

Apprenticeship and Industry Training

Cook

Curriculum Guide

018 (2022)



Apprenticeship
and Industry
Training

ALBERTA ADVANCED EDUCATION

Cook : apprenticeship education program curriculum guide

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**Cook
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Apprenticeship

Apprenticeship is post-secondary education with a difference. Apprenticeship begins with finding a sponsor. Sponsors guide apprentices, and support on-the-job learning through provision of mentorship. Approximately 80 per cent of an apprentice's time is spent on the job under the supervision of a certified journeyman or qualified tradesperson. The other 20 per cent involves technical training provided at, or through, a post-secondary institution (PSI) – usually a college or technical institute.

To receive their post-secondary credential, apprentices must learn theory and skills, and they must pass examinations. Criteria for the program—including the content and delivery of technical training—are developed and updated by the Registrar.

The graduate of the Cook apprenticeship program is an individual who will be able to:

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

Apprenticeship and Industry Training System

Alberta's apprenticeship programs are supported by industry stakeholders that ensures a highly skilled, internationally competitive workforce in the province. The Registrar establishes the educational standards and provides direction to the system supported by industry and the PSI's. The Ministry of Advanced Education provides the legislative framework and administrative support for the apprenticeship and industry training system.

Special thanks are offered to the following industry members who contributed to the development of the standard:

R. Daley..... Lethbridge
B. Chapman..... Calgary
D. Clauss Medicine Hat
C. Hughes..... Edmonton
D. Rogers..... Calgary
G. Bacani Calgary
J. Nutbrown..... Edmonton

Alberta Government

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

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

Apprenticeship Safety

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

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

Occupational Health and Safety

Persons engaged in, or supporting an individual in an experiential learning environment are often exposed to more worksite hazards than in other forms of traditional post-secondary education and therefore should be familiar with and apply the Occupational Health and Safety Act, Regulations and Code when dealing with personal safety and the special safety rules that apply to all daily tasks.

Occupational Health and Safety-OHS (a division of Alberta Labour and Immigration) conducts periodic inspections of workplaces to ensure that safety regulations for industry are being observed.

Additional information is available at www.alberta.ca/occupational-health-safety.aspx

Technical Training

Apprenticeship technical training is delivered by the PSI's throughout Alberta. The PSI's are committed to delivering the technical training component of Alberta apprenticeship programs in a safe, efficient and effective manner. All PSI's place a strong emphasis on safety that complements safe workplace practices towards the development of a culture of safety for all professions.

The PSI's work with industry and Alberta Advanced Education to enhance access and responsiveness to industry needs through the delivery of the technical training component of apprenticeship programs across the province. They develop curriculum from the curriculum guides established by the Registrar in consultation with the PSI's and industry and provide the technical training to apprentices.

The following PSI's deliver Cook trade apprenticeship technical training:

Northern Alberta Institute of Technology	Lethbridge College
Southern Alberta Institute of Technology	Red Deer College

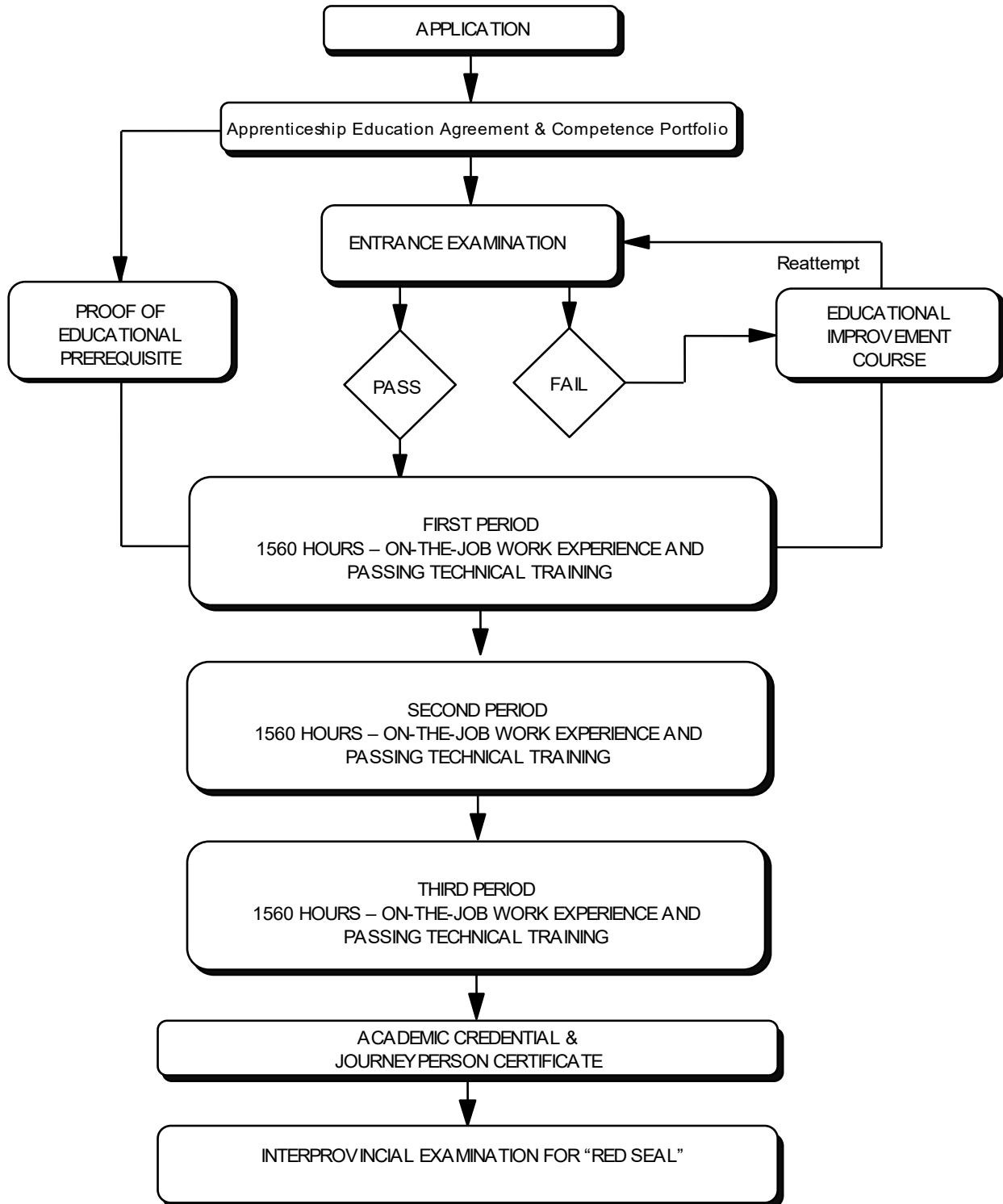
Procedures for Recommending Revisions to the Curriculum Guide

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

Registrar of Apprenticeship Programs
c/o Apprenticeship Delivery and Industry Support Services
Apprenticeship Delivery and Industry Support
Advanced Education
19th floor, Commerce Place
10155 102 Street NW
Edmonton AB T5J 4L5

It is requested that recommendations for change refer to specific areas and state references used.

