P | Identify, select and handle meats and variety meats based on religious requirements |
| I-24.01.02P | interpret label/stamp information and perform sensory assessments |
| I-24.01.03P | identify and choose meats and variety meats |

RANGE OF VARIABLES

meats include: pork, veal, beef, lamb, goat

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

I-24.02 Processes meats and variety meats.

Performance Criteria

- | | |
|-------------|---|
| I-24.02.01P | select and use processing tools and equipment |
| I-24.02.02P | calculate defrosting time |
| I-24.02.03P | fabricate meats and variety meats |
| I-24.02.04P | minimize waste and utilize trim |
| I-24.02.05P | maintain safe food handling practices during processing |

RANGE OF VARIABLES

processing tools and equipment include: band saws, bone scrapers, grinders, cleavers, knives, cutting boards

meats include: pork, veal, beef, lamb, goat

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

I-24.03**Cooks meats and variety meats****Performance Criteria**

I-24.03.01P	choose and apply <i>cooking method</i>
I-24.03.02P	calculate cooking time
I-24.03.03P	determine <i>doneness</i> and tenderness

RANGE OF VARIABLES

cooking method includes: grilling, roasting, braising, broiling, combination, sous-vide, poaching, simmering, sautéing, frying

doneness includes: rare, medium, well done, fork tender (for moist-heat cooking)

I-24.04**Finishes meats and variety meats****Performance Criteria**

I-24.04.01P	rest cooked <i>meats</i> and <i>variety meats</i>
I-24.04.02P	apply <i>finishing techniques</i>
I-24.04.03P	hold <i>variety meats</i>
I-24.04.04P	determine and apply carving and portioning techniques
I-24.04.05P	present cooked <i>meats</i> and <i>variety meats</i> with <i>accompaniments</i>
I-24.04.06P	chill <i>meats</i> and <i>variety meats</i>
I-24.06.07P	portion and reheat <i>meats</i> and <i>variety meats</i>
I-24.06.07P	reheat <i>meats</i> and <i>variety meats</i>

RANGE OF VARIABLES

meats include: pork, veal, beef, lamb, goat

variety meats include: sweetbreads, liver, heart, kidney, tongue, tripe

finishing techniques include: broiling, crusting, basting, glazing, saucing, seasoning

accompaniments include: sauces, glazes, condiments, garnishes, compound butters, vegetables, herbs, starches

TASK I-25 Prepares poultry

TASK DESCRIPTOR

Institutional Cooks prepare poultry such as chicken and turkey. They must take particular care in their preparation in order to avoid waste and to adhere to jurisdictional codes and regulations.

I-25.01**Selects poultry****Performance Criteria**

I-25.01.01P	identify and choose <i>poultry</i>
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Performance Criteria

I-25.01.02P determine freshness and quality of *poultry*

RANGE OF VARIABLES

poultry includes: chicken, turkey

I-25.02 Processes poultry

Performance Criteria

I-25.02.01P select and use *processing tools and equipment*
I-25.02.02P calculate defrosting time
I-25.02.03P maintain safe food handling practices during processing
I-25.02.04P minimize waste and utilize trim
I-25.02.05P fabricate *poultry*
I-25.02.06P stuff portions and whole *poultry*

RANGE OF VARIABLES

processing tools and equipment include: boning knives, shears, cleavers, paring knives, grinders, mallets, cutting board

poultry includes: chicken, turkey

I-25.03 Cooks poultry

Performance Criteria

I-25.03.01P select and apply *cooking methods*
I-25.03.02P calculate cooking time for *poultry*
I-25.03.03P determine doneness and tenderness

RANGE OF VARIABLES

cooking methods include: braising, deep frying, broiling, roasting, combination, sous-vide

poultry includes: chicken, turkey

I-25.04 Finishes poultry

Performance Criteria

I-25.04.01P rest cooked *poultry*
I-25.04.02P hold cooked *poultry*
I-25.04.03P apply *finishing techniques*
I-25.04.04P determine carving and portioning techniques
I-25.04.05P carve and portion cooked *poultry*
I-25.04.06P present with *accompaniments*

RANGE OF VARIABLES

poultry includes: chicken, turkey

finishing techniques include: broiling, crusting, carving, basting, glazing, saucing, garnishing, presentation

accompaniments include: sauces, glazes, condiments, garnishes, compound butters, vegetables, starches, herbs

MAJOR WORK ACTIVITY J

Fish and Seafood

TASK J-26 Prepares fin fish

TASK DESCRIPTOR

There is a wide variety of fin fish and freshness and quality are paramount. Institutional Cooks must understand the importance of proper handling, storing, preparation and cooking methods. They must take particular care in their preparation in order to avoid waste and to adhere to jurisdictional standards and regulations.

