

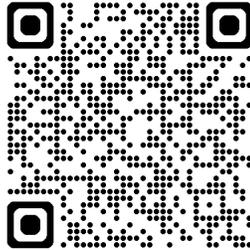


HEART
PROCHEF LEVEL I
ASSESSMENT WORKSHOP



CIA Consulting Department, Hyde Park, NY

Scan the QR code for your class survey and PDF files of the course curriculum:



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The Culinary Institute of America

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

David Kamen '88 MBA PC^{III}
Director CIA Consulting
845-451-1386 david.kamen@culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (Optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

COURSE SYLLABUS

DAY ONE

- ☑ Review of level 1 ProChef exam
- ☑ Kitchen production exercise
 - Each student: completes knife cuts, egg cookery, and fish stock in 2 ½ hours
- ☑ Written exam
- ☑ Review and critique

DAYS TWO-FOUR

- ☑ Review cooking methods and menus
- ☑ Kitchen Production Exercise
 - Each team: produces daily assignments using standardized recipes
- ☑ Review and critique

CHEF DEMONSTRATIONS

On each day, the Chef instructor will demonstrate a variety of cooking methods and preparations

DAY ONE

- All knife cuts, eggs and fish stock will be demonstrated

DAY TWO

- Breeding pork and proper pan fry method
- Steaming green vegetables
- Grilling method
- Rolling compound butters
- Cutting and roasting potatoes
- Deep poaching methods with Sauce Bernaise, Pilaf method
- Making beer batter and frying fish
- Trussing chicken and cutting it into four equal portions
- Proper potato cookery

DAY THREE

- Cutting chicken supreme and making chicken Fines Herbes sauce
- Fresh pasta
- Simple, emulsified and creamy dressings
- Beef Stew
- Trussing and carving roast beef
- Duchesse potato piping and baking
- Grilling method
- Glazing vegetables

PROCHEF LEVEL I EXAM: GENERAL INFORMATION

EXAM OVERVIEW

The ProChef Level I Exam evaluates the competency of candidates interested in achieving ProChef Level I certification through the Culinary Institute of America. The certification process spans the course of three days and consists of written and practical examinations of the required foundational competencies.

To achieve certification, the candidate must successfully demonstrate proficiency in the following areas:

- Culinary Math
 - Food Costing
 - Recipe Conversion, Yield, and Ratios
 - Weights and Measures
- Fundamental Nutrition Principles
- Food Safety and Sanitation
- Product Identification
- Mise en Place
- Classical Knife Skills
- Stock Production
- Soup Production
- Egg Cookery
- Salad and Salad Dressing Production
- Cooking Techniques for Proteins, Vegetables, Starches, Grains, and Sauces

PROCHEF LEVEL I CERTIFICATION COMPETENCIES

The ProChef Certification Program divides each certification level into three competency categories – culinary, leadership, and financial. The descriptions that follow are general skills and knowledge that a candidate must possess to achieve ProChef Level I Certification.

CULINARY SKILLS

- Prepare stocks, soups, and sauces
- Prepare basic cold food preparations such as green salads and salad dressings
- Apply fundamental culinary techniques such as sauté, braise, roast, and fry
- Prepare basic vegetable and starch accompaniments such as green vegetables, potatoes, rice, and pasta
- Demonstrate principles of food safety and sanitation
- Demonstrate appropriate principles of plate presentation

LEADERSHIP SKILLS

- Demonstrate the ability to listen and follow instructions
- Demonstrate effective organization of personal work areas for efficient production
- Demonstrate effective time management during production

FINANCIAL SKILLS

- Discuss the value of food and labor in a foodservice setting
- Demonstrate the application of weights and measures in a foodservice setting
- Calculate a recipe to the desired number of portions
- Explain yield concept and yield percentage
- Calculate the cost of a recipe

ADVISORS

During the ProChef Certification program, you will not only have the chance to grow and validate your skills, but you will be partnered with one of the CIA's top chefs - your ProChef advisor. Our talented advisors possess extensive, specialized knowledge and years of industry experience that they will happily share with you.

Each candidate is provided with an advisor who is familiar with the ProChef Certification process. Generally, the advisors are assigned, but if you are familiar with or have worked with a specific CE chef before, you can request that chef as your advisor.

Your advisor will serve as your mentor and will work with you to determine your strengths and weaknesses and answer any questions as you prepare for the exam. You will be provided with that person's direct phone extension and e-mail address. ***After initial contact, it will be your responsibility to contact your advisor and seek advice and counsel.*** If you plan to take a course or visit the campus, it would also be to your advantage to schedule a meeting with your advisor at that time.

The initial discussion with your advisor will focus on reviewing your application, determining the appropriate starting level, assisting you to develop an action plan, and answering any questions. At the conclusion of this conversation, your advisor may recommend that you postpone registering for the exam at that time. You cannot register for an exam without first having a conversation with your advisor.

ProChef candidates that take full advantage of the advisor process are often highly successful in achieving their certification. Ultimately, it is your choice when to take the exam, but by following the recommendations of your advisor, you can ensure that you are fully prepared for the challenge.

FAQs

Q: Are there any prerequisites to take the Level I Exam?

A: Before enrolling in the exam, you must first schedule an appointment with your advisor who will serve as a mentor through the process.

Q: How would you recommend I prepare for the exam?

A: In each section of this study guide, you will find a list of competencies, key terms, and sample exam questions to help guide your studies and preparations. In the Appendix at the back of this manual, you will find a list of recommended training materials that can help you to prepare.

Q: How is the exam administered?

A: The ProChef Certification exam is divided into two segments, written exams and kitchen practical exams. All written exams will be completed within the 3 testing days. The practical kitchen exams take place over a three-day period, and candidates will be allotted a total of three hours for each practical exam. The total length of the day depends on the number of candidates enrolled in each session. Each day concludes with a one-on-one debriefing of the day's results. For reference, see the sample schedules that follow). Final class schedules will be administered to candidates during the program orientation on day one.

Q: What are the minimum requirements for certification?

A: To achieve ProChef Certification, you must achieve a minimum total weighted score of no less than 75% for the entire assessment. The breakdown of the total weighted score is as follows:

- 65% of the average of the practical examination scores
- 35% of the average of the written examination scores

Q: How many written exams are included in the Level I Certification Exam?

A: Written exams are administered throughout the week, and include the following:

- 1) Food Safety and Sanitation
- 2) Culinary Math
 - a. Weights and Measures
 - b. Recipe Conversion, Yield, and Ratios
 - c. Food Costing
- 3) Fundamental Nutrition
- 4) Product Identification- *the Product Identification exam is not web based and will take place on day three of certification.*

Q: What is the minimum score necessary to pass a written exam?

A: You must receive a score of at least 65%.

Q: What happens if I fail three or more written exams?

A: If you score below 65% on three or more written exams, you will be ineligible for certification for the current assessment period. You may, however, reapply to take the entire ProChef Certification Exam the next time it is offered, but not sooner than 3 months.

Q: How many practical exams are included in the Level I Certification Exam?

A: Three practical cooking exams are administered throughout the week.

Q: What is the minimum score necessary to pass a practical exam?

A: You must receive a score of at least 65% to pass.

Q: What happens if I fail a practical cooking exam? Is there an opportunity to retake the exam?

A: If you score lower than 65% on any of the practical cooking examinations, you are ineligible for certification for the current assessment period. Unlike the written exams, you may not retake the practical exam. You may, however, reapply to take the ProChef Certification Exam at a future date, but not sooner than 3 months. To gain experience, we strongly encourage you to stay on and participate in all the practical examinations held during the remainder of the week.

Q: If I don't pass the certification, will I still receive CEUs?

A: Yes, you will still receive 3.0 CEUs, providing you remain and participate in the remaining exam. To receive CEUs the candidate must stay and finish the week.

Q: What items should I bring to the exam?

A: You must have the following items available:

- Uniforms: Non-Slip Kitchen Shoes (i.e. Clogs), Chef's Coat, Chef's Pants, Pen, Thermometer
- Knives and hand tools
- Calculator
- ProChef Study Guide and other personal reference books
- Recipes
- Laptop (optional)

Q: While on campus, will I have access to the wireless network?

A: Yes.

DISTRIBUTION OF WEEKLY MENU ASSIGNMENTS

Candidates will receive their menu assignments prior to the start of the kitchen exam. Menu assignments will be randomly distributed. Check with your advisor for more information regarding the distribution of assignments.

SAMPLE SCHEDULES FOR WEEK

The exam days are extended and will fluctuate based on the practical testing site.

Sample schedule sheets follow. ***Please note that all times are subject to change depending on the number of candidates.***

DAY 1 - SAMPLE SCHEDULE

Start Time	Topic	Faculty / Staff	Location
<p>Because floor evaluators look for the candidates' ability to transition between production and service, times have been separated into two segments. On day 1, each candidate is given 2 hours and 30 minutes to produce their assigned 3 course menu and 15 minutes for service. All items must be presented to the tasting evaluators within the service window, or the candidate will lose points. Candidates are not allowed to serve early. Below is a sample schedule for one candidate.</p> <p>Day one will focus on Knife Skills, Egg Cookery, and Stocks as well as a general orientation of the kitchen and facilities.</p> <p><i>Prior to cooking, please present your menus to the floor Evaluator</i></p>			
6:45 am Candidate 1	Practical Exam: Production Service window 6:45 – 9:30 9:30 – 9:45	Chef Instructor	Testing Kitchen
9:30 am	First Service Window Open <i>(15-minute staggered presentations)</i> Evaluation and scoring Group Feedback	Chef Instructor	Lecture Hall
	Evaluation and scoring Group Feedback after the last candidate has finished presenting	Chef Instructor	Lecture Hall

DAYS 2-4 - SAMPLE SCHEDULE

Start Time	Topic	Faculty / Staff	Location
<p>Because floor evaluators look for the candidates' ability to transition between production and service, times have been separated into two segments. Each candidate is given 2 hours and 30 minutes to produce their assigned menu. Additionally, each candidate will be given 15 minutes to serve their 3 courses. All 3 courses must be presented to the tasting evaluators within the service window, or the candidate will lose points. Candidates are not allowed to serve early. Below is a sample schedule for 1 candidate.</p> <p><i>Prior to cooking, please present your menus to the floor Evaluator</i></p>			
6:45 am Candidate 1	Practical Exam: Production Service window 6:45-9:15 9:15-9:30	Chef Instructor	Testing Kitchen
9:15 am	First Service Window Open <i>(15-minute staggered presentations)</i>	Chef Instructor	Lecture Hall
	Evaluation and scoring Group Feedback after the last candidate has finished presenting	Chef Instructor	Lecture Hall

PRACTICAL EXAMINATION: EXAM OVERVIEW

PROCHEF LEVEL I PRACTICAL EXAMINATIONS

- Day One: Knife Skills, Egg Cookery, Stock Production
- Day Two - Day Four: Culinary Fundamentals

TIMING

You will have 15 minutes to set up your workstation, 2 ½ hours for mise en place and production, and a 15-minute window to plate and present your food.

EVALUATION

There are at least two evaluators per exam: one floor evaluator and at least one tasting evaluator. The floor evaluator is responsible for grading performance in the kitchen. Both evaluators will score food from a standpoint of tasting.

After all the food has been evaluated, each candidate will receive an individual critique with the entire class present. As part of the assessment process, each candidate will be expected to discuss his/her menu as well as provide a self-critique. Following the group critique, and after the grades are calculated, candidates will have the opportunity to review their scores with the evaluators.

Evaluation guidelines and score sheets are provided in this study guide for reference.

MENUS

Candidates are expected to prepare mise en place sheets and typed menus prior to each exam. They must supply the floor evaluator with 2 typed copies of their menu on Day One - Day Four of the examinations.

MAKE-UPS

Any candidate scoring lower than 65% on any of the practical cooking examinations is ineligible for certification for the current assessment period. The candidate may reapply to take the ProChef Certification Exam at a future date. To gain further experience, we strongly encourage candidates to participate in all the practical examinations held during the remainder of the week.

KNIFE SKILLS, EGG COOKERY, AND STOCK PREPARATION

Use the following competencies and key terms to prepare for the practical exam.

COMPETENCIES:

Successful candidates are able to...

- demonstrate knife skills.
- demonstrate egg cookery.
- demonstrate stock and broth preparation.
- demonstrate effective organization, workmanship, and presentation.
- demonstrate proper safety and sanitation procedures.

KEY TERMS

Allumette

Appareil

Aromatics

Bâtonnet

Bouillon

Bouquet garni

Broth

Brunoise

Cheesecloth

Chiffonade

Chinois

Concassé

Dice

Fumet (or Essence)

Ice water bath

Julienne

Ladle

Lozenge

Matignon

Mince

Mirepoix

Mise en place

Oblique

Oignon brûlée

Oignon piqué

Omelette (French Style)

Paysanne

Poach

Remouillage

Rondelle

Sachet d'épices

Skimmer

Slice

Spider

Supreme

Stock

Tourner

KNIFE SKILLS, EGG COOKERY, AND STOCK PREPARATION: THE EXAM

Production will start as indicated on the schedule. For this practical examination, you will have 2 ½ hours to prepare the following cuts, stocks or broths, and egg dishes. In addition, you will have 15 minutes to plate and present your menu.