Apprenticeship Route toward Academic Credential



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

SECTION ONE

SAFETY, KITCHEN ORIENTATION AND TRADE MATHEMATICS
21%



A
Safety Legislation, Regulations & Industry Policy in the Trades
4%

B
Climbing, Lifting, Rigging and Hoisting
4%

C
Hazardous Materials & Fire Protection
4%

D
Kitchen Orientation and Introduction
4%

E
Food Safety
24%

F
Tools and Equipment
8%

G
Kitchen Fundamentals
12%

H
Basic Kitchen Mathematics
28%

I
Weights and Measures
12%

SECTION TWO

BUTCHER SHOP
10%



A
Purchasing, Grading, Handling and Storage
25%

B
Portioning
75%

SECTION THREE

INTRODUCTION TO COOKING PROTEINS
13%



A
Preparation and Seasoning
20%

B
Cooking, Holding and Serving Techniques
80%

SECTION FOUR

INTRODUCTION TO SAUCIER
16%



A
Stocks
26%

B
Thickening and Binding Agents
15%

C
Soups
21%

D
Sauces
38%

SECTION FIVE

INTRODUCTION TO COLD KITCHEN
12%



A
Purchasing Specifications and Storing Procedures
10%

B
Vegetable Cuts
10%

C
Fruits and Vegetables
20%

D
Potato, Pasta and Rice
20%

E
Salads and Dressings
27%

F
Sandwiches, Spreads and Fillings
13%

SECTION SIX

BREAKFAST, BEVERAGES AND DAIRY PRODUCTS
10%

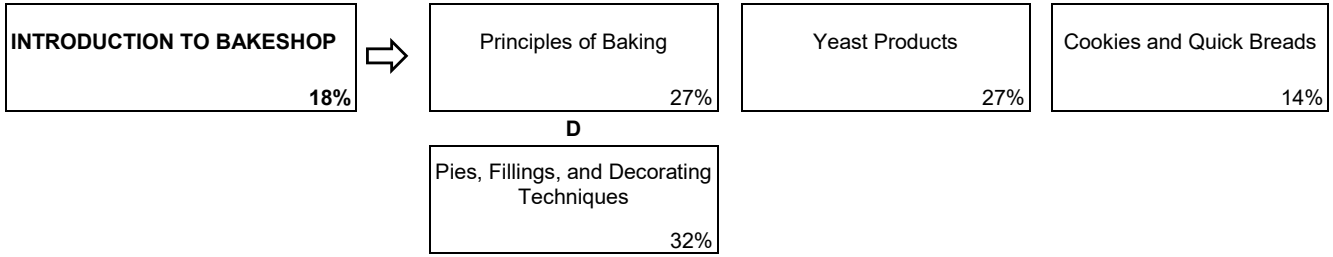


A
Breakfast
25%

B
Dairy and Beverages
25%

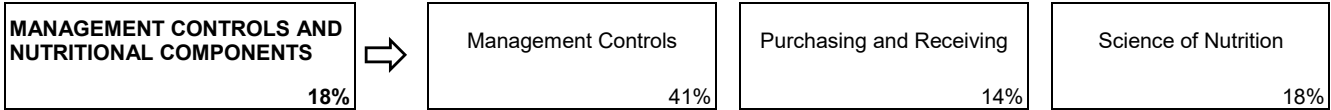
C
Evaluate Value Added Products
50%

SECTION SEVEN

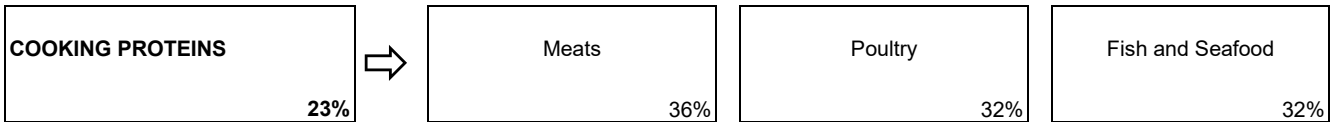


SECOND PERIOD
(8 Weeks 30 Hours per Week – Total of 240 Hours)

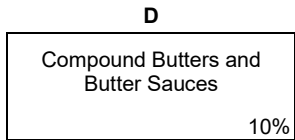
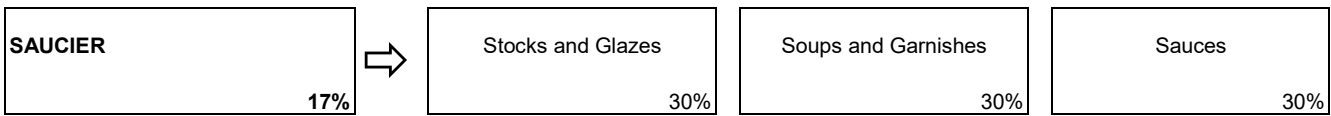
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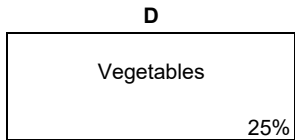
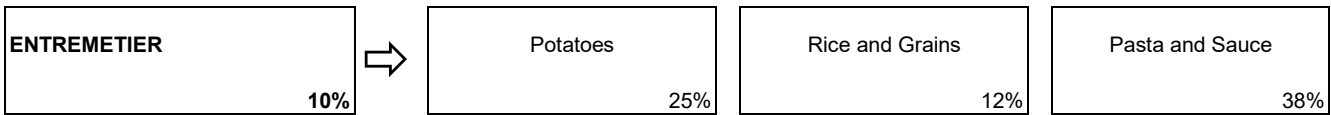
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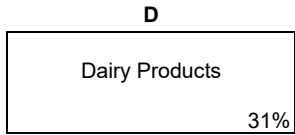
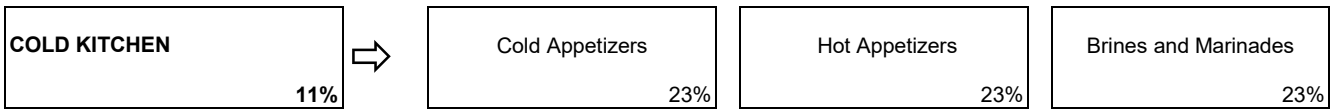
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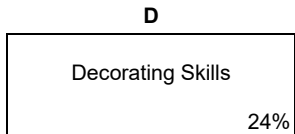
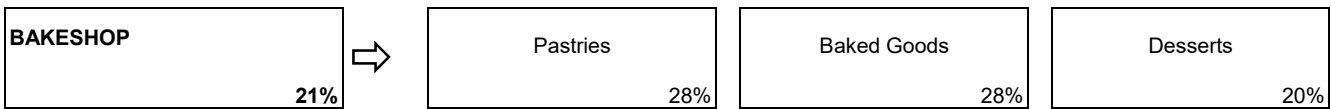
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SECTION FIVE