In this document, tasks related to fin fish are categorized separately from those related to other seafood (e.g. shell fin fish, bivalves, cephalopods).

J-26.01 Selects fin fish

Performance Criteria

J-26.01.01P	identify <i>fin fish characteristics</i> and <i>factors</i>
J-26.01.02P	identify <i>origin</i> of <i>fin fish</i>
J-26.01.03P	identify fresh and previously frozen <i>fin fish</i>
J-26.01.04P	determine freshness of <i>fin fish</i>
J-26.01.05P	identify cut specifications

RANGE OF VARIABLES

factors include: local availability, seasonal availability, freshness, storage life, applications, processed, sustainability, origin, documentation

fin fish characteristics include: round, flat, oily, lean, flavour intensity, texture

origin includes: wild, farmed, freshwater, saltwater

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, tuna, haddock

J-26.02 Processes fin fish

Performance Criteria

J-26.02.01P	select and use processing <i>tools and equipment</i>
J-26.02.02P	defrost <i>fin fish</i>
J-26.02.03P	prepare <i>fin fish</i>
J-26.02.04P	minimize waste and utilize trim for <i>other uses</i>
J-26.02.05P	select seasonings

RANGE OF VARIABLES

tools and equipment include: scalers, knives, pliers, tweezers, cutting boards, scale

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, tuna, haddock

other uses include: mousses, quenelles, patties, stock

J-26.03

Cooks fin fish

Performance Criteria

J-26.03.01P	select and use tools and equipment for cooking fin fish
J-26.03.02P	season fin fish
J-26.03.03P	determine time required for cooking fin fish
J-26.03.04P	apply cooking methods
J-26.03.05P	determine fin fish doneness

RANGE OF VARIABLES

tools and equipment include: pan, grill, oven, smoker, griddle, slotted spatula

fin fish includes: perch, pickerel, salmonids, cod, mahi mahi, halibut, snapper, tuna, haddock

cooking methods include: poaching, steaming, pan searing, deep-frying, smoking, broiling, braising, roasting

J-26.04

Finishes fin fish

Performance Criteria

J-26.04.01P	apply finishing techniques
J-26.04.02P	adjust seasoning
J-26.04.03P	garnish

RANGE OF VARIABLES

finishing techniques include: broiling, crusting, resting, glazing, torching, smoking, saucing, presentation

TASK J-27 Prepares seafood

TASK DESCRIPTOR

There is a wide variety of seafood. In this document, "seafood" is meant to categorize items other than fin fish, and include shell fin fish, bivalves and cephalopods. Seafood includes both salt-water and freshwater products, and freshness and quality are paramount. Institutional Cooks must understand the importance of properly storing and preparing a variety of selected seafood. Extra precautions must be taken while handling raw and cooked seafood due to their delicate nature and dietary requirements relating to seafood. They must take particular care in their preparation in order to avoid waste and to adhere to jurisdictional standards and regulations.

J-27.01**Selects seafood****Performance Criteria**

J-27.01.01P	identify fresh and frozen <i>seafood</i>
J-27.01.02P	determine freshness and quality of <i>seafood</i>
J-27.01.03P	choose <i>seafood</i>

RANGE OF VARIABLES

seafood includes: clams, oysters, mussels, lobster, crayfin fish, shrimp, squid, octopus, jellyfin fish, roe

J-27.02**Processes seafood****Performance Criteria**

J-27.02.01P	select and use processing <i>tools and equipment</i>
J-27.02.02P	defrost frozen <i>seafood</i>
J-27.02.03P	<i>sort</i> , wash and clean <i>seafood</i>
J-27.02.04P	prepare <i>seafood</i>
J-27.02.05P	separate protein from shell and <i>process shell</i>
J-27.02.06P	select seasonings and aromatics

RANGE OF VARIABLES

tools and equipment include: shucker, scissors, brushes, knives

seafood includes: clams, oysters, mussels, lobster, crayfin fish, shrimp, squid, octopus, jellyfin fish, roe

sort includes: identifying live, unusable, damaged seafood, sorting by size and shape

process shell includes: cleaning, polishing, drying

J-27.03**Cooks seafood****Performance Criteria**

J-27.03.01P	select and use <i>cooking methods</i>
J-27.03.02P	select and use <i>tools and equipment</i>
J-27.03.03P	calculate cooking time
J-27.03.04P	determine <i>seafood</i> doneness