KNIFE SKILLS

- **Mince** 5 garlic cloves
- **Mince** 3 shallot bulbs
- **Concassé** 3 tomatoes
- **Suprême** 1 orange or grapefruit
- **Finely Chop** ¼ cup parsley
- From 3 each 100 ct. russet potatoes, produce:
 - Minimum of 4 **Tourné**
 - 2 oz. **Julienne**
 - 2 oz. **Brunoise**
 - 2 oz. **Bâtonnet**
 - 2 oz. **Small Dice**
- From 1 lb. carrots, produce:
 - Minimum of 4 **Tourné**
 - 1 cup **Oblique-Cut**
- From 1 large onion, produce:
 - ½ cup **Julienne**
 - ½ cup **Small Dice**

EGG DISHES

- Produce 2 **French-Style (Rolled) Omelets** (3 eggs per portion)
- Produce, after random selection, **ONE** of the following egg dishes:
 - 2 portions of **Poached** eggs (2 eggs per portion)
 - 2 portions of **Soft-Boiled** eggs (2 eggs per portion)
 - 2 portions of **Over-Easy** eggs (2 eggs per portion)

STOCK

- Produce 1 quart of **Fish Stock**

KNIFE SKILLS, EGG COOKERY, AND STOCK PREPARATION: GUIDELINES AND JUDGING FORM FOR FLOOR SCORE SHEETS

FOOD IS SERVABLE (Y/N)

- This criteria is judged strictly on a yes/ no basis--either the food is safe/ servable or it is not.
- The Floor Judges will determine if any food is **un-servable**. Food deemed un-servable will not be evaluated by the Tasting Judges. **The candidate will receive a tasting score of zero for that food item.** Points may still be awarded for the communication piece.
 - **Un-Servable Food:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness.

SAFETY (5 PTS)

- Moves safely around the kitchen (i.e. alerts other candidates when he/she is behind them or is close to them with knives and/or hot items)
- Safely handles knives
- Knives are properly sharpened
- Safely operates kitchen equipment

MISE EN PLACE, ORGANIZATION, AND CLEANLINESS (8 PTS)

- **Timely Menu Submission (1 pt)**
 - Submits two neatly typed menus to the Floor Judge each day before the start of the exam
- **Timeline/ Game Plan Preparation/ Utilization (1 pt)**
 - Prepares a timeline/game plan and references it throughout the day's production
 - Displays timeline/ game plan large enough to be viewed at a distance
- **Station Organization/ Cleanliness (5 pts)**
 - Keeps station free of clutter: only the food, tools, and equipment necessary for the current preparation is out.
 - Station is free of spills, crumbs, scraps, etc
 - Station is contained to designated area and does not impede the work of others
 - Works in an organized, methodical manner, transitioning smoothly between tasks
 - Exits the exam leaving the station neat and clean
 - Knife kit/ toolbox is clean and sanitary inside
- **Kitchen Organization/ Cleanliness (1 pt)**

- Contributes to the overall cleanliness and organization of the kitchen including the refrigerators, dish area, and floors

SANITATION PROCEDURE (1 PT EACH = 5 PTS)

- **Candidate Enters Exam Wearing the Proper Uniform**
 - Wears non-slip kitchen shoes (ie. Kitchen Clogs), Chef's Pants, Chef's Coat, Toque*, Apron*, Side Towel*, Pen, and Thermometer. (*provided)
 - Uniform is clean and properly maintained
 - Wears uniform at all times in the kitchen
- **Appropriate Use of Gloves**
 - Wears gloves when handling food items that are ready to eat, according to CIA policy
 - Wears gloves when plating food
- **Avoids Cross-Contamination**
 - Washes hands, cutting boards, knives, etc. when transitioning from fish to meat to vegetable or dairy preparation
 - Keeps all finished products away from raw ingredients
- **Maintaining Proper Food Temperatures**
 - Stores products properly and at the right temperatures according to ServSafe standards
- **Proper Recycling**
 - Uses the proper receptacles for the various types of waste

PROPER UTILIZATION OF INGREDIENTS AND LEFTOVERS (2 PTS EACH = 4 PTS)

- **Usable Trim**
 - Saves and properly stores trim that is still usable
- **Proper Storage**
 - Properly stores all food items. Food should be:
 - Wrapped
 - Labeled
 - Dated
 - Properly Shelved

TIMING OF SERVICE (-5 PTS TO 5 PTS)

- **Serves all items within allotted 15-minute window**
 - After the window closes, the candidate will have an additional 10-minute grace period to serve the food. However, 1 point per minute will be deducted, which can result in a negative score of -5 pts.
 - If both the 15-minute window and the 10-minute grace period are missed, the food will not be tasted until all other candidates have been evaluated.

COOKING TECHNIQUES, SKILLS, AND FUNDAMENTALS (8 PTS)

- **Equipment Usage (2 pts)**
 - Chooses appropriate equipment for each task
 - Uses equipment properly, according to its intended use
- **Knife Skills (3 pts)**
 - Uses the proper knife for each task
 - Demonstrates the proper cutting technique for each task
- **Cooking Technique (3 pts)**
 - Uses the proper technique for each task
 - Properly executes each technique

PROCHEF LEVEL I FLOOR SCORE SHEET: KNIFE SKILLS, EGG COOKERY, AND STOCK PREPARATION

Station #: _____

Judge: _____

Food is Servable: Y / N

Any food deemed **un-servable* by the Floor Judges will not be evaluated by the Tasting Judges. Candidate will receive a tasting score of **zero** for that food item.

Criteria	Scores	Total
Safety		
Demeanor/Equipment Operation/Knife Usage (5 pts)		/5
Mise en Place, Organization, and Cleanliness		
Timely Menu Submission (1 pt)		/8
Timeline/Game Plan Preparation/Utilization (1 pt)		
Station Organization/Cleanliness (5 pts)		
Kitchen Organization/Cleanliness (1 pt)		
Sanitation Procedure		
Proper Uniform (1 pt)		/5
Appropriate Use of Gloves (1 pt)		
Avoids Cross-Contamination (1 pt)		
Maintaining Proper Food Temperatures (1 pt)		
Proper Recycling (1 pt)		
Proper Utilization of Ingredients and Leftovers		
Usable Trim (2 pts)		/4
Proper Storage (2 pts)		
Timing of Service		
All food served within 15 min. window** (-5 pts to 5 pts)		/5
Cooking Techniques, Skills, and Fundamentals		
Equipment Usage (2 pts.)		/8
Knife Skills (3 pts.)		
Cooking Technique (3 pts.)		
Total Score		/35

Important Notes:

Un-Servable:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/ abuse that could cause illness. ***After your window closes, you will have an additional 10 minutes to serve your food. However, you will be deducted 1 point per minute, which can result in a negative score of -5 pts. If you miss both the 1-minute window and the 10-minute grace period, your food will not be tasted until all other candidates have been evaluated.

KNIFE SKILLS, EGG COOKERY, AND STOCK PREPARATION: GUIDELINES AND JUDGING FORM FOR TASTING SCORE SHEETS

KNIFE SKILLS (22 PTS)

- **Accuracy (5 pts each = 10 pts)**
 - Size: produces vegetable and fruit cuts that are standard classical size
 - Shape: produces fruit and vegetable cuts that are standard classical shape
- **Usage (4 pts each = 12 pts)**
 - Yield: produces the amount of product specified
 - Usable Trim: saves and properly stores trim that is still usable
 - Minimal Waste: produces a minimal amount of waste for the product generated

EGG COMPETENCY #1: FRENCH ROLLED OMELET (9 PTS)

- **Seasoning (2 pts)**
 - properly seasons eggs with salt and pepper
- **Presentation (1 pt)**
 - presents a neatly rolled omelet on a clean plate
- **Execution (2 pts each)**
 - Proper Procedure
 - properly mixes eggs
 - uses the proper cooking technique
 - Doneness/ Color: cooks the omelets to the proper doneness
 - Uniformity Across Portions: produces consistent products

EGG COMPETENCY #2: MOIST OR DRY HEAT (9 PTS)

- **Seasoning (2 pts)**
 - Properly seasons eggs with salt and pepper
- **Presentation (1 pt)**
 - Neatly presents the eggs on a clean plate or bowl
- **Execution (2 pts each)**
 - Procedure: properly executes the specified cooking technique
 - Doneness/ Color: cooks the eggs to the proper doneness for the specified cooking technique
 - Uniformity Across Portions: produces consistent products

STOCK (5 PTS EACH = 20 PTS)

- **Clarity**
 - Produces a stock which is clear, not cloudy
- **Color**
 - Produces a stock which is light gold in color
- **Aroma**
 - Produces stock smelling primarily of fresh fish with a background of mirepoix
- **Flavor**
 - Produces a stock which tastes primarily of fresh fish, with a background of mirepoix
 - Presents stock unsalted

COMMUNICATION (2.5 PTS EACH = 5 PTS)

- **Menu Discussion**
 - Intelligently and concisely describes and discusses the menu items
- **Discuss Positives/ Negatives of Execution**
 - Discusses the positive/ negative aspects of daily kitchen experience

PROCHEF LEVEL I

TASTING AND SKILL EVALUATION SHEET: KNIFE SKILLS, EGG COOKERY, AND STOCK PREPARATION

Station #: _____

Judge: _____

Criteria	Scores	Total
Knife Skills		
Accuracy: Size (5 pts)		/22
Accuracy: Shape (5 pts)		
Usage: Usable Trim (4 pts)		
Usage: Yield (4 pts)		
Usage: Minimal Waste (4 pts)		
Egg Competency #1: French Rolled Omelet		
Seasoning (2 pts)		/9
Presentation (1 pt)		
Execution: Proper Procedure (2 pts)		
Execution: Doneness/Color (2 pts)		
Execution: Uniformity Across Portions (2 pts)		
Egg Competency #2: Moist or Dry Heat		
Seasoning (2 pts)		/9
Presentation (1 pt)		
Execution: Proper Procedure (2 pts)		
Execution: Doneness/Color (2 pts)		
Execution: Uniformity Across Portions (2 pts)		
Stock		
Clarity (5 pts)		/20
Color (5 pts)		
Aroma (5 pts)		
Flavor (5 pts)		
Communication		
Menu Discussion (2.5 pts)		/5
Discuss Positives/Negatives of Execution (2.5 pts)		
Total Score		/65

Any food deemed **un-servable** by the Floor Judges will not be evaluated by the Tasting Judges. Candidate will receive a tasting score of **zero** for that food item. Points may still be awarded for the communication piece.

CULINARY FUNDAMENTALS: COMPETENCIES AND KEY TERMS

Use the following competencies and key terms to prepare for the practical exam.

COMPETENCIES

Successful candidates are able to...

- Demonstrate soup production:
 - Cream soup
 - Purée soup
 - Clear soup
- Demonstrate basic salads and salad dressing production:
 - Tossed salad with basic vinaigrette
 - Tossed salad with emulsified vinaigrette
 - Tossed salad with creamy dressing
- Demonstrate culinary fundamentals as applied to proteins, sauces, vegetables, starches, and grains
- Demonstrate effective organization, workmanship, and presentation
- Demonstrate proper safety and sanitation procedures

KEY TERMS

Al dente	Fines herbes	Purée soup
Béarnaise sauce	French fries	Reduction
Blanch	Fresh pasta	Rémoulade sauce
Boil	Glaze	Roast
Braise	Grand sauce	Robert sauce
Carryover cooking	Grill	Sauce vin blanc
Clear soup	Hollandaise sauce	Sauté
Cream soup	Jus/jus lié	Shallow poach
Creamy dressing	Nappé	Simple vinaigrette
Deep fry	Pan fry	Stew
Deep poach	Pan gravy	Tossed salad
Demi-glace	Pan steam	Tourné
Duchesse potatoes	Pilaf	Tranche
Emulsified vinaigrette	Poach	Truss
Emulsion	Purée	Velouté

CULINARY FUNDAMENTALS: PRACTICAL SKILLS GUIDELINES

OVERVIEW

Nine different menus have been designed for the Culinary Fundamentals Practical Examination. Each menu features a soup with a garnish, salad with a dressing, and entrée with sauce and accompaniments. You will be assigned three of these menus (one per day). You must prepare four portions of each course (one for use as a show plate, two for judging, and one for your meal).

SOUP

Over the course of the three days, each candidate will prepare a different style of soup (cream, purée, and clear). The specific type of soup will be assigned (i.e. cream of tomato soup). The soup must be appropriately garnished.

SALAD

Over the course of the three days, each candidate will have to prepare a tossed salad with a different style of salad dressing (simple vinaigrette, emulsified vinaigrette, and creamy dressing). The style of dressing will be assigned each day, but the specific recipe is at your discretion (i.e. if you are assigned creamy dressing, you may choose to prepare blue cheese dressing, creamy peppercorn dressing, etc.). A variety of lettuces will be available for your use; it is up to you to select the lettuce that is most appropriate to the application.

ENTRÉE

Over the course of the three days, each candidate will have to prepare an entrée with an assigned sauce and starch and vegetable accompaniment. All components, including the specific cooking methods, will be assigned (i.e. roasted chicken with pan gravy).