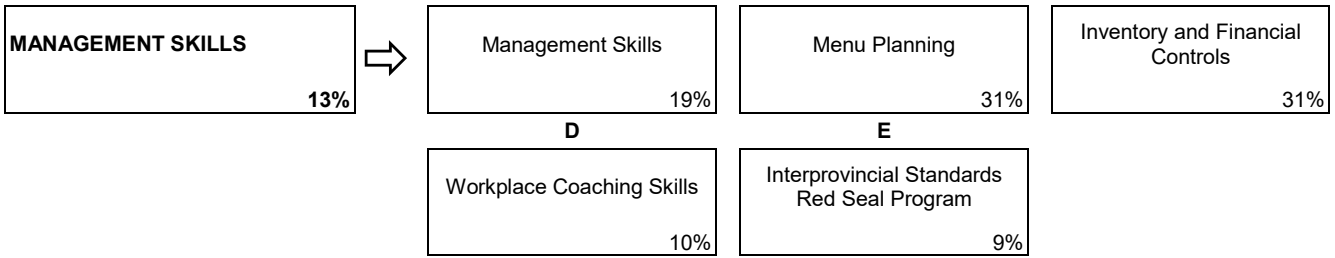


SECTION SIX

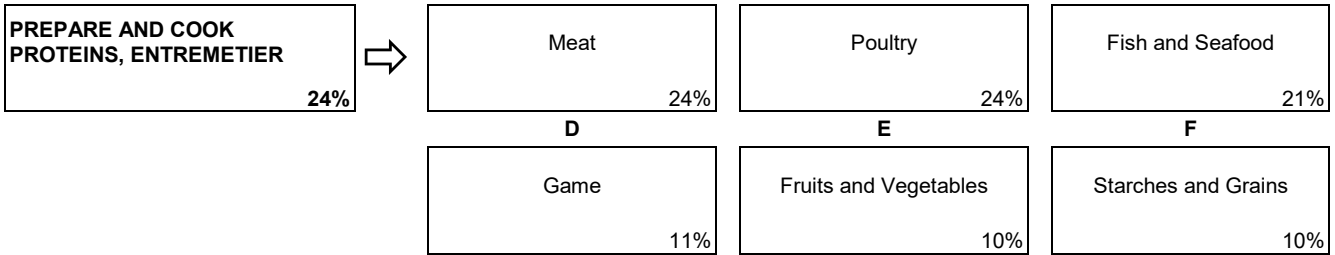


THIRD PERIOD
(8 Weeks 30 Hours per Week – Total of 240 Hours)

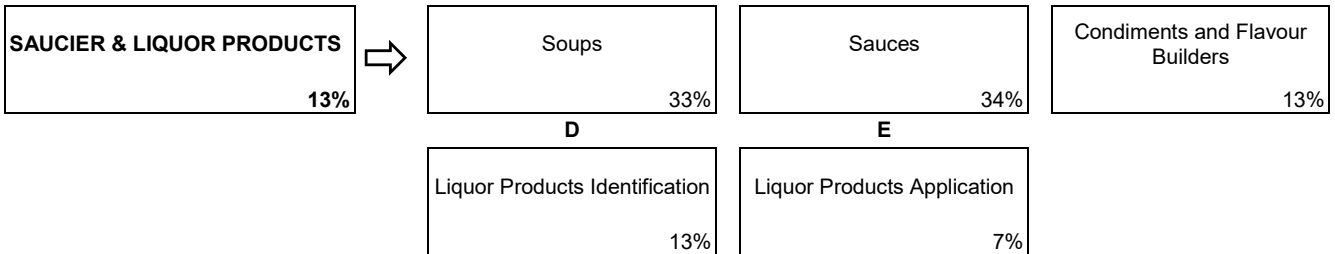
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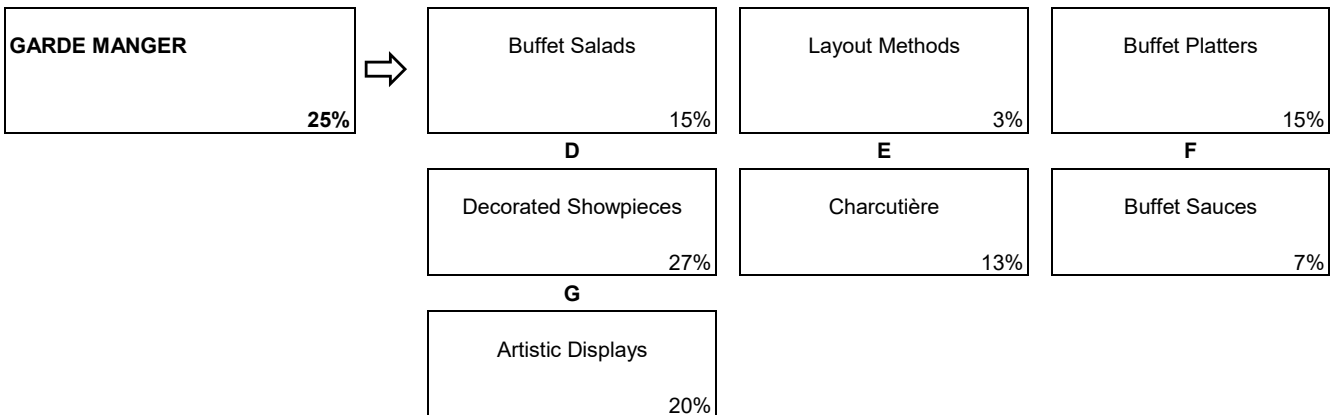
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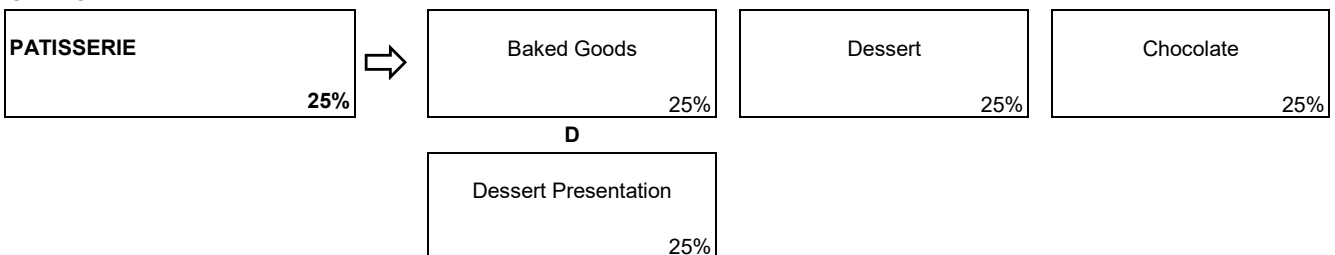
SECTION THREE