RANGE OF VARIABLES

cooking methods include: poaching, steaming, pan searing, deep-frying, pan-frying, broiling, braising, baking, smoking

tools and equipment include: pans, pots, steamers, smokers, ovens, grills, deep-fryers

Performance Criteria

J-27.04.01P	apply <i>finishing techniques</i>
J-27.04.02P	adjust seasoning
J-27.04.03P	garnish

RANGE OF VARIABLES

finishing techniques include: broiling, crusting, resting, glazing, torching, smoking, saucing, presentation

seafood (various formats) includes: clams, oysters, mussels, lobster, crayfin fish, shrimp, squid, octopus, jellyfin fish, roe

MAJOR WORK ACTIVITY K

Salads and Sandwiches

TASK K-28 Prepares sandwiches

TASK DESCRIPTOR

Preparing sandwiches is an important activity for this trade. They include combinations of a broad range of ingredients and presentations. Sandwiches are a feature on most menus across many cultures.

K-28.01 Selects sandwich ingredients

Performance Criteria

- | | |
|-------------|---|
| K-28.01.01P | identify ingredients for filling and toppings |
| K-28.01.02P | choose bread |
| K-28.01.03P | identify indicators of freshness and quality |

RANGE OF VARIABLES

bread includes: buns, sliced bread, baguettes, tortillas, pitas, flatbread

indicators of freshness and quality include: hydration, colour, texture, best before date

K-28.02 Processes sandwich ingredients

Performance Criteria

- | | |
|-------------|--|
| K-28.02.01P | select and use processing tools and equipment |
| K-28.02.02P | use processing methods |
| K-28.02.03P | hold and store sandwich ingredients |

RANGE OF VARIABLES

tools and equipment include: knives, slicer, grills, oven, griddles, food processors, graters

methods include: slicing, mixing, grating, mashing, dicing, pulling

K-28.03 Assembles sandwiches

Performance Criteria

- | | |
|-------------|---|
| K-28.03.01P | select and use sandwich assembly tools and equipment |
| K-28.03.02P | plan assembly steps |
| K-28.03.03P | combine sandwich filling, toppings, condiments and bread |
| K-28.03.04P | apply finishing techniques to sandwiches |

RANGE OF VARIABLES

sandwich assembly tools and equipment include: toasters, knives, paper, picks, spreaders

finishing techniques include: garnishing, packaging, presentation, cutting

K-28.04 Cooks sandwiches

Performance Criteria

- | | |
|-------------|--|
| K-28.04.01P | select and use cooking tools and equipment |
| K-28.04.02P | use cooking methods |
| K-28.04.03P | hold cooked sandwiches |
| K-28.04.04P | apply finishing techniques to cooked sandwiches |

RANGE OF VARIABLES

tools and equipment include: griddle, spatula, tongs, oven, pan

cooking methods include: grilling, baking, pan frying, broiling

cooked sandwiches include: grilled, pizza, quesadilla, broiled, panini

finishing techniques includes: garnishing, packaging, presentation, cutting, applying sauces, condiments and accompaniments

TASK K-29 Prepares salads

TASK DESCRIPTOR

Salads are a combination of various ingredients such as vegetables, fruit, grains, pastas, eggs, pulses, meat, fin fish, seafood and cheese. They can be served warm or cold. It is important to finish most salads as close to serving time as possible unless marinated.

K-29.01 Selects salad ingredients

Performance Criteria

- | | |
|-------------|---|
| K-29.01.01P | identify indicators of freshness and quality |
| K-29.01.02P | identify salad ingredients |

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture, best before dates

ingredients include: vegetables, fruit, proteins, accompaniments, starches, grains, dressings, cheese, pulses, seeds

K-29.02 Processes salad ingredients

Performance Criteria

- | | |
|-------------|--|
| K-29.02.01P | select and use processing tools and equipment |
| K-29.02.02P | use processing methods |

Performance Criteria

K-29.02.03P	combine salad <i>ingredients</i>
K-29.02.04P	prepare salad garnishes
K-29.02.05P	maintain safe handling procedures

RANGE OF VARIABLES

tools and equipment include: knives, spinners, mashers, pots, food processors, cutting boards

methods include: cleaning, soaking, cooking, drying, cutting, straining, marinating

ingredients include: vegetables, fruit, proteins, accompaniments, starches, grains, dressings, cheese, pulses, seeds

K-29.03 Finishes salads

Performance Criteria

K-29.03.01P	select and use finishing tools and equipment
K-29.03.02P	apply <i>finishing techniques</i>
K-29.03.03P	select and apply salad garnishes
K-29.03.04P	hold and store finished salads

RANGE OF VARIABLES

finishing techniques include: tossing, dressing, packaging, garnishing, topping, presentation

TASK K-30 Prepares condiments, preserves and dressings

TASK DESCRIPTOR

While the preparation of condiments and dressings can be very similar, their difference usually is defined by their application. For example, dressings are often associated with salads, and condiments are used as an option to dishes such as sandwiches, cheeses, deli meats, snacks and finger foods. Preserves include items such as pickled vegetables and preserved fruit.