CULINARY FUNDAMENTALS

Use the following competencies and key terms to prepare for the practical exam.

COMPETENCIES

Successful candidates are able to...

- Demonstrate soup production:
 - Cream soup
 - Purée soup
 - Clear soup
- Demonstrate basic salads and salad dressing production:
 - Tossed salad with basic vinaigrette
 - Tossed salad with emulsified vinaigrette
 - Tossed salad with creamy dressing
- Demonstrate culinary fundamentals as applied to proteins, sauces, vegetables, starches, and grains
- Demonstrate effective organization, workmanship, and presentation
- Demonstrate proper safety and sanitation procedures

KEY TERMS

Al dente	Fines herbes	Purée soup
Béarnaise sauce	French fries	Reduction
Blanch	Fresh pasta	Rémoulade sauce
Boil	Glaze	Roast
Braise	Grand sauce	Robert sauce
Carryover cooking	Grill	Sauce vin blanc
Clear soup	Hollandaise sauce	Sauté
Cream soup	Jus/jus lié	Shallow poach
Creamy dressing	Nappé	Simple vinaigrette
Deep fry	Pan fry	Stew
Deep poach	Pan gravy	Tossed salad
Demi-glace	Pan steam	Tourné
Duchesse potatoes	Pilaf	Tranche
Emulsified vinaigrette	Poach	Truss
Emulsion	Purée	Velouté

CULINARY FUNDAMENTALS: PRACTICAL SKILLS GUIDELINES

OVERVIEW

Nine different menus have been designed for the Culinary Fundamentals Practical Examination. Each menu features a soup with a garnish, a salad with dressing, and an entrée with sauce and accompaniments. You will be assigned three of these menus (one per day). You must prepare four portions of each course (one for use as a show plate, two for judging, and one for your meal).

SOUP

Over the course of the three days, each candidate will prepare a different style of soup (cream, purée, and clear). The specific type of soup will be assigned (i.e., cream of tomato soup). The soup must be appropriately garnished.

SALAD

Over the course of the three days, each candidate will prepare a tossed salad with a different style of salad dressing (simple vinaigrette, emulsified vinaigrette, and creamy dressing). The style of dressing will be assigned each day, but the specific recipe is at your discretion (i.e., if you are assigned creamy dressing, you may choose to prepare blue cheese dressing, creamy peppercorn dressing, etc.). A variety of lettuces will be available for your use. It is up to you to select the lettuce that is most appropriate for the application.

ENTRÉE

Over the course of the three days, each candidate will prepare an entrée with an assigned sauce, starch, and vegetable accompaniment. All components, including the specific cooking methods, will be assigned (i.e., roasted chicken with pan gravy).

CULINARY FUNDAMENTALS: EVALUATION GUIDELINES FOR FLOOR SCORE SHEET

Food is Servable (Y/N)

- This criterion is evaluated strictly on a **yes/ no basis**; either the food is safe/servable, or it is not.
- The evaluators will determine if any food is **un-servable**. Food deemed un-servable will not be evaluated by the Tasting Evaluator. **The candidate will receive a tasting score of zero for that menu segment.** Points may still be awarded for the communication piece.
 - **Un-Servable Food:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness.

Mise en Place, Organization, and Cleanliness (7 pts)

- **Timely Menu Submission (1 pt)**
 - Submits *two* neatly typed menus to the Floor Evaluator to be judged each day before the start of the exam
- **Timeline/ Game Plan Preparation/Utilization (1 pt)**
 - Prepares a timeline/ game plan and references it throughout the day's production
 - Displays timeline/ game plan is large enough to be viewed at a distance
- **Station Organization/ Cleanliness (4 pts)**
 - Sets out only the food, tools, and equipment necessary for the current preparation
 - Knife kit/ toolbox is clean and sanitary inside
 - Keeps station free of clutter
 - Keeps station free of spills, crumbs, scraps, etc.
 - Contains station to the designated area and does not impede the work of others
 - Works in an organized, methodical manner transitioning smoothly between tasks
 - Exits the exam leaving station neat and clean
- **Kitchen Organization/ Cleanliness (1 pt)**
 - Contributes to the overall cleanliness and organization of the kitchen including the refrigerators, dish area, and floors

Safety (2 pts)

- Moves around the kitchen safely (i.e. alerts other candidates when he/she is behind them or is close to them with knives and/or hot items)

- Operates equipment safely
- Knives are properly sharpened
- Handles knives safely

Sanitation Procedure (1 pt each = 5 pts)

- **Proper Uniform**
 - Wears non-slip kitchen shoes (i.e. Kitchen Clogs), Chef's Pants, Chef's Coat, Toque*, Apron*, Side Towel*, Pen, and Thermometer. (*provided by the CIA)
 - Uniform is clean and properly maintained
 - Wears a uniform at all times in the kitchen
- **Appropriate Use of Gloves**
 - Wears gloves when handling food items that are ready to eat, according to CIA policy
 - Wears gloves when plating food
- **Avoiding Cross-Contamination**
 - Washes hands, cutting boards, knives, etc. when transitioning from fish to meat to vegetable or dairy preparation
 - Keeps all finished products away from raw ingredients
 - Uses a clean tasting spoon every time – no "double-dipping"
- **Maintaining Proper Food Temperatures**
 - Stores products properly and at the right temperatures according to ServSafe standards
- **Proper Recycling**
 - Uses the proper receptacles for the various types of waste

Cooking Techniques, Skills, and Fundamentals (14 pts)

- **Equipment Usage (2 pts)**
 - Chooses appropriate equipment for each task
 - Uses equipment properly, according to its intended use
- **Knife Skills (8 pts)**
 - Uses the proper knife for each task
 - Demonstrates the proper cutting technique for each task
- **Cooking Techniques (4 pts)**
 - Uses the proper technique for each task
 - Executes each technique properly

Proper Utilization of Ingredients and Leftovers (1 pts each = 2 pts)

- **Usable Trim**
 - Saves and stores trim that is still usable properly

- **Proper Storage**
 - Stores all food items properly
 - Ensures that leftover food is:
 - Wrapped
 - Labeled
 - Dated
 - Properly shelved

Timing of Service (-5 pts to 5 pts)

- Serves all items within allotted the 15-minute window
 - After the window closes, the candidate will have an additional 10-minute grace period to serve his/her food. However, 1 point per minute will be deducted, which can result in an additional negative score of 5 pts. off the final score. If the candidate misses both the 15-minute window and the 10-minute grace period, the food will not be tasted, and the candidate will be ineligible for certification at this time.

FLOOR SCORE SHEET

Candidate: _____ Evaluator: _____

Food is Servable: Y / N

Any food deemed **un-servable* by the Floor Evaluator will not be evaluated by the Tasting Judges. The candidate will receive a tasting score of **zero** for that menu segment.

Criteria	Scores	Total
Mise en Place, Organization, and Cleanliness		
Timely Menu Submission (1 pt)		/7
Timeline/Game Plan Preparation/Utilization (1 pt)		
Station Organization/Cleanliness (4 pts)		
Kitchen Organization/Cleanliness (1 pt)		
Safety		
Demeanor/Equipment Operation/Knife Usage (2 pts)		/2
Sanitation Procedure		
Proper Uniform (1 pt)		/5
Appropriate Use of Gloves (1 pt)		
Avoiding Cross-Contamination (1 pt)		
Maintaining Proper Food Temperatures (1 pt)		
Proper Recycling (1 pt)		
Cooking Techniques, Skills, and Fundamentals		
Equipment Usage (2 pts)		/14
Cooking Techniques (12 pts)		
Proper Utilization of Ingredients and Leftovers		
Usable Trim (1 pts)		/2
Proper Storage (1 pts)		
Timing of Service		
All food served within 15-min. window**		/5
Total Score		/35

Important Notes:

***Un-Servable:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness.

**Once your 15 minutes of service time ends you will lose 5 points, but you will be given an additional 10 minutes to serve your food. However, during this time, the floor evaluator will deduct 1 point per minute up to a maximum of 10 more points for late service. Once this 10-minute grace period ends, your food will not be tasted, and you will be ineligible for certification at this time.

CULINARY FUNDAMENTALS: EVALUATION GUIDELINES FOR TASTING SCORE SHEET

PRESENTATION (1 PT EACH = 5 PTS)

- **Functional Garnish**
 - Uses an edible garnish appropriate to the dish
- **Balance**
 - Selects ingredients and cooking techniques complementary to the assigned dish
- **Visual Appeal**
 - Unity: plate presents a cohesive unit
 - Focus: plate has an identifiable focal point
 - Flow: plate demonstrates flow from item to item
- **Plate Cleanliness**
 - Plate has nothing on the rim
- **Plate Temperature**
 - Hot food is plated on hot plates and cold food is plated on cold plates

TASTE (27 PTS)

- **Temperature (7 pts)**
 - Food items and plate are at the appropriate temperature:
 - Cold items are cold and served on cold plates
 - Hot items are hot and served on hot plates
- **Texture (6 pts)**
 - Dish has the appropriate texture (i.e. fried dishes are crispy, poached dishes are tender, etc.)
- **Aroma/Flavor Development (7 pts)**
 - Dish has an appealing aroma that stimulates the appetite
 - Dish exhibits proper flavor development through proper cooking techniques (i.e. grilled items have a slightly charred, smoky flavor, roasted items have proper browning which leads to depth of flavor, etc.)
- **Seasoning (7 pts)**
 - Properly seasons with salt and pepper and other seasonings where appropriate

COMPETENCY EXECUTION (28 PTS)

- **Soup Cookery**
 - **Ingredient Selection (2 pts)**
 - Selects the appropriate ingredients for the assigned soup
 - **Portion Size (2 pts)**

- Serves the appropriate amount of soup
- **Cooking Techniques (10 pts)**
 - Soup reflects the assigned technique
 - Soup was properly executed resulting in appropriate color, texture, and consistency
- **Preparation Techniques (4 pts)**
 - Knife cuts are of the appropriate size and shape
- **Plate Consistency (2 pts)**
 - Final products are consistent across the plates
- **Salad/ Dressing Preparation**
 - **Ingredient Selection (2 pts)**
 - Selects greens complementary to the assigned dressing
 - **Portion Size (2 pts)**
 - Serves the appropriate amount of salad
 - **Cooking Techniques (10 pts)**
 - Salad washed and dried properly
 - Dressing reflects the assigned style
 - Used the appropriate amount of dressing
 - **Preparation Techniques (4 pts)**
 - Knife cuts are of the appropriate size and shape
 - **Plate Consistency (2 pts)**
 - Final products are consistent across the plates
- **Entrée Preparation**
 - **Ingredient Selection (2 pt)**
 - Selects proper ingredients for assigned item
 - **Portion Size (2 pts)**
 - Plate has the proper balance of protein, starch, and vegetables
 - **Cooking Techniques (10 pts)**
 - Protein is properly cooked and reflects the assigned cooking method
 - Vegetable is properly cooked
 - Proper texture
 - Proper color
 - Starch is properly cooked
 - Sauce is of the proper consistency and served in the proper quantity
 - **Preparation Techniques (4 pts)**
 - Makes knife cuts that are the appropriate size and shape
 - Carves protein appropriately (if applicable)
 - **Plate Consistency (2 pts)**
 - Final products are consistent across the plates

COMMUNICATION (2.5 PTS EACH = 5 PTS)

- **Menu Discussion**
 - Describes and discusses the items on the menu intelligently and concisely
- **Discuss Positives/ Negatives of Execution**
 - Discusses the positive and negative aspects of daily experience in the kitchen

TASTING SCORE SHEET

Candidate: _____

Evaluator: _____

Food is Servable: Y / N

Important Notes: Any food deemed **un-servable* by the Floor Evaluator or Tasting Evaluator will not be evaluated by the Judges. The candidate will receive a tasting score of **zero** for that menu segment. Points may still be awarded for the communication piece.

<i>Culinary Fundamentals</i>				
Criteria	Score			Avg.
Presentation	Soup	Salad	Entrée	
Functional Garnish (1 pt)				
Balance (1 pt)				
Visual Appeal (1 pt)				
Plate Cleanliness (1 pt)				
Plate Temperature (1 pt)				
Totals:	/5	/5	/5	/5
Taste	Soup	Salad	Entrée	
Temperature (7 pts)				
Texture (6 pts)				
Aroma/Flavor Development (7 pts)				
Seasoning (7 pts)				
Totals:	/27	/27	/27	/27
Competency Execution	Soup	Salad	Entrée	
Ingredient Selection (2 pts)				
Portion Size (2 pts)				
Cooking/Prep. Techniques (22 pts)				
Plate Consistency (2 pts)				
Totals:	/28	/28	/28	/28
Communication	Soup	Salad	Entrée	
Menu Discussion (2.5 pts)				
Discuss Positives /Negatives of Execution (2.5 pts)				
Totals:	/5	/5	/5	/5
Total Score:	/65	/65	/65	/65

PROCHEF COMMUNITY TABLE

The following items will be made available to candidates during the exam.