SECTION FOUR



SECTION FIVE



**FIRST PERIOD TECHNICAL TRAINING
COOK TRADE
CURRICULUM GUIDE**

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

SECTION ONE SAFETY, KITCHEN ORIENTATION AND TRADE MATHEMATICS 21%

A. Safety Legislation, Regulations & Industry Policy in the Trades..... 4%

Outcome: ***Apply legislation, regulations and practices ensuring safe work in this trade.***

1. Demonstrate the application of the Occupational Health and Safety (OHS) Act, Regulation and Code.
2. Describe the sponsor's and employee's role with OHS regulations, Worksite Hazardous Materials Information Systems (WHMIS), fire regulations, Workers Compensation Board (WCB) regulations and related advisory bodies and agencies.
3. Describe industry practices for hazard assessment and control procedures.
4. Describe the responsibilities of worker and sponsors to apply emergency procedures.
5. Describe tradesperson attitudes with respect to housekeeping, personal protective equipment and emergency procedures.
6. Describe the roles and responsibilities of sponsors and employees with the selection and use of personal protective equipment (PPE).
7. Maintain required PPE for tasks.
8. Use required PPE for tasks.

B. Climbing, Lifting, Rigging and Hoisting 4%

Outcome: ***Use industry standard practices for climbing, lifting, rigging and hoisting in this trade.***

1. Describe manual lifting procedures.
2. Describe rigging hardware and associated safety factors.
3. Select equipment for rigging loads.
4. Describe hoisting and load moving procedures.
5. Maintain personal protective equipment (PPE) for climbing, lifting and load moving equipment.
6. Use PPE for climbing, lifting and load moving equipment.

C. Hazardous Materials & Fire Protection 4%

Outcome: ***Apply industry standard practices for hazardous materials and fire protection in this trade.***

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

D. Kitchen Orientation and Introduction 4%**Outcome: *Demonstrate professionalism in the kitchen.***

1. Describe the responsibilities of the liaison officer.
2. Describe the standards for dress code in the cook trade.
3. Describe house policy expectations in the workplace.
4. Describe professionalism in the cook trade.
5. Use appropriate study methods.
6. Follow standard emergency procedures.

E. Food Safety 24%**Outcome: *Meet the requirements for an approved public health food safety course.***

1. Identify causes of food borne illnesses.
2. Handle food in a safe manner.
3. Maintain a safe and sanitary workplace.
4. Identify health and regulatory agencies.
5. Describe the basics of Hazard Analysis Critical Control Point (HACCP) as it relates the cook trade.

F. Tools and Equipment 8%**Outcome: *Use the tools and equipment standard for the cook trade.***

1. Use hand tools, small wares, and knives.
2. Use processing equipment.
3. Use cooking equipment.
4. Use re-thermalizing and holding equipment.
5. Use dishwashing and sanitizing equipment.
6. Use beverage dispensing equipment.
7. Use exhaust fans, hoods, and ventilation systems.
8. Use coolers and freezers.

G. Kitchen Fundamentals 12%**Outcome: *Describe a professional kitchen.***

1. Describe the classical brigade.
2. Describe the guild system.
3. Discuss the forefathers of modern cooking.
4. Discuss basic kitchen terminology.
5. Describe the structure and function in traditional and modern kitchens.
6. Work safely in a professional kitchen.

H. Basic Kitchen Mathematics..... 28%

Outcome: Perform basic mathematic calculations for food service.

1. Establish item cost.
2. Calculate yields.
3. Cost a recipe.
4. Establish selling price.
5. Perform recipe conversions.

I. Weights and Measures 12%

Outcome: Perform calculations using the Metric and US Standard systems.

1. Use the Metric system to perform foodservice calculations.
2. Describe the US Standard system as it relates to foodservice calculations.
3. Identify the differences of the US Standard and Imperial system.

SECTION TWO BUTCHER SHOP 10%

A. Purchasing, Grading Handling and Storage 25%

Outcome: Demonstrate purchasing, grading handling and storage techniques.

1. Describe grading, quality factors, and purchasing standards for meat.
2. Describe grading, quality factors, and purchasing standards for fish, seafood, and shellfish.
3. Describe grading, quality factors, and purchasing standards for poultry.
4. Describe grading, quality factors, and purchasing standards for variety meats.
5. Use handling and storage procedures for meat.
6. Use handling and storage procedures for poultry.
7. Use handling and storage procedures for fish, seafood, and shellfish.
8. Use handling and storage procedures for variety meats.

B. Portioning 75%

Outcome: Prepare primal and fabricated cuts.

1. Identify primal and fabricated cuts of meat.
2. Identify primal and fabricated cuts of poultry.
3. Identify fabricated cuts of fish, seafood, and shellfish.
4. Identify fabricated cuts of variety meats.
5. Prepare fabricated cuts of meat.
6. Prepare fabricated cuts of poultry.
7. Prepare fabricated cuts of fish, seafood, and shellfish.
8. Prepare fabricated cuts of variety meats.

SECTION THREE:INTRODUCTION TO COOKING PROTEINS..... 13%**A. Preparation and Seasoning..... 20%****Outcome: *Select seasonings, flavours, and marinades.***

1. Describe the effects of heat and cold on seasoning, flavourings, and marinades.
2. Use seasonings, flavours, and marinades.
3. Describe the five components of taste.

B. Cooking, Holding and Serving Techniques..... 80%**Outcome: *Demonstrate cooking methods, holding, and serving techniques.***

1. Use the dry heat method of cooking.
2. Use the moist heat method of cooking.
3. Use the combination method of cooking.
4. Use holding and resting techniques.
5. Use testing and doneness techniques.
6. Carve and slice a variety of items.
7. Use presentation techniques for service.
8. Demonstrate appropriate holding and serving techniques.
9. Use re-thermalizing techniques.

SECTION FOUR:INTRODUCTION TO SAUCIER..... 16%**A. Stocks..... 26%****Outcome: *Prepare basic stocks.***

1. Use mirepoix.
2. Use a bouquet garni.
3. Use a sachet.
4. Use an onion clouté.
5. Use onion brûlée.
6. Cook white stock.
7. Cook brown stock.
8. Cook fish stock.
9. Cook vegetable stock.
10. Use appropriate cooling, venting, and handling procedures.
11. Use storage procedures for stocks.