K-30.01 Selects ingredients for condiments, preserves and dressings

Performance Criteria

K-30.01.01P	identify and choose ingredients to prepare <i>condiments, preserves</i> and <i>dressings</i>
K-30.01.02P	identify <i>indicators of freshness and quality</i>

RANGE OF VARIABLES

condiments include: dips, relishes, syrups, salsas

preserves include: pickled vegetables, jams, jellies

dressings include: oil-based, emulsions, vinaigrette, warm dressings

indicators of freshness and quality include: hydration, colour, texture, aroma, best before date, flavour

K-30.02 Processes ingredients for condiments and dressings

Performance Criteria

K-30.02.01P	select and use processing tools and equipment
K-30.02.02P	apply processing and finishing techniques
K-30.02.03P	apply flavouring, seasonings and thickening agents
K-30.02.04P	use safe handling procedures
K-30.02.05P	hold and store condiments and dressings

RANGE OF VARIABLES

tools and equipment include: mixers, pots, food processors, blenders, stove, whisk, double-boilers, thermometers, pressure cookers, knives

processing and finishing techniques include: chopping, dicing, cutting, mixing, blending, cooking, pickling, fermenting, smoking, emulsifying, whisking, portioning, canning

condiments include: dips, relishes, syrups, salsas

dressings include: dairy-based, emulsions, vinaigrette, warm dressings

MAJOR WORK ACTIVITY L

Specialty Preparations

TASK L-31 Prepares snacks and other finger foods

TASK DESCRIPTOR

Institutional Cooks prepare savoury hot and cold items in bite-sized portions of virtually any food. They are made with various combinations of ingredients such as meat, fin fish, seafood, grains, vegetables, fruit and breads. Diverse cultural influences on Canadian cuisine expand this category to include items such as sushi, spring rolls, spanakopita, satays, and dim sum.

L-31.01 Selects ingredients for snacks and other finger foods

Performance Criteria

- L-31.01.01P identify and choose ingredients
- L-31.01.02P identify *indicators of freshness and quality*

RANGE OF VARIABLES

indicators of freshness and quality include: hydration, colour, texture, aroma, best before date, flavour

L-31.02 Processes ingredients for snacks and other finger foods

Performance Criteria

- L-31.02.01P select and use processing *tools and equipment*
- L-31.02.02P apply processing *methods*
- L-31.02.03P cook *snacks and other finger food ingredients and components*
- L-31.02.04P store *snacks and other finger food ingredients and components*

RANGE OF VARIABLES

tools and equipment include: food processors, cutting boards, knives, pans, bowls, stove

methods include: wrapping, mixing, folding, baking, cutting, poaching, frying, blending

snacks and finger foods include: sushi, spring rolls, spanakopita, satays, and dim sum, crudite, hot and cold hors d'oeuvres

L-31.03 Assembles snacks and other finger foods

Performance Criteria

- L-31.03.01P select and use *assembly tools and equipment*

Performance Criteria

L-31.03.02P	use assembly <i>methods</i>
L-31.03.03P	store <i>snacks and other finger food</i>

RANGE OF VARIABLES

assembly tools and equipment include: knives, skewers, toothpicks, bamboo mats, tongs, cutting boards, portioning scoops

methods include: wrapping, stacking, spreading, breading, brushing

snacks and finger foods include: sushi, spring rolls, spanakopita, satays, and dim sum, crudite, hot and cold hors d'oeuvres

L-31.04 Cooks snacks and other finger foods

Performance Criteria

L-31.04.01P	determine <i>cooking methods</i>
L-31.04.02P	apply <i>cooking methods</i>
L-31.04.03P	calculate cooking time
L-31.04.04P	determine doneness

RANGE OF VARIABLES

cooking methods include: baking, frying, broiling, steaming

L-31.05 Finishes snacks and other finger foods

Performance Criteria

L-31.05.01P	apply seasoning, sauce, condiments and garnish
L-31.05.02P	present <i>snacks and other finger foods</i>
L-31.05.03P	hold <i>snacks and other finger foods</i>

RANGE OF VARIABLES

snacks and finger foods include: sushi, spring rolls, spanakopita, satays, and dim sum, crudite, hot and cold hors d'oeuvres

TASK L-32 Prepares deli meat and cured products

TASK DESCRIPTOR

Deli meat and cured products are prepared using various techniques for preserving meats, fish and seafood. They can be aged and dried, smoked and cured. Deli meat and cured products can be served hot or cold.