<p style="text-align: center;"><u>Flours & Thickeners</u></p> <ul style="list-style-type: none"> • Arrowroot • Cornstarch • All-purpose flour • Bread flour • Cake flour • Durum flour 	<p style="text-align: center;"><u>Sweeteners</u></p> <ul style="list-style-type: none"> • Honey • Brown sugar • White sugar 	<p style="text-align: center;"><u>Nuts</u></p> <ul style="list-style-type: none"> • Almonds (whole, sliced, slivered) • Cashews • Hazelnuts • Peanuts • Pecans • Pine nuts • Walnuts 	<p style="text-align: center;"><u>Oils</u></p> <ul style="list-style-type: none"> • Canola oil • Olive oil • Extra virgin olive oil • Peanut oil • Sesame oil • Vegetable spray • Vegetable oil 	<p style="text-align: center;"><u>Vinegars</u></p> <ul style="list-style-type: none"> • Balsamic vinegar • Cider vinegar • Red wine vinegar • Rice vinegar • Sherry vinegar • Tarragon vinegar • White wine vinegar
<p style="text-align: center;"><u>Spices & Seasonings</u></p> <ul style="list-style-type: none"> • Saffron • Kosher salt • Standard salt • Assorted spices 	<p style="text-align: center;"><u>Condiments</u></p> <ul style="list-style-type: none"> • Currant jelly • Ketchup • Dijon mustard • Pommery mustard • Tabasco 	<p style="text-align: center;"><u>Wine & Spirits</u></p> <ul style="list-style-type: none"> • Apple Jack • Brandy • Burgundy wine • Chablis • Madeira • Marsala • Red Port • Sherry wine 	<p style="text-align: center;"><u>Stocks</u></p> <ul style="list-style-type: none"> • Brown veal stock • White beef stock • Chicken stock 	<p style="text-align: center;"><u>Dairy</u></p> <ul style="list-style-type: none"> • Butter (unsalted) • Buttermilk • Cream cheese • Eggs • Heavy cream • Mayonnaise • Parmesan cheese • Ricotta cheese • Skim milk • Whole milk • Sour cream • Yogurt
<p style="text-align: center;"><u>Breads & Miscellaneous Pantry Items</u></p> <ul style="list-style-type: none"> • French bread • Pullman bread • Breadcrumbs • Capers • Grape leaves • Crushed tomatoes • Tomato paste • Tomato purée 	<p style="text-align: center;"><u>Kitchen Produce</u></p> <ul style="list-style-type: none"> • Fresh garlic • Ginger • Red onions • Russet potatoes • Shallots • Yellow onions • Carrots • Celery • Lemons • Limes • Basil • Chives 	<p style="text-align: center;"><u>Kitchen Produce</u></p> <ul style="list-style-type: none"> • Belgian endive • Iceberg lettuce • Mesclun salad mix, field greens, spring salad mix (or assorted baby salad greens) • Radicchio • Romaine lettuce • Cucumbers • Radishes • Plum tomatoes • Cherry/ Grape tomatoes • Apples • Flat-leaf parsley • Rosemary • Thyme 	<p style="text-align: center;"><u>Freezer</u></p> <ul style="list-style-type: none"> • Corn niblets • Corn tortillas (yellow) • Flour tortillas • Petite peas • Phyllo dough • Puff pastry sheets • Spring roll wrappers • Wonton wrappers 	<p style="text-align: center;"><u>Meat Items</u></p> <ul style="list-style-type: none"> • Ham hocks • Bacon

WRITTEN EXAMINATION: EXAM OVERVIEW

PROCHEF LEVEL I WRITTEN EXAMINATIONS

- Food Safety and Sanitation
- Culinary Math
 - Weights and Measures
 - Recipe Conversion, Yield, and Ratios
 - Food Costing
- Fundamental Nutrition
- Product Identification

ADMINISTRATION AND TIMING

The written exam portion of the ProChef Certification test will be administered via our online distance learning portal. The written exams will open one week prior to the scheduled practical exam date. You will have one hour to complete each exam from the time you begin. The CIA uses SafeBrowser technology to help ensure academic honesty when taking tests remotely. Please be sure to follow the instructions and test the platform before taking your exams.

MAKE-UPS

You will be given an opportunity to retake up to two of the written examinations you did not pass. The scores for the original and make up exams will be averaged together. If the average of the two exams is below 65%, you will be ineligible for certification for the current assessment period. You may, however, reapply to take the ProChef Certification Exam at a future date.

FOOD SAFETY AND SANITATION: WRITTEN EXAM

The food safety and sanitation written examination contains a combination of 25 multiple choice and true/ false questions. Use the following list of competencies, key terms, and sample questions to prepare for the exam.

COMPETENCIES

Successful candidates are able to...

- Discuss food-borne illnesses, including populations at highest risk for contracting these illnesses and methods of prevention
- Identify and describe potential hazards to food safety including biological, physical, and chemical contaminants
- List and describe pathogens associated with various types of foods and state methods of prevention
- Identify common food allergens, allergy symptoms, and methods of prevention.
- Discuss procedures for safe food handling
- Outline and describe the steps in the flow of food
- Define key concepts that should be regulated in the flow of foods such as cross-contamination and time-temperature abuse
- Discuss guidelines for proper food cooking, cooling, storage, reheating, and holding
- Identify the steps in a HACCP plan

KEY TERMS

Antiseptic
At-Risk Groups
Bacteria
Bacterial Growth
Biological Hazard
Botulism
Chemical Hazard
Ciguatera Toxin
Clean
Contaminant
Cooling Procedures
Cross-Contamination
FAT TOM
FIFO
Food Allergen
Food Safety Management System
Food Storage Procedures
Food-Borne Illness
HACCP
Hand-Washing
Hepatitis
Infestation
Internal Cooking Temperature
Internal Storage Temperature
LIFO
Pathogen
Physical Hazard
Physical Hazard
Reheat
Rinse
Salmonellosis
Sanitize
Shellstock Tag
Shiga Toxin-Producing E. Coli
TCS
Temperature Danger Zone
Thawing
Time-Temperature Abuse
Toxin
Virus

SAMPLE QUESTIONS

- 1. Why are infants and young children at a higher risk contracting for food-borne illness?**
 - a. They are more likely to spend time in a hospital
 - b. Their immune systems are not yet fully developed
 - c. They are more likely to suffer allergic reactions
 - d. Their appetites are suppressed

- 2. Several people became ill with Bacillus Cereus Gastroenteritis after eating time-temperature abused rice. This result is an example of what?**
 - a. Cross-contamination
 - b. Food-borne illness
 - c. Food irradiation
 - d. Stationary phase

- 3. Which of the following is a seafood toxin?**
 - a. Botulism
 - b. Cyanide
 - c. Ciguatera
 - d. None of the above

- 4. Which of the following food-borne illnesses is a potential risk of eating raw shellfish?**
 - a. Hepatitis A
 - b. Salmonella
 - c. E-coli
 - d. Botulism

- 5. The potential to transmit food-borne illness ends after the food is fully cooked.**
 - a. True
 - b. False

- 6. Which is a TCS food?**
 - a. Saltines
 - b. Bananas
 - c. Sprouts
 - d. Coffee

7. Which of the following is a biological contaminant?

- a. Bones in a chicken fillet
- b. Ciguatera toxin in a red snapper
- c. Metal shavings in a can of peaches
- d. Tomato juice served in a pewter pitcher

8. Peanuts and soy products are dangerous for people with what condition?

- a. FAT TOM
- b. Food allergies
- c. Chemical sensitivity
- d. Poor personal hygiene

9. The proper internal cooking temperature served immediately is ____.

- a. 165°F
- b. 155°F
- c. 140°F
- d. 145°F

10. Which of the following is a safe and acceptable way to thaw a frozen 20 lb. turkey?

- a. Gradual thawing under refrigeration
- b. Under 120°F running water
- c. Thawing at room temperature
- d. In a kettle of cool water on the counter

11. All hot foods should be held at a temperature no less than ____.

- a. 115°F/ 46°C
- b. 125°F/ 52°C
- c. 135°F/ 57°C
- d. 155°F/ 68°C

12. How should a prep table be cleaned and sanitized?

- a. Spray with a cleaning solution, and then wipe with a sanitized cloth
- b. Spray with a sanitizing solution, rinse with clean water, and then dry
- c. Brush off loose dirt with a clean cloth, and then wipe or spray with a sanitizing solution
- d. Clean the surface, rinse the surface, sanitize the surface, and then allow the surface to air-dry

13. Handwashing is the most important part of personal hygiene.

- a. True
- b. False

14. Most regulations for foodservice operations are written at what level?

- a. City
- b. County
- c. State
- d. Federal

15. HACCP is a federally mandated program established and regulated by the FDA and USDA.

- a. True
- b. False

ANSWER KEY

- | | | |
|------|-------|-------|
| 1. b | 6. c | 11. c |
| 2. b | 7. b | 12. d |
| 3. c | 8. b | 13. a |
| 4. a | 9. d | 14. c |
| 5. b | 10. a | 15. b |

FUNDAMENTAL NUTRITION WRITTEN EXAM

The fundamental nutrition examination contains a combination of 25 multiple choice and true/ false questions. Use the following list of competencies, key terms, and sample questions to prepare for the exam.

COMPETENCIES

Successful candidates are able to...

- Discuss basic nutrition concepts.
- List the six classes of nutrients and describe the function of each.
- Identify foods that are a good source of each type of nutrient.
- Identify the three energy-yielding nutrients and state the number of calories per gram for each of these nutrients.
- Describe nutrient-dense and empty-calorie foods and list examples of each.
- Discuss the USDA Dietary Guidelines for Americans and list key recommendations.
- Identify the parts of a whole grain and provide examples of whole-grain products.
- List the three types of fatty acids and identify sources associated with each variety
- Identify fat-soluble and water-soluble vitamins.
- Compare and contrast vegan and vegetarian diets.
- Discuss concepts related to organic farming, sustainable agriculture, and other green initiatives.

KEY TERMS

Alcohol
Allergen
Amino Acid
Antioxidant
Calorie/Kilocalorie
Carbohydrate
Complete Protein
Complex Carbohydrate
Cholesterol
Dietary Guidelines for Americans
Empty-Calorie Food
Fat
Fats/Lipid
Fat-Soluble Vitamin
Fiber
Food Label
Heart Disease
Macronutrient
Micronutrients
Mineral
Monounsaturated Fatty Acid
Nutrient
Nutrient-Dense Food
Obesity
Oil
Omega-3 Fatty Acid
Organic Food
Phytochemicals
Polyunsaturated Fatty Acid
Saturated Fatty Acid
Simple Carbohydrate
Sodium
Sugar
Sustainable Agriculture
Trans Fatty Acid
Type 2 Diabetes
USDA
Vegan Diet
Vegetarian Diet
Vitamin
Water-Soluble Vitamin
Whole Grain

SAMPLE QUESTIONS

- 1. There are ____ calories in 1 gram of alcohol.**
 - a. 3
 - b. 4
 - c. 7
 - d. 9
- 2. If a food contains 8 grams of carbohydrates, 4 grams of protein, and 1 gram of fat, how many calories does it contain in total?**
 - a. 55
 - b. 57
 - c. 60
 - d. 70
- 3. People following a vegan diet do not consume cheese or other dairy-based products.**
 - a. True
 - b. False
- 4. The basic building blocks of proteins are ____.**
 - a. Micronutrients
 - b. Amino acids
 - c. Fatty acids
 - d. Enzymes
- 5. Which of the following fatty acids is the greatest contributor to heart disease?**
 - a. Saturated fatty acids
 - b. Trans fatty acids
 - c. Polyunsaturated fatty acids
 - d. Monounsaturated fatty acids
- 6. Which of the following is a good source of monounsaturated fatty acids?**
 - a. Olive oil
 - b. Sunflower oil
 - c. Soybean oil margarine
 - d. Shrimp

7. When whole grains are refined, the starchy part that remains comes from what part of the kernel?

- a. The germ
- b. The endosperm
- c. The bran
- d. The hull

8. Which of the following is not a good source of vitamin A?

- a. Sweet potatoes and carrots
- b. Spinach and broccoli
- c. Beef liver
- d. They are all good sources of vitamin A

9. How many milligrams of sodium are in one teaspoon of table salt?

- a. 4,000
- b. 2,300
- c. 1,200
- d. 1,800

10. Carbohydrates are necessary for the body to work efficiently and to fulfill its energy needs.

- a. True
- b. False

ANSWER KEY

- | | | |
|------|------|-------|
| 1. c | 5. b | 9. b |
| 2. b | 6. a | 10. a |
| 3. a | 7. b | |
| 4. b | 8. d | |

RECIPE CONVERSION, YIELD, AND RATIOS

WRITTEN EXAM

The recipe conversion, yield, and ratios written examination consists of 25 multiple choice questions. Use the following list of competencies, key terms, and sample questions to prepare for the exam.

COMPETENCIES

Successful candidates are able to...

- Determine recipe yields.
- Adjust recipe yields.
- Calculate ingredient quantities based on yield percentages.
- Calculate yield percentages for ingredients based on trim loss.
- Recognize and apply standard kitchen ratios.
- Evaluate purchasing information based on portion size, portion quantity, and yield information.