B. Thickening and Binding Agents 15%**Outcome: *Prepare binding agents.***

1. Prepare roux.
2. Prepare beurre manie.
3. Prepare slurry.

4. Prepare a whitewash.
5. Prepare a liaison.
6. Use ready to use and instant thickening agents.
7. Prepare a panade.
8. Prepare an egg binding agent.

C. Soups 21%

Outcome: Prepare basic soups.

1. Prepare thick soups.
2. Prepare thin and clear soups.
3. Prepare ethnic soups.
4. Present a variety of finished basic soups.

D. Sauces 38%

Outcome: Prepare basic sauces, pan gravies, and their derivatives.

1. Prepare veloutés and their derivatives.
2. Prepare béchamel and its derivatives.
3. Prepare tomato sauce and its derivatives.
4. Prepare espagnole and its derivatives.
5. Prepare hollandaise sauce and its derivatives.
6. Prepare pan gravy.
7. Prepare au jus and jus lié.
8. Present finished basic sauces, pan gravies, and their derivatives.

SECTION FIVE: INTRODUCTION TO COLD KITCHEN..... 12%

A. Purchasing Specifications and Storing Procedures 10%

Outcome: Use proper purchasing specifications and storage procedures.

1. Describe purchasing specifications and quality standards for vegetables.
2. Describe purchasing specifications and quality standards for fruit.
3. Describe purchasing specifications and quality standards for potatoes and potato products.
4. Describe purchasing specifications and quality standards for pasta.
5. Describe purchasing specifications and quality standards for rice.
6. Use proper storage and rotation techniques for vegetables.
7. Use proper storage and rotation techniques for fruits.
8. Use proper storage and rotation techniques for potatoes.
9. Use proper storage and rotation techniques for pasta.
10. Use proper storage and rotation techniques for rice.

B. Vegetable Cuts 10%**Outcome: *Demonstrate traditional vegetable cuts.***

1. Demonstrate baton and bâtonnet cuts.
2. Demonstrate large and medium dice.
3. Demonstrate the allumette and julienne cuts.
4. Demonstrate small dice and brunoise.
5. Demonstrate the paysanne cut.
6. Demonstrate the chateau cut.
7. Demonstrate the chiffonade cut.
8. Demonstrate the concasse method.

C. Fruits and Vegetables 20%**Outcome: *Prepare basic fruits and vegetable dishes.***

1. Cook a variety of fruit and vegetable dishes using the moist heat method of cooking.
2. Cook a variety of fruit and vegetable dishes using the dry heat method of cooking.
3. Cook a variety of fruit and vegetable dishes using the combination method of cooking.
4. Describe preservation techniques to preserve colour, texture, flavour and nutritional value of fruit and cooked vegetables.

D. Potato, Pasta, and Rice 20%**Outcome: *Prepare basic potato, pasta, and rice dishes.***

1. Cook potato dishes.
2. Cook pasta dishes.
3. Cook rice dishes.

E. Salads and Dressings 27%**Outcome: *Prepare salads and dressings.***

1. Describe the basic structure of salads.
2. Describe the classifications of salads.
3. Select ingredients for salad preparation.
4. Complete salad mise en place.
5. Use correct storage and temperature techniques for salad ingredients.
6. Prepare permanent emulsified dressings.
7. Prepare temporary emulsification dressings.
8. Prepare cooked dressings.
9. Prepare dairy-based dressings.
10. Prepare green salads.
11. Prepare fruit salads.
12. Prepare starch / grain based salads.
13. Prepare vegetable salads.

14. Prepare protein based salads.
15. Present salads and dressings.

F. Sandwiches, Spreads, and Fillings 13%

Outcome: Prepare sandwiches, spreads, and fillings.

1. Select bread and baked products for sandwich preparation.
2. Prepare sandwich fillings, spreads, and garnishes.
3. Follow assembly and cutting procedures.
4. Use various cooking techniques in sandwich preparation.
5. Prepare a variety of sandwiches.
6. Use proper wrapping and storage procedures.
7. Present sandwiches, spreads, and fillings.

SECTION SIX:..... BREAKFAST, BEVERAGES, AND DAIRY PRODUCTS 10%

A. Breakfast 25%

Outcome: Prepare traditional breakfast dishes.

1. Prepare poached and boiled eggs.
2. Prepare omelettes.
3. Prepare fried eggs.
4. Prepare scrambled eggs.
5. Prepare breakfast meats.
6. Prepare hot and cold cereals.
7. Prepare waffles.
8. Prepare pancakes and crepes.
9. Prepare French toast.
10. Use breakfast accompaniments including syrup, preserves, and flavoured butters.
11. Prepare breakfast garnishes.
12. Present finished traditional breakfast dishes.

B. Dairy and Beverages 25%

Outcome: Identify dairy products, coffee, tea, and juices for service.

1. Describe the properties of unfermented dairy products.
2. Describe the properties of fermented dairy products.
3. Identify coffee and tea varieties and describe hot chocolate.
4. Describe the effects of brewing time and temperature on the preparation of coffee.
5. Present coffee, tea, and assorted juices.

C. Evaluate Value-Added Products..... 50%**Outcome: Evaluate value added products.**

1. Evaluate the value and quality of ready-to-use products.
2. Evaluate the value and quality of ready-to-serve products.
3. Evaluate the value and quality of ready-to-heat products.
4. Evaluate the value and quality of ready-to-cook products.

SECTION SEVEN:INTRODUCTION TO BAKESHOP..... 18%**A. Principles of Baking..... 27%****Outcome: Describe the ingredients and procedures used in a bakeshop.**

1. Describe the properties of different flours.
2. Describe the properties of sugars and sweeteners.
3. Describe the properties of starches.
4. Describe the properties of fats, shortenings, and oils.
5. Describe the properties of dairy products.
6. Describe the properties of eggs.
7. Describe the properties of flavourings.
8. Describe the properties of leavening agents.
9. Perform recipe conversions.
10. Scale and measure ingredients for recipes.
11. Use correct mixing methods.

B. Yeast Products 27%**Outcome: Prepare yeast products.**

1. Bake loaves.
2. Bake buns.
3. Bake frozen dough.

C. Cookies and Quick Breads..... 14%**Outcome: Prepare cookies and quick breads.**

1. Bake quick breads using the muffin method.
2. Bake quick breads using the biscuit method.
3. Bake dropped cookies.
4. Bake rolled cookies.
5. Bake piped cookies.
6. Bake refrigerated/frozen cookies.
7. Bake wafer cookies.
8. Bake bar cookies / squares.