L-32.01 Selects deli meat and cured products**Performance Criteria**

- | | |
|-------------|--|
| L-32.01.01P | identify <i>indicators of quality</i> |
| L-32.01.02P | identify and choose ingredients for processing |

RANGE OF VARIABLES

indicators of quality include: hydration, colour, texture, aroma

L-32.02 Processes deli meat and cured products**Performance Criteria**

- | | |
|-------------|---|
| L-32.02.01P | select and use <i>processing tools and equipment</i> |
| L-32.02.02P | apply processing <i>methods</i> |
| L-32.02.03P | combine ingredients, seasonings, preservatives and garnishes |
| L-32.02.04P | assemble ingredients for <i>deli meats and cured products</i> |

RANGE OF VARIABLES

processing tools and equipment include: meat grinder, meat slicer, cutters, sausage press, terrine moulds, food processors, smokers

methods include: smoking, curing, drying, chopping, grinding, emulsifying, marinating, soaking, shaping, moulding, fermenting, stuffing

deli meats and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked and fermented meat, fin fish, seafood, poultry

L-32.03 Cooks deli meat and cured products**Performance Criteria**

- | | |
|-------------|--|
| L-32.03.01P | select and use <i>cooking tools and equipment</i> |
| L-32.03.02P | select temperature |
| L-32.03.03P | apply <i>cooking method</i> |
| L-32.03.04P | determine <i>deli meats and cured product</i> doneness |

RANGE OF VARIABLES

cooking tools and equipment include: smokers, ovens, grills, thermal circulator, refrigerator

cooking methods include: curing, poaching, baking, smoking, drying

deli meats and cured products include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked and fermented meat, fin fish, seafood, poultry

L-32.04**Finishes deli meat****Performance Criteria**

L-32.04.01P	apply garnish and <i>finishing techniques</i>
L-32.04.02P	remove casings and membranes
L-32.04.03P	cut and slice <i>deli meat</i>
L-32.04.04P	identify and apply <i>secondary cook methods</i>

RANGE OF VARIABLES

finishing techniques include: glazing, filling, presentation, garnishing

deli meats include: forcemeats, terrines, pâtés, galantines and ballotines, sausages, variety meats, smoked and fermented meat, fin fish, seafood, poultry

secondary cook methods include: frying, broiling, grilling, poaching, baking

MAJOR WORK ACTIVITY M

Sweet and Savoury Baked Goods and Desserts

TASK M-33 Prepares dough-based products

TASK DESCRIPTOR

Dough, sweet and savoury, is used to make items such as pasta, breads, samosas, egg rolls, pie shells, pastries and cookies. It can be shaped and moulded. Additional ingredients and texture elements can be introduced to provide variety.

M-33.01 Selects ingredients for dough

Performance Criteria

- | | |
|-------------|--|
| M-33.01.01P | identify required <i>ingredients</i> |
| M-33.01.02P | identify quality and freshness of dough <i>ingredients</i> |

RANGE OF VARIABLES

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings, convenience products

M-33.02 Processes ingredients for dough

Performance Criteria

- | | |
|-------------|---|
| M-33.02.01P | select and use <i>tools and equipment</i> |
| M-33.02.02P | <i>measure</i> ingredients |
| M-33.02.03P | mix <i>ingredients</i> |
| M-33.02.04P | apply <i>methods</i> |

RANGE OF VARIABLES

tools and equipment include: sifters, mixers, sheeters, rolling pins, proofers

measure: weight, volume, size

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings, convenience products

methods include: rolling, shaping, folding, scoring, resting, proofing, benching, kneading, incorporating fats, portioning

M-33.03 Cooks dough-based products

Performance Criteria

M-33.03.01P	select and use <i>tools and equipment</i>
M-33.03.02P	follow <i>cooking methods</i>
M-33.03.03P	determine doneness

RANGE OF VARIABLES

tools and equipment include: hand tools, ovens, fryers, steamers, pots

cooking methods include: boiling, baking, frying, steaming, poaching

M-33.04 Finishes dough-based products

Performance Criteria

M-33.04.01P	cool <i>dough-based product</i>
M-33.04.02P	glaze, garnish and fill <i>dough-based product</i>
M-33.04.03P	portion <i>dough-based product</i>
M-33.04.04P	assemble finished <i>dough-based product</i>
M-33.04.05P	<i>package and store</i> finished product