KEY TERMS

Portion Size	Recipe Yield
Purchasing Yield	Trim
Ratio	Yield
Recipe Conversion	Yield Percent
Recipe Conversion Factor (RCF)	

SAMPLE QUESTIONS

- 1. A recipe for soup makes 5 gallons and calls for 2 cups of tomato juice. You want to make thirty 6-ounce portions. How many cups of tomato juice should you use? (1 cup of soup is equal to 8 ounces)**
 - a. 0.57 cups
 - b. 1.42 cups
 - c. 0.71 cups
 - d. 2 cups
- 2. The basic ratio for custard is 4 parts milk, 2 parts egg, 1 part sugar. If you want to make 14 lb. 6 oz. of custard, how many ounces of milk should you use?**
 - a. 230 oz.
 - b. 32.86 oz.
 - c. 524.7 oz.
 - d. 131.4 oz.
- 3. You purchased 15 pounds of russet potatoes. After cleaning the potatoes, there are 3.75 pounds of peels. What is the yield percent?**
 - a. 25%
 - b. 75%
 - c. 11.25%
 - d. 80%
- 4. You are serving brunch for 25 people. Each person will be served an 8-oz. glass of cranberry juice. How many quarts of cranberry juice will you need to purchase?**
 - a. 6 quarts
 - b. 7 quarts
 - c. 12.5 quarts
 - d. 1.56 quarts
- 5. According to *The Professional Chef*, how many pounds of fish bones are required to make 1 gallon of fish stock?**
 - a. 6 lb.
 - b. 8 lb.
 - c. 11 lb.
 - d. 3 lb.

ANSWER KEY

1. a

3. b

5. c

2. d

4. b

WEIGHTS AND MEASURES WRITTEN EXAM

The weights and measures written examination consists of 25 multiple choice questions. Use the following list of competencies, key terms, and sample questions to prepare for the exam.

COMPETENCIES

Successful candidates are able to...

Convert between different units of weights and measures

- Convert from volume to volume measurements
- Convert from weight to weight measurements
- Convert from volume to weight measurements
- Convert from weight to volume measurements
- Convert from metric to standard measurements

KEY TERMS

Cup (C, c, cup)

Fluid Ounce (fl. oz.)

Gallon (G, Gal.)

Gram (g)

Kilogram (Kg)

Liter (L)

Milliliter (mL)

Ounce (oz.)

Pint (pt.)

Pound (lb, #)

Quart (qt.)

Quart (qt.)

Tablespoon (Tbsp., T)

Teaspoon (tsp., t)

Unit of Measurement

Volume

Weight

Weight Ounce (wt. oz.)

SAMPLE QUESTIONS

1. **3 teaspoons = _____ tablespoon(s)**

- a. 1 tablespoon
- b. 2 tablespoons
- c. $\frac{1}{2}$ tablespoon
- d. $\frac{1}{3}$ tablespoon

2. **11 cups = _____ pint(s)**

- a. 2.75 pints
- b. 11 pints
- c. $5 \frac{1}{2}$ pints
- d. 1.37 pints

3. **8 fl. oz. = _____ teaspoon(s)**

- a. 16 teaspoons
- b. 48 teaspoons
- c. 24 teaspoons
- d. 4 teaspoons

4. **5500 mL = _____ liter(s)**

- a. 5.5 liters
- b. 55 liters
- c. 550 liters
- d. 0.5 liters

5. **10 lb. = _____ wt. oz.**

- a. 16 wt. oz.
- b. 4.53 wt. oz.
- c. 4, 536 wt. oz.
- d. 160 wt. oz.

6. **100 kg = _____ g**

- a. 1 g
- b. 100,000 g
- c. 10 g
- d. 220 g

7. Given that 1 cup of cumin weighs 4 ounces, how much does 1 teaspoon of cumin weigh?

- a. 8 wt. oz.
- b. 0.08 wt. oz.
- c. 0.8 oz.
- d. 0.25 wt. oz.

8. Given that 1 tablespoon of allspice weighs 0.2 oz., how many tablespoons can be measured from a 2 oz. jar?

- a. 20 tablespoons
- b. 2 tablespoons
- c. 5 tablespoons
- d. 10 tablespoons

9. 150 g = _____ wt. oz.

- a. 5.29 wt. oz.
- b. 9.38 wt. oz.
- c. 4,253 wt. oz.
- d. 0.15 wt. oz.

10.4 lb. = _____ kg

- a. 4 kg
- b. 64 kg
- c. 1.81 kg
- d. 1,814 kg

ANSWER KEY

- | | | |
|------|------|-------|
| 1. a | 5. d | 9. a |
| 2. c | 6. b | 10. c |
| 3. b | 7. b | |
| 4. a | 8. d | |

FOOD COSTING WRITTEN EXAMINATION

You will receive a copy of the food costing examination on day one. It is a take-home exam. All materials are due back on the day indicated within your weekly schedule. Use the following list of competencies, key terms, and sample questions to prepare for the exam.

COMPETENCIES

Given the costing sheet, a recipe, a price list, and yield information, successful candidates will be able to...

- Determine the cost of individual ingredients within a recipe.
- Determine the total cost of a recipe.
- Determine the cost per portion of a recipe.
- Determine the selling price of a recipe.

KEY TERMS

As Purchased Price	Portion Size
As Purchased Cost (APC)	Product Yield Percentage
As Purchased Quantity (APQ)	Purchase Unit
Cost per Portion	Scaling Factor
Cost per Unit	Selling Price
Current Market Price	Total Cost
Edible Portion Quantity (EPQ)	Total Cost
Edible Purchased Cost (EPC)	Total Recipe Cost
Food Cost	Trim
Food Cost Percent (%)	Trim Loss Percentage
Number of Portions	Volume-to-Weight Conversion
Portion Cost	Yield Percentage

SAMPLE FOOD COST FORM AND SAMPLE QUESTIONS

Complete the following food cost form to determine the total recipe cost, cost per portion, and the selling price.

Menu Item: Southwest White Bean Stew Date: _____

Number of Portions: 10 Servings Portion Size: _____

Cost per Portion: _____ Selling Price: _____ Food Cost Percent: 25 %

Ingredients	Recipe Quantity (EP)			Cost			Total Cost
	Weight	Volume	Count	APC/Unit	Yield %	EPC/Unit	
1. Navy beans, dried	14 oz.			\$.47/lb.	100%		
2. Chicken stock		2 qt.		\$2.00/gal.	100%		
3. Bouquet garni			1 ea.	\$0.05 ea.	100%		
4. Garlic, chopped (1 cup = 4.6 oz.)		1.5 Tbsp.		1.73/lb.	88.1%		
5. Safflower oil (1 cup = 8 oz.)		2 tsp.		\$2.35/33.8 oz.	100%		
6. Red onion, diced	4 oz.			\$.40/lb.	90.6%		
7. Bell peppers, diced	4 oz.			\$.61/lb.	84.4%		
8. Jalapeno, seeded, diced	2 oz.			\$1.59/lb.	81.3%		
9. Garlic, minced	1 oz.			\$1.73/lb.	88.1%		
10. Cumin, ground (1 Tbsp. = .208 oz.)		1 Tbsp.		\$8.64#	100%		
11. Sherry vinegar		2 fl. oz.		\$3.54/33.8 oz.	100%		
12. Tomato concassé	4 oz.			\$1.73/lb.	78.4%		
13. Cilantro, chopped (1 bu = 2.8 oz.) (1 Tbsp. = 0.86 oz.)		2 Tbsp.		\$.32/bu.	46.4%		
Total Recipe Cost							

ANSWER KEY

1. \$.42
2. \$1.00
3. \$0.05
4. \$0.06
5. \$0.03
6. \$.12

7. \$.19
8. \$.25
9. \$.13
10. \$.12
11. \$.21
12. \$.56

13. \$.43
Total Cost: \$3.57
Cost per Portion: \$.357
Selling Price: \$1.428

PRODUCT IDENTIFICATION WRITTEN EXAM

The food safety written examination consists of identifying 25 multiple products. In addition, you will be required to answer one question about each item. Use the following list of competencies, key terms, and sample questions to prepare for the exam.

COMPETENCIES

Successful candidates are able to...

- Identify a variety of produce, cheese, grains, meat, poultry, and seafood items using commonly accepted foodservice terms
- Demonstrate a basic knowledge regarding the above products

KEY TERMS

Airline Chicken Breast	Cornmeal	Parsnip
Arugula	Dairy	Pistachios
Bacon	Dijon Mustard	Plum Tomato
Balsamic Vinegar	Eggplant	Poppy Seeds
Barley	English Cucumber	Pork Cutlet
Basil	Fennel	Portobello Mushroom
Bay Leaf	Feta	Powdered Sugar
Beef Sirloin	Fines Herbes	Prosciutto
Beef Strip Loin	Flat-Leaf Parsley	Radish
Beef Tenderloin	Frisée	Red Pepper Flakes
Bell Pepper	Garlic	Rolled Oats
Beet	Ginger	Romaine Lettuce
Belgian Endive	Grain	Russet Potato
Blue Cheese	Granulated Sugar	Saffron
Black Peppercorns	Grapefruit	Salmon Fillet
Boston Bibb Lettuce	Green Beans	Salt
Brie	Green Onion	Salt Pork
Broccoli	Habañero	Seed
Broccoli Rabe	Haricots Verts	Sesame Oil
Brown Rice	Honey	Sesame Seeds
Brown Sugar	Israeli Couscous	Shallot
Brussels Sprouts	Jalapeño Pepper	Short-Grain Rice
Butter	Leeks	Sole Fillet

Butternut Squash
Button Mushroom
Canadian Bacon
Carrot
Celery
Cheddar Cheese
Cherry Tomato
Chèvre
Chicken Stock
Chicken Supreme
Chickpeas
Chives
Cinnamon Stick
Clarified Butter
Cloves
Cod Fillet

Lentils
Loin
Long-Grain Rice
Maple Syrup
Molasses
Napa Cabbage
New Potatoes
Nut
Nutmeg
NY Strip Steaks
Olive Oil
Onion
Orange
Pancetta
Paprika
Parmesan Cheese

Sour Cream
Spinach
Split Peas
Spring Greens
Sugar Snap Peas
Swiss Chard
Swiss Cheese
Tarragon
Thyme
Turnip
Vegetable
Vegetable Oil
Walnuts
Wild Rice
Yellow Squash
Zucchini

SAMPLE QUESTIONS

(actual food products will be displayed for the exam)



1. Product Name: (1) _____. (True or False) This item is part of a standard bouquet garni. (2) _____.

2. Product Name: (1) _____. This item is commonly associated with a (2) _____ salad.



most



3. Product Name: (1) _____. (True or False) This item is a type of pasta. (2) _____.

4. Product Name: (1) _____.
(2) _____ causes this item to be "blue."



5. Product Name: (1) _____. (True of False) This item can be served without any further cooking. (2) _____.

ANSWER KEY

1. Product Name: (1) Bay Leaf. (True or False) This item is part of a standard bouquet garni. (2) True.
2. Product Name: (1) Romaine Lettuce. This item is most commonly associated with a (2) Caesar Salad.
3. Product Name: (1) Barley. (True or False) This item is a type of pasta. (2) False.
4. Product Name: (1) Gorgonzola, Roquefort, and/or Blue Cheese. (2) Mold causes this item to be "blue."
5. Product Name: (1) Bacon. (True of False) This item can be served without any further cooking. (2) False

MISE EN PLACE WORKSHEETS

MISE EN PLACE RECIPE WORKSHEET

Date: _____			
Recipe: _____			
Ingredient	Amount	Tool	Amount

Date: _____			
Recipe: _____			
Ingredient	Amount	Tool	Amount

DAY ONE PRODUCTION

ALL STUDENTS

KNIFE SKILLS, EGG COOKERY, AND STOCK PREPARATION: PRACTICAL GUIDELINES

KNIFE SKILLS

- **Mince** 5 Garlic Cloves
- **Mince** 3 Shallot Bulbs
- **Concassé** 3 Tomatoes
- **Suprême** 1 Orange or Grapefruit
- **Finely Chop** ¼ cup Parsley
- From 3 each 100 ct. Russet Potatoes, Produce:
 - Minimum of 4 **Tourné**
 - 2 oz. **Julienne**
 - 2 oz. **Brunoise**
 - 2 oz. **Bâtonnet**
 - 2 oz. **Small Dice**
- From 1 lb. Carrots, Produce:
 - Minimum of 4 **Tourné**
 - 1 cup **Oblique-Cut**
- From 1 Large Spanish Onion, Produce:
 - ½ Cup **Julienne**
 - ½ Cup **Small Dice**

EGG DISHES

- Produce 2 **French-Style (Rolled) Omelets** (3 eggs per portion)
- Produce, after random selection, ONE of the following egg dishes:
 - 2 Portions of **Poached** Eggs (2 Eggs per Portion)
 - 2 Portions of **Soft-Boiled** Eggs (2 Eggs per Portion)
 - 2 Portions of **Over-Easy** Eggs (2 Eggs per Portion)

STOCK

- Produce 1 Quart of **Fish Stock**

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Pan-Fried Pork Cutlets
White Bean Ragout
Brussel Sprouts with Bacon
Roasted Spaghetti Squash

TEAM TWO

Grilled Steak with Lemon Parsley Butter
Garlic Roasted Smashed Potatoes with Parsley and Oregano
Braised Red Cabbage

TEAM THREE

Poached Salmon with Béarnaise Sauce
Pearl Couscous
Sautéed Acorn Squash

TEAM FOUR

Roast Chicken with Pan Gravy
Whipped Potatoes
Tournéed Carrots

TEAM FIVE

Beer-Battered Deep-Fried Fish
Boiled Buttered Potatoes with Parsley
Steamed Broccoli with Roasted Garlic Butter

PAN-FRIED PORK CUTLETS

Yield: 6 Portions

Ingredients	Amounts
Pork, loin, trimmed, cut into six 3-oz. portions	1 ¼ lb.
Egg, whole	2 ea.
Water	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Breadcrumbs, dried	4 wt. oz.
Oil, vegetable	as needed
Lemon, cut into wedges	6 ea.