D. Pies, Fillings, and Finishing Techniques..... 32%

Outcome: *Prepare pies and fillings.*

1. Prepare basic pie dough.
2. Prepare pie crusts.
3. Prepare pie fillings.
4. Demonstrate basic finishing techniques.

**SECOND PERIOD TECHNICAL TRAINING
COOK TRADE
CURRICULUM GUIDE**

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

SECTION ONE:.....MANAGEMENT CONTROLS AND NUTRITIONAL COMPONENTS 10%

A. Management Controls 41%

Outcome: *Demonstrate Management Controls.*

1. Prepare and follow a daily action plan including a prep list and timeline of activities.
2. Use effective verbal communications.
3. Work effectively in a team.
4. Maintain par stock levels.
5. Place an order.
6. Use the First In First Out (FIFO) system to rotate stock.
7. Calculate food cost.
8. Calculate labour cost.

B. Purchasing and Receiving 14%

Outcome: *Demonstrate purchasing and receiving activities.*

1. Describe food grading systems.
2. Describe packaging and unit sizing.
3. Describe seasonal availabilities.
4. Describe sustainable and regional influences in purchasing.
5. Describe specialty product branding.
6. Read labelling.
7. Verify invoices.
8. Perform a quality check.
9. Accept or return delivery.
10. Use correct storage procedures.

C. Science of Nutrition 18%

Outcome: *Describe the nutritional components of food.*

1. Describe the nutritional components of fat.
2. Describe the nutritional components of proteins.
3. Describe the nutritional components of carbohydrates.
4. Describe the nutritional components of minerals.
5. Describe the nutritional components of vitamins.

6. Describe the nutritional components of water.
7. Describe the nutritional components of fibre.

D. Diets, Trends, and Food Labelling 27%

Outcome: *Modify recipes according to dietary concerns.*

1. Describe the vegetarian diets.
2. Describe ethnic and religious diets.
3. Describe natural and organic food production.
4. Describe modified food production.
5. Describe dietary allergies and intolerances.
6. Describe dietary restrictions.
7. Modify recipes according to dietary concerns.
8. Interpret food labelling terminology.
9. Describe additives and preservatives in processed foods.

SECTION TWO:..... COOKING PROTEINS 23%

A. Meats 36%

Outcome: *Prepare beef, pork, and lamb.*

1. Prepare roast meat dishes.
2. Prepare steaks and chops.
3. Prepare cubed and stew meat.
4. Prepare ribs.
5. Prepare stir-fry meats.
6. Prepare ground meat dishes.
7. Participate in the preparation of sweetbreads.
8. Identify the various preparation techniques of tongue.
9. Participate in the preparation of kidney
10. Participate in the preparation of tripe.
11. Identify the various preparation techniques of heart.
12. Determine doneness using temperature.
13. Determine doneness using appearance.
14. Determine doneness using texture.
15. Determine doneness using firmness.
16. Determine doneness using colour of juices.
17. Present cooked beef, pork, and lamb dishes.

B. Poultry 32%

Outcome: Prepare poultry.

1. Prepare chicken dishes.
2. Prepare Cornish chicken.
3. Prepare turkey dishes.
4. Prepare duck dishes.
5. Determine doneness using temperature.
6. Determine doneness using appearance.
7. Determine doneness using texture.
8. Determine doneness using firmness.
9. Determine doneness using colour of juices.
10. Present cooked poultry dishes.

C. Fish and Seafood 32%

Outcome: Prepare fish and seafood.

1. Prepare round fish.
2. Prepare flat fish.
3. Prepare crustaceans.
4. Prepare mollusks.
5. Prepare cephalopods.
6. Determine doneness using temperature.
7. Determine doneness using appearance.
8. Determine doneness using texture.
9. Determine doneness using firmness.
10. Describe carry-over cooking.
11. Present finished fish and seafood dishes.

SECTION THREE: SAUCIER 17%

A. Stocks and Glazes 30%

Outcome: Prepare stocks and glazes.

1. Cook beef stock.
2. Cook veal stock.
3. Cook fish stock.
4. Cook fish fumet.
5. Cook fish essence.
6. Cook chicken stock.
7. Cook brown vegetable stock.
8. Cook court bouillon.
9. Cook remouillage.

10. Cook pork/ham stock.
11. Cook lamb stock.
12. Cook meat glaze/glaze de viande.
13. Cook chicken glaze/glaze de volaille.
14. Cook fish glaze/glaze de poisson.
15. Use cooling and storing techniques for stocks and glazes.

B. Soups and Garnishes 30%

Outcome: Prepare soups.

1. Prepare chowders.
2. Prepare bisques.
3. Prepare consommé and garnishes.
4. Prepare borscht.
5. Prepare mulligatawny.
6. Prepare minestrone.
7. Prepare Scotch broth.
8. Prepare split pea soup.
9. Prepare baked French onion soup.
10. Present finished soups.

C. Sauces 30%

Outcome: Prepare sauces.

1. Cook gastrique.
2. Cook Mornay sauce.
3. Cook chasseur sauce.
4. Cook choron sauce.
5. Cook Provençale sauce.
6. Cook sauce au poivre.
7. Cook sauce vin blanc.
8. Cook Bordelaise sauce.
9. Cook Creole sauce.
10. Cook apple sauce.
11. Cook curry sauce/paste.
12. Cook barbeque sauce.

D. Compound Butters and Butter Sauces 10%

Outcome: Prepare compound butter and butter sauces.

1. Cook basic butter sauces.
2. Prepare compound butters.

SECTION FOUR: ENTREMETIER..... 10%

A. Potatoes 25%

Outcome: *Prepare potato dishes.*

1. Prepare chateau potatoes.
2. Prepare duchesse potatoes.
3. Prepare Lyonnaise potatoes.
4. Prepare Boulangère potatoes.
5. Prepare stuffed baked potatoes.
6. Prepare gratinée potatoes.
7. Present cooked potato dishes.

B. Rice and Grains 12%

Outcome: *Prepare rice and grain products.*

1. Prepare pilaf.
2. Prepare risotto.
3. Prepare scented rice.
4. Prepare wild rice.
5. Present finished rice and grain dishes.

C. Pasta and Sauce..... 38%

Outcome: *Prepare pastas and accompanying sauces.*

1. Prepare fresh pasta.
2. Prepare baked pasta.
3. Prepare stuffed pasta.
4. Prepare dry pastas.
5. Identify the uses for dried pastas.
6. Prepare cooked pasta sauce.
7. Prepare uncooked pasta sauce.
8. Present finished pastas dishes.

D. Vegetables 25%

Outcome: *Prepare vegetable dishes.*

1. Prepare ratatouille.
2. Prepare braised red cabbage.
3. Prepare eggplant parmesan.
4. Prepare squash.
5. Prepare beans amandine.
6. Prepare stuffed vegetables.
7. Prepare bouquetière of vegetables.