RANGE OF VARIABLES

dough-based products include: pastas, noodles, pies, tarts, flans, cookies, breads, samosas, egg rolls, pastries, bread dough, crackers, rolls/buns, profiteroles

package and store includes: wrapping, bagging, refrigerating, freezing, retail packaging, vacuum sealing, storing at room temperature

TASK M-34 Prepares batter-based products

TASK DESCRIPTOR

Batters can be savoury or sweet, and can be used for many different applications such as muffins, Yorkshire pudding, tempura and cakes. Additional ingredients and texture elements can be introduced to provide variety.

M-34.01 Selects ingredients for batters

Performance Criteria

M-34.01.01P	identify required <i>ingredients</i>
M-34.01.02P	identify quality and freshness of batter <i>ingredients</i>

RANGE OF VARIABLES

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings and seasonings, convenience products

M-34.02 Processes ingredients for batters

Performance Criteria

M-34.02.01P	select and use tools and equipment
M-34.02.02P	measure ingredients
M-34.02.03P	mix ingredients
M-34.02.04P	apply methods

RANGE OF VARIABLES

tools and equipment include: spatulas, whisks, sifters, mixers, scales, bowls

measure includes: weight, volume, size

ingredients include: flours, fats, egg, sweeteners, liquids, leavening agents, dairy products, specialty products, flavorings, seasonings, convenience products

methods include: resting, incorporating fats, creaming, foaming, blending, whipping, two-stage

M-34.03 Cooks batter-based products

Performance Criteria

M-34.03.01P	select and use tools and equipment
M-34.03.02P	follow cooking methods
M-34.03.03P	determine doneness

RANGE OF VARIABLES

tools and equipment include: hand tools, ovens, fryers, pans, griddles, parchment paper

cooking methods include: baking, frying

M-34.04 Finishes batter-based products

Performance Criteria

M-34.04.01P	cool batter-based product
M-34.04.02P	frost, glaze, garnish or season batter-based product
M-34.04.03P	portion batter-based product
M-34.04.04P	assemble finished batter-based product
M-34.04.05P	hold batter-based product
M-34.04.06P	package and store finished product

RANGE OF VARIABLES

batter-based products include: muffins, cakes, pop-overs, waffles, pancakes, corn bread, convenience products

package and store includes: wrapping, bagging, refrigerating, freezing, retail packaging, storing at room temperature

TASK M-35 Prepares creams, mousses, frozen desserts, fillings, icings and toppings

TASK DESCRIPTOR

In preparing these items, it is important to focus on both appearance and texture. Proper techniques should be employed to ensure consistency and quality.

M-35.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings and toppings

Performance Criteria

- | | |
|-------------|--|
| M-35.01.01P | identify required ingredients |
| M-35.01.02P | identify quality and freshness of ingredients |

RANGE OF VARIABLES

ingredients include: eggs, sugar, dairy, gelatin, fruits, chocolate, flavorings, convenience products

M-35.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings and toppings

Performance Criteria

- | | |
|-------------|--|
| M-35.02.01P | select and use tools and equipment |
| M-35.02.02P | mix ingredients |
| M-35.02.03P | prepare pans and moulds |
| M-35.02.04P | follow temperature stages |
| M-35.02.05P | apply methods |
| M-35.02.06P | portion and scale mixed ingredients |

RANGE OF VARIABLES

tools and equipment include: bain-marie, mixers, scoops, piping bags, moulds, ice cream makers, whipped cream canisters, candy thermometer, heat lamps, torches, copper pots

ingredients include: eggs, sugar, dairy, gelatin, fruits, chocolate, flavorings, convenience products

methods include: cooking or baking custards, cooling, moulding, piping, churning, freezing, tempering, folding, emulsifying, whipping

M-35.03 Finishes creams, mousses, frozen desserts, fillings, icings and toppings**Performance Criteria**

M-35.03.01P	unmould <i>products</i>
M-35.03.02P	apply <i>finishing techniques</i>
M-35.03.03P	package and store finished product

RANGE OF VARIABLES

products include: baked and stirred custards, parfaits, soufflés, ice creams, Bavarians, meringues, buttercreams, frostings, ganache, coulis, caramels,

finishing techniques include: tempering, torching, glazing, spraying, garnishing

TASK M-36 Assembles cakes

TASK DESCRIPTOR

This section assumes that the filling, icing and cake have been prepared and stored. It is important to complement the cake with the appropriate fillings, icings and garnishes. Assembling and displaying cakes is about presentation and appeal.