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of ¼-inch.
2. For the egg wash, in a small bowl, whisk together the egg and water.
3. At the time of service or up to 3 hours in advance, apply a standard breading to the pork: Blot the pork dry. Season with salt and pepper. Dredge the pork in the flour, dip in the egg wash, and dredge in the breadcrumbs. (Refrigerate if breaded in advance.)
4. Heat about ⅛-inch of oil in a large pan to 350°F.
5. Working in batches, add the breaded pork and pan fry on the first side until golden brown and crisp, about 2 minutes. Turn once and fry on the second side until it reaches an internal temperature of 160°F, 1 or 2 minutes.
6. Drain briefly on absorbent paper towels. Serve immediately with the lemon wedges.

WHITE BEAN RAGOUT

Yield: 6 portions

Ingredients	Amounts
Beans, white, dried	1 ½ cups
Oil, olive, extra virgin	3 Tbsp.
Garlic, minced	2 tsp.
Onion, yellow, minced	¾ cup
Tomato, paste	1 Tbsp.
Stock, vegetable	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large bowl of water, soak the beans overnight. Drain and reserve.
2. In a small rondeau over medium-low heat, heat the oil until it shimmers. Add the garlic and onions. Cook until tender and translucent, 3 to 5 minutes.
3. Add the tomato paste. Turn the heat down to low. Cook, stirring frequently, until the color deepens to a brick red, 3 to 5 minutes.
4. Add the white beans and enough stock to just cover. Cook over low heat, stirring frequently, for about 1 hour.
5. Season with salt and pepper to taste.
6. Serve on a heated platter.

BRUSSELS SPROUTS WITH BACON

Yield: 12 portions

Ingredients	Amounts
Brussels sprouts	3 lb.
Pork, bacon, slab, cut into lardons	4 wt. oz.
Oil, olive, extra virgin	2 Tbsp.
Shallot, large, minced	4 ea.
Wine, white, dry	1 ½ cups
Stock, chicken	1 cup
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

Method

1. Remove and discard any damaged or tough-looking leaves from the sprouts. Wash and wipe the sprouts dry with a paper towel. Cut them in half from bottom to top. Reserve.
2. In a heavy-bottomed pan, place the lardons and olive oil. Cook gently over medium-low heat, stirring to let the lardons brown and crisp evenly, about 5 minutes. Lift the lardons out of the pan with a slotted spoon and drain briefly on paper towels.
3. Increase the heat to medium-high. Add the shallots to the rendered bacon fat and cook until they are translucent, about 2 minutes.
4. Add the sprouts and cook, making sure the pieces spend some time face-down, until most have gotten some color, about 3 minutes. Remove the sprouts from the pan.
5. Remove the pan from the heat. Add the wine and return the pan to the heat. Reduce the liquid to about 1 cup.
6. Lower the heat to medium-low. Add the stock, salt, and pepper.
7. Return the sprouts to the pan. Cook, partially covered, until tender, about 20 minutes. To check for doneness, stick the tip of a paring knife into the core of one of the larger sprout halves; you should feel moderate resistance.

ROASTED SPAGHETTI SQUASH

Yield: 6 portions

Ingredients	Amounts
Squash, spaghetti, 3.5 lb., halved, seeded	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher, coarse	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	1 ½ Tbsp.
Red pepper flakes	½ tsp.
Cheese, Parmesan, grated	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	¾ cup
Oil, olive, extra virgin	1 ½ Tbsp.

Method

1. Preheat oven to 425°F.
2. Rub the cut surface of the squash with oil. Season with salt and pepper.
3. Line a rimmed baking sheet with parchment paper. Add about 2 ounces of water to pan to help steam the squash.
4. Place the squash cut side down and roast until tender, 15 to 20 minutes. (When tender, squash can be easily pierced with a fork.)
5. Remove from oven and allow the squash to cool, cut side down. Starting at the top of the squash and working inwards, gently scrape out the stringy strands with a fork. Transfer to a medium mixing bowl. Discard the skin.
6. Add the lemon juice, red pepper flakes, cheese, parsley, and the remaining oil and toss to mix.

Note: Roasting the squash cut side down keeps the flesh moist and prevents it from drying out.

GRILLED STEAK WITH LEMON PARSLEY BUTTER

Yield: 4 portions

Ingredients	Amounts
Beef, strip steak, boneless, 8 oz, 1 ½-in. thick	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon Parsley Butter (Recipe follows)	4 Tbsp.

Method

1. Let the steaks sit at room temperature for 20 minutes.
2. Preheat the broiler, grill, or grill pan to high heat.
3. Trim the steaks of any excess fat, leaving about ¼ inches around the edge. Brush the steaks with a bit of oil or compound butter and season them generously with salt.
4. Place the steaks on the grill, taking care not to overcrowd them. Cook until golden brown and slightly charred, 3 to 4 minutes. About halfway through cooking the first side, rotate the steaks 45 to 60 degrees to give them the classic cross-hatched grill marks.
5. Flip the steaks and cook them until they reach the desired doneness, 3 to 4 minutes. To check for doneness, insert an instant read thermometer into the thickest part of the steak, avoiding any bones or fat (Rare: 120°F, Medium Rare: 130°F, Medium: 135°F, Medium Well 140°F, Well Done 150°F)
6. Remove the steaks from the heat, cover them with foil, keep warm, and let them rest for 5 minutes.
7. To serve, top each steak with a tablespoon of Lemon Parsley Butter. Serve immediately.

LEMON PARSLEY BUTTER

Yield: ¾ cup

Ingredients	Amounts
Butter, unsalted, softened	½ cup
Lemon, juice, fresh	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. Combine the butter, lemon juice, and parsley in a bowl and mix until thoroughly combined.
2. On a sheet of plastic wrap, form the butter into a log and wrap tightly with the plastic wrap. Refrigerate until ready for use.

GARLIC-ROASTED SMASHED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

Ingredients	Amounts
Potato, yellow creamer, scrubbed	2 ¼ lb.
Oil, olive, extra virgin	⅓ cup
Bay leaf, dried	3 ea.
Oregano, ground	1 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	to taste
Garlic, minced	2 Tbsp.
Oregano, fresh, chopped	1 ½ Tbsp.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. Preheat oven to 375°F.
2. In a large saucepan over medium heat, cover the potatoes with water, and cook until tender, about 10 to 15 minutes.
3. Drain the potatoes and smash each potato using the backside of a metal spatula, pressing straight down, to flatten.
4. Toss the smashed potatoes with the olive oil, bay leaves, oregano, salt, and pepper in a large mixing bowl.
5. Transfer the oiled, seasoned potatoes to a hot skillet or sheet tray.
6. Place the skillet in the oven and roast for 15 to 20 minutes, stirring occasionally.
7. Add the garlic towards the end of the cooking process (5 to 10 minutes remaining in the cooking time) to prevent it from burning and creating a bitter flavor.
8. Garnish with the chopped oregano and parsley.

BRAISED RED CABBAGE

Yield: 6 portions

Ingredients	Amount
Pork, bacon, rind removed, med. diced	¼ lb.
Onion, yellow, thinly sliced	1 ½ cups
Juniper berries	2 ea.
Clove, whole	1 ea.
Bay leaf, dried	1 ea.
Cinnamon, stick	½ ea.
Apple, Fuji, peeled, sliced	1 ea.
Cabbage, red, finely shredded	2 lb.
Wine, red	⅓ cup
Vinegar, wine, red	⅓ cup
Sugar, brown	⅓ cup
Jelly, currant, red	2 ¼ Tbsp.
Cornstarch (Optional)	2 Tbsp.
Water (Optional)	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium-size, heavy-bottomed pot over medium heat, cook the bacon to render the fat and crisp the meat, 4 to 5 minutes.
2. Add the onions. Sweat until translucent, about 5 minutes.
3. For the sachet d'épices, place the juniper berries, clove, bay leaf and cinnamon stick onto a square of cheesecloth. Fold up the edges, and tie together with twine, forming a bundle. Add to the pot.
4. Add the apples, cabbage, wine, vinegar, sugar and jelly. Season with salt and pepper to taste. Mix to combine thoroughly. Bring the mixture to a simmer, then turn the heat to low. Cover and braise for 45 minutes to 1 hour.
5. If the sauce is too thin, create a cornstarch slurry: in a small bowl, whisk together the cornstarch and water. Stir as needed into the pot until the desired consistency is achieved.
6. Adjust the seasoning with salt and pepper to taste.

POACHED SALMON WITH BÉARNAISE SAUCE

Yield: 6 portions

Ingredients	Amounts
Court Bouillon (Recipe follows)	1 qt.
Salmon, steak, 5 oz.	6 ea.
Béarnaise Sauce (Recipe follows)	12 fl. oz.

Method

1. In a sautoir, heat the court bouillon to a bare simmer, (155°F - 165°F). Add the salmon and poach until the salmon is cooked through and reaches an internal temperature of 140°F.
2. Remove the salmon and keep moist with a little of the court bouillon.
3. When ready to serve, blot the fish dry and serve topped with the Béarnaise Sauce.

COURT BOUILLON

Yield: 1 quart

Ingredients	Amounts
Water, cold	40 fl. oz.
Vinegar, wine, white	2 fl. oz.
Salt, kosher	½ Tbsp.
Carrot, sliced	4 wt. oz.
Onion, yellow, sliced	8 wt. oz.
Celery, sliced	4 wt. oz.
Thyme, dried	1 pinch
Bay leaf, dried	1 ea.
Parsley, flat-leaf, stems, fresh	3 ea.
Peppercorns, black, whole	¼ tsp.

Method

1. In a heavy-bottomed stock pot, place the water, vinegar, salt, carrot, onion, celery, thyme, bay leaf, and parsley. Bring it to a boil, then lower to a simmer. Simmer at 180-185°F for 50 minutes.
2. Add the peppercorns and simmer for 10 minutes.
3. Strain. It may be used now or rapidly cooled and stored for later use.

BÉARNAISE SAUCE

Yield: 12 fluid ounces

Ingredients	Amounts
Peppercorns, black, cracked	¼ tsp.
Tarragon, dried	1 tsp.
Tarragon, stems, fresh, chopped	1 ea.
Vinegar, tarragon	2 ¼ Tbsp.
Wine, white, dry	1 Tbsp.
Water	2 ¼ Tbsp.
Egg, yolk	2 ¼ wt. oz.
Butter, clarified, warm (165°F)	9 fl. oz.
Tarragon, fresh, chopped	1 ¼ Tbsp.
Chervil, fresh, chopped	1 ½ tsp.
Salt, kosher	to taste

Method

1. In a small non-reactive saucepan, place the peppercorns, dried tarragon, tarragon stems, and vinegar. Reduce over medium heat until nearly dry.
2. Add the wine and water. Strain into a stainless-steel bowl.
3. Whisk in the egg yolks. Place over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added and the sauce thickens.
5. Add the chopped tarragon and chervil. Season with salt to taste.
6. The sauce is ready to serve, or it may be held warm for up to 2 hours.

PEARL COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Couscous, pearl	2 cups
Stock, vegetable, hot	4 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Tarragon, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Lemon, juice, fresh	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a 2-quart saucepan over medium heat. Add the pearl couscous. Sauté, stirring constantly, until well coated and aromatic, 2 to 3 minutes.
2. Add the stock and bring to a boil. Reduce the heat to medium-low and simmer until the pearl couscous is just tender, about 10 to 12 minutes.
3. Drain, if necessary, and return the pearl couscous to the pot.
4. Add the parsley, tarragon, rosemary, and lemon juice. Season with salt and pepper to taste.
5. Serve hot in a heated bowl.

SAUTÉED ACORN SQUASH

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	4 Tbsp.
Squash, acorn, peeled, seeded, med. diced	1 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, finely chopped	1 Tbsp.

Method

1. Heat the butter in a medium sauté pan over medium-high heat. Add the acorn squash in an even layer.
2. Sauté, stirring occasionally until lightly browned, about 10 minutes.
3. Season with salt and pepper to taste.
4. Add a splash of water and cover the pan. Lower the heat to medium. Cook until tender, about 10 minutes.
5. Garnish with the chopped parsley.

ROAST CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, wing tips removed	3 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Thyme, sprig, fresh	3 ea.
Rosemary, sprig, fresh	3 ea.
Bay leaf, dried	3 ea.
Butter, clarified	3 fl. oz.
Carrot, med. diced	1 cup
Celery, med. diced	1 cup
Onion, yellow, med. diced	1 cup
Flour, all-purpose	2 ½ Tbsp.
Stock, chicken	24 fl. oz.