8. Prepare stir-fry vegetables.
9. Prepare deep-fried vegetables.
10. Present cooked vegetable dishes.

SECTION FIVE:COLD KITCHEN 11%

A. Cold Appetizers 23%

Outcome: Prepare cold appetizers.

1. Define terminology related to cold appetizers.
2. Prepare cocktails, oysters and shooters.
3. Prepare crudités, relishes, pickles and chutneys.
4. Prepare marinated and cured meats and fish.
5. Prepare canapés.
6. Prepare sushi and sashimi.
7. Prepare cold sauces.
8. Prepare cold appetizers for action stations.
9. Serve cold appetizers for receptions, from action stations and plated.

B. Hot Appetizers 23%

Outcome: Prepare hot appetizers.

1. Define terminology related to hot appetizers.
2. Prepare kebabs.
3. Prepare canapé bodies and fillings.
4. Prepare dough based and baked appetizers.
5. Prepare deep fried appetizers.
6. Prepare sauces.
7. Prepare hot appetizers for action stations.
8. Serve hot appetizers for receptions, from action stations and plated.

C. Brines and Marinades 23%

Outcome: Prepare brines and marinades.

1. Prepare pickling brines.
2. Prepare curing mixes.
3. Prepare marinades.
4. Use brines, cures, and marinades.

D. Dairy Products 31%

Outcome: Identify cheeses.

1. Describe the cheese making process.
2. Describe cheeses by classification and properties.
3. Describe cheese presentation and service.

SECTION SIX:..... BAKESHOP 20%

A. Pastries 28%

Outcome: *Prepare pastries.*

1. Prepare puff pastry.
2. Prepare strudel.
3. Prepare vol-au-vent.
4. Prepare Napoleon slice.
5. Prepare choux paste.
6. Prepare éclairs.
7. Prepare cream puffs.
8. Present finished pastries.

B. Baked Goods 28%

Outcome: *Prepare baked goods.*

1. Prepare low-fat cakes using the sponge method.
2. Prepare low-fat cakes using the angel food method.
3. Prepare low-fat cakes using the chiffon method.
4. Prepare high-fat cakes using the creaming method.
5. Prepare high-fat cakes using the two-stage method.
6. Explain altitude formulas.
7. Present finished baked goods.

C. Desserts 20%

Outcome: *Prepare desserts.*

1. Prepare custard cream desserts using the baked method.
2. Prepare custard cream desserts using the stirred method.
3. Prepare fondant icing.
4. Prepare Bavarian cream filling.
5. Prepare butter cream icings using the basic, French, and Italian method.
6. Prepare whipped cream.
7. Prepare ganache.
8. Prepare meringue.
9. Present finished desserts.

D. Decorating Skills 24%

Outcome: *Demonstrate decorating techniques.*

1. Demonstrate rosette piping.
2. Demonstrate border piping.
3. Demonstrate writing.
4. Decorate a layered cake.
5. Decorate a theme cake.
6. Decorate a seasonal cake.

**THIRD PERIOD TECHNICAL TRAINING
COOK TRADE
CURRICULUM GUIDE**

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

SECTION ONE:..... MANAGEMENT SKILLS..... 13%

A. Management Skills..... 19%

Outcome: *Apply management strategies.*

1. Adhere to quality standards of the industry.
2. Use organizational skills.
3. Implement a time management plan.
4. Model good customer service.
5. Promote teamwork in the workplace.
6. Promote good staff relations.
7. Describe the government regulations for the Alberta Employment Standards Act.
8. Describe the government regulations for Provincial Human Rights legislation.

B. Menu Planning..... 31%

Outcome: *Develop menus.*

1. Describe the static menu type.
2. Describe the cycle menu.
3. Describe the market menu.
4. Describe the hybrid menu.
5. Describe the a la carte menu.
6. Describe the table d'hôte menu.
7. Maximize product use while planning a menu.
8. Explain accuracy of menu language and labelling requirements for menu claims.
9. Use variety and balance while planning a menu.
10. Utilize seasonal availability while planning a menu.
11. Develop and present a modified a la carte menu including cost and selling price.
12. Create a five-course table d'hôte/upscale menu for ten guests including standardized recipes and recipe costing sheets while maintaining a food cost of 24 - 28% or below.

C. Inventory and Financial Controls 31%

Outcome: *Apply cost controls.*

1. Count physical inventory.
2. Record inventory.
3. Update current market prices.

4. Extend cost of inventory.
5. Create food costs.
6. Analyze food costs.

D. Workplace Coaching Skills 10%

Outcome: *Use coaching skills when training an apprentice.*

1. Describe the process for coaching an apprentice.

E. Interprovincial Standards Red Seal Program..... 9%

Outcome: *Use Red Seal products to challenge an Interprovincial examination.*

1. Identify Red Seal products used to develop Interprovincial examinations.
2. Use Red Seal products to prepare for an Interprovincial examination.

SECTION TWO:.....PREPARE AND COOK PROTEINS, ENTREMETIER..... 24%

A. Meat 24%

Outcome: *Prepare specialty meat dishes.*

1. Select appropriate seasonings and marinades for meat dishes.
2. Use boning techniques for leg of veal or pork.
3. Prepare lamb dishes.
4. Prepare beef tenderloin dishes.
5. Prepare veal or pork dishes.
6. Prepare pork tenderloin dishes.
7. Present cooked meat dishes.

B. Poultry 24%

Outcome: *Prepare specialty poultry dishes.*

1. Select appropriate seasonings and marinades for poultry dishes.
2. Use trussing techniques for poultry.
3. Use boning techniques for poultry.
4. Use stuffing techniques for poultry.
5. Prepare braised poultry dishes.
6. Prepare duck breast.
7. Prepare duck confit.
8. Prepare stuffed poultry dishes.
9. Present cooked poultry dishes.

C. Fish and Seafood 21%

Outcome: *Prepare specialty fish and seafood dishes.*

1. Select appropriate seasonings and marinades for fish and seafood.
2. Prepare lobster dishes.

3. Prepare scampi dishes.
4. Prepare crayfish.
5. Prepare langoustine.
6. Prepare crab.
7. Prepare char.
8. Prepare tuna.
9. Prepare steelhead.
10. Prepare paella.
11. Present cooked fish and seafood dishes.

D. Game 11%

Outcome: Prepare game dishes.

1. Select appropriate seasonings and marinades for game dishes.
2. Use barding techniques.
3. Use larding techniques.
4. Prepare venison dishes.
5. Prepare rabbit dishes.
6. Prepare quail dishes.
7. Prepare bison dishes.
8. Prepare pheasant dishes.
9. Present cooked game dishes.