M-36.01 Selects cake components for assembly**Performance Criteria**

M-36.01.01P	identify required <i>cake components</i>
M-36.01.02P	identify quality of <i>cake components</i>

RANGE OF VARIABLES

cake components include: icing, filling, toppings, garnishes, glazes, meringues and dessert sauces, nuts, praline, fruit, cake, ganache, mousse, creams

M-36.02 Finishes cakes**Performance Criteria**

M-36.02.01P	select and use <i>tools and equipment</i>
M-36.02.02P	apply finishing <i>techniques</i>
M-36.02.03P	apply <i>decorations</i>
M-36.02.05P	package and store finished product

RANGE OF VARIABLES

tools and equipment include: spatulas, piping bags and tips, pedestals

techniques include: piping, combing, dusting, sprinkling, writing

decorations include: crumbs, coconut, chocolate, piping, fruit, fondant, cookies

TASK M-37 Prepares savoury and sweet pastries and pies

TASK DESCRIPTOR

Institutional Cooks are required to know how to make savoury and sweet pastries and pies. Assembling and displaying savoury and sweet pastries and pies requires attention to presentation and appeal. It is important to complement the product with the appropriate fillings and garnishes.

For the purpose of this RSOS, the fillings, icing, glazes and doughs have been prepared and stored.

M-37.01 Selects ingredients for savoury and sweet pastries and pies

Performance Criteria

- | | |
|-------------|---|
| M-37.01.01P | identify required <i>ingredients</i> |
| M-37.01.02P | identify quality and freshness of <i>ingredients</i> for <i>savoury and sweet pastries and pies</i> |

RANGE OF VARIABLES

ingredients include: doughs (sweet, short, yeast raised), flavorings, seasonings, apricot glaze, marzipan, convenience products

savoury and sweet pastries and pies include: meat pie, Jamaican patty, Danish, calzone, empanada, samosa, spanakopita, cream puff, cannoli, fruit pie, turn-over, sugar pie, custard pie, convenience products

M-37.02 Assembles savoury and sweet pastries and pies

Performance Criteria

- | | |
|-------------|---|
| M-37.02.01P | select and use <i>tools and equipment</i> |
| M-37.02.02P | apply assembly <i>methods</i> |

RANGE OF VARIABLES

tools and equipment include: rolling pins, pie dockers, cutters, piping bags, bowls, pans

methods include: piping, filling, layering, rolling, shaping, egg washing, venting, folding, topping

M-37.03 Cooks savoury and sweet pastries and pies

Performance Criteria

- | | |
|-------------|---|
| M-37.03.01P | select and use <i>cooking tools and equipment</i> |
| M-37.03.02P | follow <i>cooking methods</i> |
| M-37.03.03P | determine doneness |

RANGE OF VARIABLES

cooking tools and equipment include: ovens (convection, conventional, combination), fryer, pans

cooking methods include: baking, frying, toasting

M-37.04 Finishes savoury and sweet pastries and pies

Performance Criteria

M-37.04.01P	select and use tools and equipment
M-37.04.02P	apply finishing techniques
M-37.04.03P	store and hold finished product

RANGE OF VARIABLES

tools and equipment include: spatulas, piping bags, pastry brushes, torch, warmer, hot box, display cabinet, cooler

APPENDIX A ACRONYMS

AED	automatic external defibrillator
HMR	home meal replacements
IQF	individual quick frozen
OH&S	Occupational Health and Safety
PPE	personal protective equipment
SDS	Safety Data Sheets
WHMIS	Workplace Hazardous Materials Information System

APPENDIX B TOOLS AND EQUIPMENT

CUTTING TOOLS AND EQUIPMENT

apple corer
band saw
blender
bone saw
boning knife
box grater
bread slicer
chef's knife
cleaver
crinkle cutter
cutting boards
dough cutter
egg cutter
food chopper/slicer/dicer
food processor
fruit carving tools
grinders
hand saw
honing steel
knife sharpener
knives (regular/specialty)
mandolin
melon baller
mortar & pestle
oyster knife
paring knife
Parisian cutters
pastry wheel
peeler
pizza cutter
rasp
scissors
shears/cutters
shredder
slicing machine
whetstone
zester