Method

1. Preheat oven to 400°F.
2. Season the cavity of each chicken with salt and pepper. Place 1 sprig each of thyme and rosemary, and 1 bay leaf in each cavity.
3. Rub the skin with butter or oil and truss each chicken with twine.
4. Place the chickens, breast-side up, on a rack in a roasting pan. Scatter the wing tips in the pan.
5. Roast in the preheated oven, basting occasionally with butter, for 40 minutes.
6. Remove the pan from the oven. Scatter the carrot, celery, and onion (*mirepoix*) around the chicken. Roast until the thigh meat registers an internal temperature of 165°F in the thickest part, 30 to 40 minutes.
7. Remove the chickens from the roasting pan and let them rest, tented with foil.
8. For the pan gravy, place the roasting pan on the stovetop. Cook over medium heat until the mirepoix is browned and the fat is clear. Pour off all but 1 ½ fluid ounces of the fat.
9. Add the flour and cook out the roux for 4 to 5 minutes.
10. Whisk in the stock until the sauce is completely smooth. Simmer until the gravy reaches the proper consistency and flavor, 20 to 30 minutes. Degrease. Adjust the seasoning with salt and pepper to taste. Strain through a fine-mesh sieve.
11. Carve the chickens. Serve with the pan gravy.

Note: Vegetable oil can be substituted for the clarified butter.

WHIPPED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, russet	2 ½ lb.
Butter, unsalted, room temp.	½ cup
Milk, whole, hot	5 fl. oz.
Cream, heavy, hot	2 ½ fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Scrub, peel, and cut the potatoes into large pieces.
2. In a large pot of cold, salted water, place the potatoes. Bring it to a boil. Cook until tender enough to mash easily. Drain.
3. Return the potatoes to the pot. Dry over low heat until no more steam rises from them.
4. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.
5. Add the butter. Mix until incorporated.
6. Add the milk and cream. Mix to combine.
7. Season with salt and pepper to taste. With an electric mixer or by hand, whip the potatoes until just smooth and light.
8. Serve hot.

TOURNÉED CARROTS

Yield: 6 portions

Ingredients	Amounts
Carrot, tournéed	18 ea.
Butter, unsalted	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, finely chopped	1 Tbsp.

Method

1. Bring a large pot of salted water to a boil. Add the carrots. Blanch until tender but still crisp, 2 to 5 minutes.
2. Transfer to an ice bath to stop the cooking process. Drain well.
3. Heat the butter in a sauté pan over medium heat. Add the blanched carrots. Sauté until hot.
4. Season with salt and pepper to taste.
5. Garnish with the parsley immediately.

Note: Blanching is the technique of rapidly cooking vegetables in boiling water for a short period, followed by an immediate cool down in ice water. This method helps preserve the vibrant color, texture, and nutritional content of vegetables while enhancing their flavor.

BEER-BATTERED DEEP-FRIED FISH

Yield: 6 portions

Ingredients	Amounts
Hake, fillet, cut into 4-oz. portions	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	as needed
Flour, all-purpose	as needed
Beer Batter (Recipe follows)	22 fl. oz.
Oil, vegetable	as needed
Lemon, cut into wedges	6 ea.

Method

1. Heat deep-fryer to 350°F
2. Blot the fish fillets dry. Season with salt, pepper, and lemon juice.
3. Dredge the fish in the flour, shaking off any excess.
4. Dip the fish in the beer batter to coat, shaking off any excess.
5. Working in small batches, using tongs or a slotted spoon, lower the hake into the oil. Deep fry until lightly browned and cooked through.
6. Remove and drain on a wire rack.
7. Serve hot with the lemon wedges.

Note: Other firm white fish can be substituted for the hake.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
Flour, all-purpose	10 wt. oz.
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, whole, separated	1 ea.
Beer	16 fl. oz.

Method

1. In a medium bowl, place the flour, baking powder, and salt. Mix well to combine.
2. Add the egg yolk and the beer all at once. Whisk until very smooth. Keep chilled until service.
3. Just before service, whip the reserved egg white to soft peaks. Fold the whites into the batter.
4. Use immediately.

BOILED BUTTERED POTATOES WITH PARSLEY

Yield: 6 portions

Ingredients	Amounts
Potato, new, red, scrubbed	2 ¼ lb.
Butter, unsalted, melted, hot	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large pot, place the potatoes in enough cold, salted water to cover. Bring the water to a boil over high heat. Turn down the heat to a simmer. Cook the potatoes until they are tender, 15 to 20 minutes.
2. Drain the potatoes and return them to the pot. Place the pot over low heat until no more steam rises. Be sure the potatoes do not brown.
3. Toss the potatoes in the melted butter and parsley. Season with salt and pepper to taste.

STEAMED BROCCOLI WITH ROASTED GARLIC BUTTER

Yield: 6 portions

Ingredients	Amounts
Garlic, clove	2 ea.
Oil, olive, pure	2 Tbsp.
Lemon, juice, fresh	1 ½ fl. oz.
Butter, unsalted, softened	6 Tbsp.
Broccoli, cut into florets	1 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 400°F.
2. In a small bowl, place the garlic cloves and olive oil. Toss to coat the garlic in oil. Wrap the cloves in aluminum foil. Roast in the preheated oven until the cloves are soft and caramelized, 30 to 40 minutes. Cool. Mash the garlic. Reserve.
3. In a small pan over medium-high heat, reduce the lemon juice by half. Mix the reduced lemon juice, mashed garlic, and softened butter until thoroughly combined. Reserve at room temperature.
4. Arrange the broccoli in a perforated pan so that the pieces are not crowded. Place the pan in the steamer and steam for 5 to 7 minutes, or until the broccoli is tender but still firm to the bite (*al dente*).
5. In a large bowl, place the broccoli and lemon butter. Toss to coat the broccoli with the butter. Season to taste with salt and pepper.
6. Serve on a heated platter.

DAY THREE TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Sautéed Chicken with Fines Herbes Sauce
Fresh Egg Pasta
Grilled Zucchini
Seasonal Greens with Mustard Herb Vinaigrette

TEAM TWO

Beef Stew
Brown Rice Pilaf
Glazed Vegetables
Seasonal Greens with Creamy Black Peppercorn Dressing

TEAM THREE

Roast Sirloin of Beef with Jus Lie
Barley Pilaf
Grilled Zucchini
Seasonal Green with Thousand Island Dressing

TEAM FOUR

Beer-Battered Deep-Fried Fish
Boiled Potatoes with Parsley
Steamed Broccoli with Roasted Garlic Butter
Seasonal Greens with Balsamic Vinaigrette

TEAM FIVE

Poached Salmon with Béarnaise Sauce
Pearl Couscous
Sautéed Acorn Squash
Seasonal Greens with Creamy Black Peppercorn Dressing

SAUTÉED CHICKEN WITH FINES HERBES SAUCE

Yield: 6 portions

Ingredients	Amounts
Chicken, boneless, suprême, 7 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose (Optional)	2 wt. oz.
Butter, clarified	1 ½ fl. oz.
Shallot, minced	½ wt. oz.
Wine, white, dry	3 fl. oz.
Fines Herbes Sauce (Recipe follows)	12 fl. oz.

Method

1. Blot the chicken dry. Season with salt and pepper. Dredge in flour, if desired.
2. Heat the butter or oil in a large sauté pan over medium high heat until it is almost smoking. Sauté the chicken on the first side until golden brown, about 3 minutes.
3. Turn the chicken. Sauté until it is cooked through and reaches an internal temperature of 185°F. Remove the chicken from the pan, keep warm, and reserve.
4. Degrease the pan. Add the shallots. Sauté until they are translucent, about 1 minute.
5. Add the wine and deglaze the pan. Reduce until it is almost dry, about 3 minutes.
6. Add the Fines Herbes Sauce. Simmer briefly. Strain into a clean saucepan.
7. Adjust the seasoning with salt and pepper to taste.
8. Serve the chicken immediately with the sauce.

Note: Vegetable oil can be substituted for the clarified butter.

FINES HERBES SAUCE

Yield: 12 fluid ounces

Ingredients	Amounts
Stock, chicken	36 fl. oz.
Butter, clarified	½ fl. oz.
Shallot, minced	¼ wt. oz.
Wine, white, dry	4 fl. oz.
Fines Herbes (Recipe follows)	3 wt. oz.
Cream, heavy	4 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large saucepan, place the chicken stock. Bring it to a boil, then lower the heat to a simmer. Simmer, skimming as necessary, until the stock reduces by $\frac{2}{3}$.
2. Heat the butter in a saucepan over medium-high heat. Add the shallots. Sweat until translucent, 2 to 3 minutes.
3. Add the wine and the Fines Herbs. Simmer until nearly dry.
4. Add the reduced chicken stock. Bring it to a simmer and reduce slightly.
5. Add the cream. Simmer, skimming as needed, until the sauce achieves the desired flavor and consistency.
6. Season with salt and pepper to taste. Strain.

FINES HERBES

Yield: 3 ounces

Ingredients	Amounts
Chervil, leaves, fresh, chopped	$\frac{3}{4}$ wt. oz.
Chive, fresh, chopped	$\frac{3}{4}$ wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	$\frac{3}{4}$ wt. oz.
Tarragon, leaves, fresh, chopped	$\frac{3}{4}$ wt. oz.

Method

1. In a small bowl, place all the ingredients.
2. Mix well to combine.

Note: One of the classic French herb mixtures, fines herbes is a blend of fresh parsley, chives, chervil, and tarragon. Fines herbs are mild and subtle and are generally used in egg dishes, on poultry, and in salads.

FRESH EGG PASTA

Yield: 1 ½ pound

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Water	1 fl. oz.
Oil, vegetable (Optional)	1 fl. oz.

Method

1. In a large bowl, place the flour and salt. Mix to combine.
2. Make a well in the center of the flour. Place the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water until it resembles coarse meal. When pressed, the dough should form a cohesive mass.
3. Turn the dough out onto a floured work surface. Knead until the texture is smooth and elastic, 4 to 5 minutes.
4. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
5. Roll the pasta dough into thin sheets and cut into desired shapes by hand or with a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.
6. Bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 1 oz. of salt - the water should be noticeably salty, but not unpleasant. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is tender but still firm to the bite (*al dente*) Drain in a colander.

Variations: For each variation, the amount of flour may also need to be adjusted.

Spinach Pasta: Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Saffron Pasta: Steep 3 tsp. pulverized saffron threads in 1 fl. oz. hot water. Add to the eggs.

Citrus Pasta: Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 Tbsp. citrus for the water.

Curried Pasta: Add 2 to 4 tsp. curry powder to the flour.

Herbed Pasta: Add 2 to 3 oz. chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 tsp. cracked black peppercorns to the flour.

Red Pepper Pasta: Sauté 6 oz. puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Zucchini, cut on the bias	1 ½ lb.
Oil, olive, extra virgin	1 ½ fl. oz.
Garlic, minced	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Toss the zucchini with the oil, garlic, salt, and pepper. Marinate for 10 minutes.
3. Place the zucchini on the hot grill. Cook both sides until lightly charred and cooked through.
4. Serve on a heated platter.

SEASONAL GREENS WITH MUSTARD-HERB VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Vinegar, cider	4 fl. oz.
Mustard, Dijon	1 wt. oz.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Onion, powder	¼ tsp.
Garlic, powder	⅛ tsp.
Sugar, granulated	1 tsp.
Tarragon, fresh, chopped	1 tsp.
Chive, fresh, chopped	1 tsp.
Parsley, flat-leaf, fresh, chopped	1 tsp.
Salt, kosher	½ tsp.
Pepper, white, ground	¼ tsp.
Oil, olive, extra virgin	12 fl. oz.
Salad greens	1 ½ lb.

Method

1. For the dressing, in a small bowl, place the vinegar, mustard, parsley, onion powder, garlic powder, sugar, tarragon, chives, parsley, salt, and white pepper. Whisk to combine. Allow the flavors to blend for 5 minutes.
2. Gradually add the oil in a thin stream, while whisking constantly to incorporate. Adjust the seasoning with salt and pepper to taste.
3. In a large, chilled bowl, place the salad greens and enough dressing to lightly coat. Toss to combine.

BEEF STEW WITH RED WINE AND OLIVES

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	2/3 cup
Pork, salt pork, fresh, diced	1/2 lb.
Onion, yellow, peeled, quartered	3/4 lb.
Carrot, peeled, cut in thick rounds	2 ea.
Beef, shank, diced	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Wine, Burgundy	1 qt.
Onion, yellow, peeled, halved	1/2 ea.
Bay leaf, dried	1 ea.
Clove, whole	2 ea.
Thyme, sprig, fresh	2 ea.
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorn, black, whole	12 ea.
Orange, peel	1 ea.
Garlic, clove	6 ea.
Tomato, paste	1 Tbsp.
Stock, veal	2 qt.
Olive, Niçoise, pitted	1 1/4 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. Preheat oven to 350°F.
2. Heat the oil in a 6-quart stainless steel pot over medium heat. Add the salt pork and render the fat out of the pork, about 5 minutes.
3. Increase the heat to medium-high. Add the onions and carrots. Sauté until browned, about 5 minutes. Remove and reserve.
4. Dry the beef and season it with salt and pepper. Add the beef to the pot with the hot oil. Increase the heat to high. When all sides of the beef are browned, remove it from the pan and reserve.
5. Remove the grease from the pan. Add the wine, and deglaze, scraping any brown bits off of the bottom of the pan. Simmer the wine.