E. Fruits and Vegetables 10%

Outcome: Prepare specialty vegetable and fruit dishes.

1. Prepare braised fennel bulb.
2. Prepare stuffed vegetables.
3. Prepare grilled vegetables.
4. Prepare root vegetable poele.
5. Prepare roasted vegetables.
6. Prepare steamed vegetables.
7. Prepare wilted greens.
8. Prepare fiddleheads.
9. Describe market forms of mushrooms.
10. Prepare fresh, canned, frozen, and dried mushrooms.
11. Prepare grilled portobello.
12. Prepare wild mushroom ragout.
13. Prepare mushroom duxelles.
14. Prepare legumes using dry market forms.
15. Prepare legumes using other market forms.
16. Prepare speciality fruits.

17. Present finished vegetables and fruits.

F. Starches and Grains 10%

Outcome: Prepare specialty potato and grain dishes.

1. Prepare Parisienne potatoes and purple potatoes.
2. Prepare Dauphine and Lorette potatoes.
3. Prepare bulgur and kasha.
4. Prepare risotto.
5. Prepare polenta.
6. Prepare couscous.
7. Prepare quinoa.
8. Prepare griddled cakes.
9. Prepare wild, brown, and pearled rice.
10. Prepare dumplings.
11. Present cooked starches and grains.

SECTION THREE: SAUCIER & LIQUOR PRODUCTS 13%

A. Soups 33%

Outcome: Prepare specialty soups.

1. Prepare bouillabaisse with rouille and cioppino.
2. Prepare wonton soup.
3. Prepare goulash soup with sour cream.
4. Prepare fish consommé with quenelles.
5. Prepare cold fruit soups.
6. Prepare cold savoury soups.
7. Prepare gumbos.
8. Prepare hot and sour soup.
9. Prepare avgolemono with liaison.
10. Present finished soups.

B. Sauces 34%

Outcome: Prepare specialty sauces.

1. Prepare wild mushroom sauce.
2. Prepare beurre blanc and beurre rouge.
3. Prepare foams.
4. Prepare chimichurri.
5. Prepare charcutière sauce.
6. Prepare Portugaise sauce.
7. Prepare white bercy sauce.
8. Prepare Périgueux sauce.
9. Prepare reductions and essences
10. Utilize finished sauces.

C. Condiments and Flavour Builders 13%

Outcome: Use condiments and flavour builders.

1. Prepare infused vinegars.
2. Prepare infused oils.
3. Prepare chutneys and compotes.
4. Prepare fresh and cooked salsas and relishes.
5. Prepare mustards
6. Use condiments and flavour builders.

D. Liquor Products Identification 13%

Outcome: Describe the characteristics of wines, spirits, and beers.

1. Describe wine varietals.
2. Describe the classifications of spirits
3. Describe the styles of beers.

E. Liquor Products Application 7%

Outcome: Describe the effect of wines, spirits, and beers in cooking.

1. Describe the effect of spirits in flambé.
2. Describe the effect of wines, spirits, and beers in marinades.
3. Describe the effect of wines, spirits, and beers in sauce making.

SECTION FOUR: GARDE MANGER 25%

A. Buffet Salads 15%

Outcome: Prepare salads for buffet service.

1. Prepare green salads.
2. Prepare fruit salads.

3. Prepare starch/grain based salads.
4. Prepare vegetable salads.
5. Prepare salad accompaniments.
6. Prepare dressings.
7. Present finished salads for buffet service.

B. Layout Methods..... 3%

Outcome: Design buffet platters.

1. Demonstrate eye appeal, balance, and flow on buffet platters.
2. Select appropriate plate, platter, or mirror.
3. Apply colour design to buffet platters.
4. Use appropriate garnish for buffet platters.

C. Buffet Platters..... 15%

Outcome: Prepare buffet platters.

1. Prepare meat platters.
2. Prepare fish/seafood platters.
3. Prepare crudités.
4. Prepare cheese platters.
5. Prepare fruit platters.
6. Use presentation techniques.

D. Decorated Showpieces..... 27%

Outcome: Prepare decorative showpieces.

1. Use panada/panade.
2. Prepare forcemeats and mousses.
3. Prepare aspic/gelatin preparations.
4. Prepare terrines.
5. Prepare galantines.
6. Prepare pate/pate en croûte.
7. Prepare decorated salmon.
8. Describe a chaud-froid presentation.
9. Use presentation techniques.

E. Charcutière..... 13%

Outcome: Prepare charcutière items.

1. Prepare sausages.
2. Prepare smoked and cured meats.
3. Present finished charcutière items.

F. Buffet Sauces 7%

Outcome: Prepare sauces for buffet items.

1. Prepare Cumberland sauce.
2. Prepare pepper coulis.
3. Prepare aioli and remoulade.
4. Utilize finished sauces.

G. Artistic Displays 20%

Outcome: Create artistic displays.

1. Create ice sculptures.
2. Create fat sculptures.
3. Create bread displays.
4. Create fruit and vegetable carvings.
5. Present finished artistic displays.

SECTION FIVE:PATISSERIE 25%

A. Baked Goods 25%

Outcome: Prepare specialty baked goods.

1. Prepare tartlets.
2. Prepare jelly rolls / swiss rolls.
3. Prepare tuile and brandy snaps.
4. Prepare baked soufflé.
5. Prepare baked cheesecake.
6. Prepare fruit flans using fresh and canned fruits.
7. Present finished baked goods.

B. Desserts 25%

Outcome: Prepare specialty desserts and sauces.

1. Prepare crème Anglaise.
2. Prepare mousse.
3. Prepare crepes.
4. Prepare crème brûlée.
5. Prepare petite fours.
6. Prepare ice cream.
7. Prepare sorbet/granita.
8. Prepare soufflé glace.
9. Prepare baked Alaska.
10. Prepare ice cream bombe.
11. Prepare fruit coulis.

12. Prepare chocolate sauce.
13. Prepare caramel sauce.
14. Utilize finished sauces
15. Present finished desserts.

C. Chocolate 25%

Outcome: Prepare chocolates.

1. Differentiate between couverture and compound coatings.
2. Temper dark couverture.
3. Pipe decorations.
4. Prepare truffles.
5. Present chocolates.

D. Dessert Presentation 25%

Outcome: Prepare plated desserts.

1. Use modeling chocolate.
2. Use marzipan.
3. Use fondant.
4. Use spun sugar and spirals.
5. Prepare a plated dessert with no garnish or sauce.
6. Prepare a plated dessert with fruit, sugar, or chocolate garnish.
7. Prepare a plated dessert with sauce painting / flooding.
8. Prepare a complex plated dessert.
9. Present plated desserts.



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