COOKING AND HOLDING TOOLS AND EQUIPMENT

bain-marie (water bath, double boiler)

braising pan

broiler

buffet unit

chiller racks

convection oven

conveyor oven

cooking ranges (gas/electric)

deep fryer (gas/electric)

dehydrator

disher scoop

doughnut fryer

flambé station

griddle

grill

hot dog cooker

hot food transport cart

infrared food warmer

microwave oven

ovens

panini machines

pizza oven

poultry shears

pressurized steam cooker

proofing box

réchaud stove

rice cooker

roisserie unit

salamander

slow cooking oven

smoker

sous-vide tools

soup warmer

stainless steel inserts

steam kettle

steam table

steamer

stove

immersion circulator

toaster

torches

waffle iron

COOKWARE AND BAKEWARE

bain-marie (double boiler)
bake pans
baking moulds
bamboo baskets
brazier
bread pans
bus pans
cake forms
cast iron skillet
cooling racks
crêpe pan
frying pan/skillet
hotel pans
muffin pans
oven and roasting pans
pans
pots
pressure cooker
roasting pan
saucepan
sauté pan
skillet
spigot pots
stock pots and lids
wok

Containers

bowls
mirrors
non-reactive containers (glass, plastic, stainless steel)
platters
storage containers
serving containers

UTENSILS

butchers twine
colander
crimper
cutlery
cheese cloth
dough scraper
fine-mesh strainer
fin fish tweezers
forks
french wire whip
funnels
masher
mesh strainer
nut cracker
offset spatula
oven peel
oyster brush
paint brush
pastry brush
pie server
piping bag and tips
rolling pin
salad spinner
sandwich spreader
scissors
scrapers
sieve
sifter
skewers
skimmer
slotted spoons
spatulas
spider
spoons
strainer
tenderizing hammer
tongs
trussing needles
tweezers
whisks
wooden spoons

MEASURING TOOLS AND EQUIPMENT

egg timer
grader
hydrometer
hygrometer
ladle
measuring cups
measuring spoons
measuring tape
portion scale
portion scoops
probes
ruler
scale
thermometers (refrigerator/meat)
timer

MECHANIZED EQUIPMENT AND APPLIANCES

blast chiller
can openers
coffee grinder
coffee maker
compactor
compressed-air whipping machine
computer and software
computer paging system
computer printer
cryogenic freezer
dishwasher
electric roller
freezer
ice crusher
ice maker
juice extractor
meat grinder
mixing machine and attachments
packaging equipment
pasta machine
ravioli press
refrigerator
tenderizing machine
tilting braising fry pan

PERSONAL PROTECTIVE EQUIPMENT AND SAFETY EQUIPMENT

aprons

epinephrine injector (EpiPen)

eye protection

eye wash station

fire blanket

fire extinguisher

first aid kit

gloves (non-latex)

hair net

masks

nail brush

oven mitts

protective clothing

protective footwear

sanitizing spray

uniforms

APPENDIX C GLOSSARY

bain-marie	container of hot water designed to keep foods hot and/or to cook them slowly
batter	semi-liquid mixture of flour or other starches
broth	thin, flavored liquid prepared primarily from simmering meats; bones and vegetables may also be added
convenience food	typically, a complete meal that has been pre-prepared commercially and so requires little cooking by the consumer
condiment	traditionally, any item added to a dish for flavour (including herbs, spices and vinegars); cooked or prepared flavourings or accompaniments such as relishes, prepared mustards, ketchup, bottled sauces and pickles
forager	reliable and high-quality supplier of wild mushrooms, greens and berries
garnish, to	to add a decorative yet edible item to a finished dish; visible, cut items in finished soups and salads
hors d'œuvre	appetizer or starter, is a small dish served before a meal in European cuisine; some hors d'œuvres are served cold, others hot
home meal replacement (HMR)	fully or partially-prepared meals
lock-out	a safety procedure used to ensure that machines are properly shut off and not able to be started up again prior to the completion of maintenance or repair work
marinate, to	to add a marinade to foods in order to add flavour or moisten foods (may be dry or liquid, usually based on an acidic ingredient to tenderize; an oil to preserve and a flavouring agent; dry marinades are usually salt based); to tenderize or soak food in seasoned liquid
mise en place	setting up for production and having everything in its proper place
sensory assessment	methods used to measure, analyze and interpret human responses to foods or materials using taste, smell, touch, sight and hearing
pastry	dough of flour, fat and water used as a base and covering for sweet and savory pies, tarts, etc.
portion, to	to divide a large quantity into several servings
produce	fresh fruits and vegetables
recipe	instructions for preparing a dish that includes the necessary ingredients
seafood	edible sea fin fish or shellfin fish
shuck, to	to remove the rigid external facade (i.e., shell) from oysters, mussels and clams
stock	clear, thin, flavoured liquid prepared from simmering bones, vegetables, and aromatics