6. For the onion piqué, anchor the bay leaf to the onion by piercing it with both whole cloves.
7. For the bouquet garni, place the thyme, parsley, bay leaf and peppercorns into a piece of cheesecloth. Fold up the edges of the cheesecloth and tie them together with kitchen twine to form a bundle.
8. Return the salt pork, vegetables, and beef to the pan. Add the garlic, onion piqué, bouquet garni, orange peel and tomato paste. Fill the pot with stock to cover the ingredients. Return the pot to a simmer.
9. Cover and cook in the preheated oven until the meat is tender but not falling apart, about 2 hours. Turn the pieces of meat once or twice as they cook.
10. Transfer the cooked meat to a serving dish, cover, and keep warm.
11. Strain the braising liquid into a saucepan, reserving the vegetables and the salt pork. Discard the bouquet garni, orange peel and onion piqué. Add the salt pork to the beef on the platter.
12. In a food processor, purée the vegetables until very smooth, then set aside.
13. Remove the fat from the top of the braising liquid, heat over medium heat, and reduce the liquid to 1 pint.
14. Whisk in the puréed vegetables and add the olives. Adjust the seasoning with salt and pepper.
15. Pour the sauce over the meat and garnish with the parsley. Serve with the Macaroni in Braising Liquid.

Source: Adapted from *New Menus from Simca's Cuisine* by Simone Beck, Michael James

BROWN RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Onion, yellow, minced	$\frac{3}{4}$ cup
Rice, long-grain, brown	1 $\frac{1}{3}$ cups
Stock, vegetable	27 fl. oz.
Parsley, dried	$\frac{1}{4}$ cup
Thyme, dried	2 Tbsp.
Bay leaf, dried	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a heavy-gauge pot over medium heat. Add the onions and cook, stirring frequently, until tender and translucent, 5 to 6 minutes.
2. Add the rice and stock. Bring it to a simmer, stirring to prevent the rice from clumping together or sticking to the bottom of the pot.
3. For the bouquet garni, place the parsley, thyme, and bay leaf in the middle of a square of cheesecloth. Tie the bundle together with cooking twine.
4. Add the bouquet garni, salt, and pepper. Turn down the heat to low, cover the pot, and cook until the grains are tender but still firm to the bite (*al dente*), 40 to 45 minutes.
5. Let the rice rest, covered, for 5 minutes. Uncover and fluff with a fork.

Note: The rice can also be cooked in a 350°F oven.

GLAZED ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Sugar, granulated	2 Tbsp.
Stock, chicken, hot	6 fl. oz.
Carrot, oblique cut	½ lb.
Parsnip, oblique cut	½ lb.
Turnip, oblique cut	½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

Method

1. Bring a large pot of salted water to a boil. Add the carrot. Blanch until tender but still crisp, 2 to 5 minutes. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
2. Repeat the same process to blanch the parsnips and turnips.
3. In a sauté pan, place the butter, sugar, and chicken stock. Bring it to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.
4. When ready to serve, toss the blanched vegetables in the glaze over medium heat to coat and heat through.
5. Adjust the seasoning with salt and pepper to taste. Garnish with the parsley.

Note: Blanching is the technique of rapidly cooking vegetables in boiling water for a short period, followed by an immediate cooldown in ice water. This method helps preserve the vibrant color, texture, and nutritional content of vegetables while enhancing their flavor.

SEASONAL GREENS WITH CREAMY BLACK PEPPERCORN DRESSING

Yield: 6 portions

Ingredients	Amounts
Garlic, clove	½ wt. oz.
Mayonnaise	16 fl. oz.
Cheese, Parmesan, grated	1 ½ wt. oz.
Anchovy, paste	1 wt. oz.
Salt, kosher	½ tsp.
Peppercorns, black, coarsely ground	1 Tbsp.
Salad greens	1 ½ lb.

Method

1. In a mortar and pestle, mash the garlic cloves to a paste.
2. In a small bowl, place the mashed garlic, mayonnaise, Parmesan, anchovy paste, salt, and peppercorns. Whisk to combine. Adjust the seasoning to taste.
3. In a large, chilled bowl, place the greens and enough dressing to lightly coat. Toss to combine.

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 6 portions

Ingredients	Amounts
Beef, sirloin, boneless, tied at 1-in. intervals	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Onion, yellow, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato, paste	2 Tbsp.
Stock, veal, brown	2 1/2 cups
Cornstarch	1 tsp.
Water	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Season the beef generously with salt and pepper.
3. Heat enough oil to create a film in a large sauté pan over medium-high heat. Add the beef and brown it on all sides.
4. Transfer the beef to a rack set in a roasting pan. Add the onions, carrots, and celery to the bottom of the pan.
5. Roast the beef in the preheated oven until it is medium-rare (125°F internal temperature), about 1 hour.
6. Transfer the beef to a cutting board. Cover it loosely with foil. Allow it to rest for 20 minutes.
7. For the jus, pour off the fat from the roasting pan, leaving 1 tablespoon. Add the tomato paste. Place the pan on the stove top over medium heat and cook, stirring often, until the vegetables and tomato paste are caramelized, 3 to 5 minutes.
8. Add the stock. Stir and scrape the bottom of the pan with a wooden spoon to deglaze.
9. In a small bowl, whisk together the cornstarch and water to form a slurry. Whisk it into the sauce.
10. Bring the pan to a boil over medium heat. As soon as the sauce thickens, remove the pan from the heat and strain. Season with salt and pepper to taste.
11. Remove the string from the meat and slice. Serve on a heated platter with the jus.

BARLEY PILAF

Yield: 2 pounds

Ingredients	Amounts
Onion, yellow, med. diced	10 wt. oz.
Garlic, minced	$\frac{3}{4}$ wt. oz.
Stock vegetable (Divided)	2 qt.
Barley, pearled	21 wt. oz.
Bay leaf, dried	2 ea.
Thyme, fresh, chopped	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Salt, kosher	$\frac{1}{2}$ tsp.

Method

1. Preheat oven to 350°F.
2. In a medium saucepan, add the onions, garlic, and a small amount of stock. Sweat the onions until they are translucent.
3. Add the barley, bay leaves, and remaining stock. Bring the liquid to a boil and cover the pot tightly.
4. Cook in the preheated oven until the barley is tender and has absorbed all the liquid, about 45 minutes.
5. Just before serving, stir in the thyme, parsley, and salt.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Zucchini, cut on the bias	1 ½ lb.
Oil, olive, extra virgin	1 ½ fl. oz.
Garlic, minced	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat a gas grill to medium-high; leave one burner off. If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. In a large bowl, place the zucchini, oil, garlic, salt, and pepper. Marinate for 10 minutes.
3. Place the zucchini on the hot grill. Cook until lightly charred and cooked through, turning once to cook on both sides.
4. Serve on a heated platter.

BEER-BATTERED DEEP-FRIED FISH

Yield: 6 portions

Ingredients	Amounts
Hake, fillet, cut into 4-oz. portions	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	as needed
Flour, all-purpose	as needed
Beer Batter (Recipe follows)	22 fl. oz.
Oil, vegetable	as needed
Lemon, cut into wedges	6 ea.

Method

1. Heat deep-fryer to 350°F
2. Blot the fish fillets dry. Season with salt, pepper, and lemon juice.
3. Dredge the fish in the flour, shaking off any excess.
4. Dip the fish in the beer batter to coat, shaking off any excess.
5. Working in small batches, using tongs or a slotted spoon, lower the hake into the oil. Deep fry until lightly browned and cooked through.
6. Remove and drain on a wire rack.
7. Serve hot with the lemon wedges.

Note: Other firm white fish can be substituted for the hake.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
Flour, all-purpose	10 wt. oz.
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, whole, separated	1 ea.
Beer	16 fl. oz.

Method

1. In a medium bowl, place the flour, baking powder, and salt. Mix well to combine.
2. Add the egg yolk and the beer all at once. Whisk until very smooth. Keep chilled until service.
3. Just before service, whip the reserved egg white to soft peaks. Fold the whites into the batter.
4. Use immediately.

BOILED BUTTERED POTATOES WITH PARSLEY

Yield: 6 portions

Ingredients	Amounts
Potato, new, red, scrubbed	2 ¼ lb.
Butter, unsalted, melted, hot	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large pot, place the potatoes in enough cold, salted water to cover. Bring the water to a boil over high heat. Turn down the heat to a simmer. Cook the potatoes until they are tender, 15 to 20 minutes.
2. Drain the potatoes and return them to the pot. Place the pot over low heat until no more steam rises. Be sure the potatoes do not brown.
3. Toss the potatoes in the melted butter and parsley. Season with salt and pepper to taste.

STEAMED BROCCOLI WITH ROASTED GARLIC BUTTER

Yield: 6 portions

Ingredients	Amounts
Garlic, clove	2 ea.
Oil, olive, pure	2 Tbsp.
Lemon, juice, fresh	1 ½ fl. oz.
Butter, unsalted, softened	6 Tbsp.
Broccoli, cut into florets	1 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 400°F.
2. In a small bowl, place the garlic cloves and olive oil. Toss to coat the garlic in oil. Wrap the cloves in aluminum foil. Roast in the preheated oven until the cloves are soft and caramelized, 30 to 40 minutes. Cool. Mash the garlic. Reserve.
3. In a small pan over medium-high heat, reduce the lemon juice by half. Mix the reduced lemon juice, mashed garlic, and softened butter until thoroughly combined. Reserve at room temperature.
4. Arrange the broccoli in a perforated pan so that the pieces are not crowded. Place the pan in the steamer and steam for 5 to 7 minutes, or until the broccoli is tender but still firm to the bite (*al dente*).
5. In a large bowl, place the broccoli and lemon butter. Toss to coat the broccoli with the butter. Season to taste with salt and pepper.
6. Serve on a heated platter.

SEASONAL GREENS WITH BALSAMIC VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Vinegar, wine, red	2 fl. oz.
Vinegar, balsamic	2 fl. oz.
Mustard, Dijon	1 tsp.
Oil, olive, extra virgin	12 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salad greens	1 ½ lb.

Method

1. In a small bowl, place the red wine and balsamic vinegar and mustard. Whisk to combine.
2. Gradually add the oil in steady stream, whisking constantly.
3. Season with salt and pepper to taste.
4. In a chilled bowl, place the greens and enough dressing to lightly coat. Toss to combine.

PEARL COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Couscous, pearl	2 cups
Stock, vegetable, hot	4 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Tarragon, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Lemon, juice, fresh	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a 2-quart saucepan over medium heat. Add the pearl couscous. Sauté, stirring constantly, until well coated and aromatic, 2 to 3 minutes.
2. Add the stock and bring to a boil. Reduce the heat to medium-low and simmer until the pearl couscous is just tender, about 10 to 12 minutes.
3. Drain, if necessary, and return the pearl couscous to the pot.
4. Add the parsley, tarragon, rosemary, and lemon juice. Season with salt and pepper to taste.
5. Serve hot in a heated bowl.

POACHED SALMON WITH BÉARNAISE SAUCE

Yield: 6 portions

Ingredients	Amounts
Court Bouillon (Recipe follows)	1 qt.
Salmon, steak, 5 oz.	6 ea.
Béarnaise Sauce (Recipe follows)	12 fl. oz.

Method

1. In a sautoir, heat the court bouillon to a bare simmer, (155°F - 165°F). Add the salmon and poach until the salmon is cooked through and reaches an internal temperature of 140°F.
2. Remove the salmon and keep moist with a little of the court bouillon.
3. When ready to serve, blot the fish dry and serve topped with the Béarnaise Sauce.

SAUTÉED ACORN SQUASH

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	4 Tbsp.
Squash, acorn, peeled, seeded, med. diced	1 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, finely chopped	1 Tbsp.

Method

1. Heat the butter in a medium sauté pan over medium-high heat. Add the acorn squash in an even layer.
2. Sauté, stirring occasionally until lightly browned, about 10 minutes.
3. Season with salt and pepper to taste.
4. Add a splash of water and cover the pan. Lower the heat to medium. Cook until tender, about 10 minutes.
5. Garnish with the chopped parsley.

SEASONAL GREENS WITH CREAMY BLACK PEPPERCORN DRESSING

Yield: 6 portions

Ingredients	Amounts
Mayonnaise	16 fl. oz.
Cheese, Parmesan, grated	1 ½ wt. oz.
Anchovy, paste	1 wt. oz.
Garlic, mashed to a paste	½ wt. oz.
Salt, kosher	½ tsp.
Peppercorns, black, coarsely ground	1 Tbsp.
Salad greens	1 ½ lb.

Method

1. In a small bowl, place the mayonnaise, parmesan, anchovy paste, garlic, salt, and peppercorns. Whisk to combine.
2. Adjust the seasonings to taste.
3. In a large, chilled serving bowl, place the greens and enough dressing to lightly coat. Toss to combine.

RECIPE INDEX

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

These Materials Were Developed at the Culinary Institute of America.

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