



**CIA ProChef**  
Culinary Institute of America

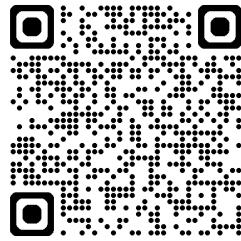
**USAF**

***ProChef® Certification Program***  
**Level I Exam Prep Class**



CIA Consulting Department, Hyde Park, New York

Scan the QR code for downloadable course content and a brief class survey:



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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,

A handwritten signature in black ink that reads "David Kamen". The signature is fluid and cursive.

David Kamen '88 MBA PC<sup>III</sup>  
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](http://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
  - Long hair should be pinned up and worn under a hair net

# COURSE SYLLABUS

## DAY ONE

- ☑ Lecture
  - Overview of the Week
  - Mise en Place
  - Knife Skills
  - Stocks
  - Soups
  - Eggs
  - Salads
  - Dressings
  - Quiz
- ☑ Kitchen Production Exercise (Individual Work)
  - Knife Skills
  - Stock Production
  - Egg Cookery
  - Salads and Dressings
  - Review and Critique

## DAY TWO

- ☑ Lecture
  - Review of Cooking Principles
    - Dry-Heat Cooking Techniques
  - Quiz
- ☑ Kitchen Production Exercise (Students will Work in Teams)
  - Two-Course Menu Execution
  - Four Portions Each of Soup and Entrée with Accompaniments
  - 3 Hour Timeframe with Additional 20 Minutes for Service
  - Review and Critique

## DAY THREE

- ☑ Lecture
  - Moist-Heat Cooking Techniques
  - Combination Cooking Techniques
  - Quiz
- ☑ Kitchen Production Exercise (Students will Work in Teams)
  - Two-Course Menu Execution
  - Four Portions Each of Soup and Entrée with Accompaniments

- 3 Hour Timeframe with Additional 20 Minutes for Service
- Review and Critique

## **DAY FOUR**

- ☑ Lecture
  - Key Term Review
- ☑ Kitchen Production Exercise (Students will Work in Teams)
  - Two-Course Menu Execution
  - Four Portions Each of Soup and Entrée with Accompaniments
  - 3 Hour Timeframe with Additional 20 Minutes for Service
  - Review and Critique

## **DAY FIVE**

- ☑ Kitchen Production Exercise (Individual Work)
  - Three-Course Menu Execution
  - Four Portions Each of Soup, Salad, and Entrée with Accompaniments
  - 3 Hour Timeframe with Additional 20 Minutes for Service
  - Review and Critique

# DAILY PRODUCTION ASSIGNMENTS

## DAY ONE: INDIVIDUAL WORK

- Knife Cuts
  - From 3 each 100 ct. Russet Potatoes, Produce
    - Minimum of 4 Tourné
    - 2 oz. Julienne
    - 2 oz. Brunoise
    - 2 oz. Batonette
    - 2 oz. Small Dice
  - From 2 lb. Cello Carrots, Produce:
    - Minimum of 4 Tourné
    - 1 Cup Oblique-Cut
    - 1 Cup Rondelles
  - From 1 Large Spanish Onion, Produce:
    - ½ Cup Julienne
    - ½ Cup Small Dice
  - Concassé 3 Tomatoes
  - Mince 5 Garlic Cloves
  - Mince 3 Shallots
  - Suprême 1 Orange and 1 Grapefruit each
  - Finely Chop ¼ Cup Parsley
- Egg Cookery
  - Produce one French-Style Omelet and 2 portions of the following egg dishes:
    - 4 Poached Eggs
    - 4 Soft-Cooked Eggs
    - 4 Over-Easy Eggs
- Produce 2 Quarts Fish Stock
- Produce 4 Portions of Tossed Salad with Assigned Dressing
- Dressing Assignments
  - Students # 1 to 5: Simple and Emulsified Vinaigrette
  - Students # 6 to 10: Simple and Emulsified Vinaigrette
  - Students # 11 to 16: Emulsified Vinaigrette and Creamy Dressing

## DAY TWO: GROUP WORK

<b>Team #</b>	<b>Soup</b>	<b>Entrée and Sauces</b>	<b>Accompaniments</b>
1	Cream of Cauliflower Soup with Garnish	Roast Chicken with Pan Gravy and Minced Herbs	Rondelle Glazed Carrots Sautéed Broccolini Whipped Potatoes
2	Cream of Broccoli Soup with Garnish	Roast Strip Loin of Beef with Jus Lié, Garnished with Minced Herbs	Steamed Broccoli Tourne Glazed Carrots Duchesse Potatoes
3	Cream of Tomato Soup with Garnish with Small Dice Croutons	Roast Chicken with Pan Gravy Garnished with Minced Herbs	Sautéed Haricots Verts Batonette Glazed Turnips Tourne Parslied New Potatoes
4	Cream of Chicken Soup with Garnish Small Dice Vegetable	Roast Strip Loin of with Beef Jus Lié and Minced Herbs	Sautéed Sugar Snap Peas Twice-Baked Potatoes Sautéed Mushrooms
5	Cream of Mushroom Soup with Garnish	Roast Chicken with Pan Gravy Garnished with Minced Herbs	Sautéed Spinach Steamed Cauliflower Potato Gratin

## DAY THREE: GROUP WORK

<b>Team #</b>	<b>Soup</b>	<b>Entrée and Sauces</b>	<b>Accompaniments</b>
1	Senate Bean Soup with Garnish Small Dice Vegetable	Sautéed Chicken Breast aux Minced Fines Herbs Deep-Fried Battered Cod with Rémoulade Sauce	Braised Fennel Batonette French Fried Potatoes
2	Purée of Green Split Pea Soup with Garnish Small Dice Vegetable	Pan-Fried Veal or Pork Scaloppini with Sauce Robert Deep-Fried Chicken with Country Gravy	Braised Collard Greens Rice Pilaf
3	Purée of Lentil Soup with Garnish Small Dice Vegetable	Pan-Fried Chicken Breast with Herb Sauce Grilled Salmon Fillet with Herb Compound Butter	Sautéed Batonette Red and Yellow Peppers Barley Pilaf, Garnished with Small Dice Vegetable
4	Purée of Black Bean Soup with Garnish Small Dice Vegetable	Sautéed Turkey Breast with Minced Herb Sauce Pan-Fried Scallops with Rémoulade Sauce	Sautéed Asparagus or Green Beans (seasonal) Garnished with Tomato Concasse Croquette Potatoes
5	Purée of Yellow Spilt Pea Soup with Garnish Small Dice Vegetable	Pan-Fried Pork Scaloppini with Herb Sauce Deep-Fried Battered Flounder with Rémoulade Sauce	Sautéed Brussels Sprouts with Brunoise Bacon Tourne Parslied New Potatoes

## DAY FOUR: GROUP WORK

Team #	Soup	Entrée and Sauces	Accompaniments
1	Onion Soup with Garnish	Beef Stew with Batonette Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Sole with Pan Sauce (using cuisson)	Grilled Red Peppers Buttered Fresh Egg Pasta with Minced Herbs
2	Chicken Noodle Soup with Garnish	Beef Stew with Classical-Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Flounder with Pan Sauce (using cuisson)	Grilled Vegetables Israeli Couscous Pilaf Garnished with Minced Herbs
3	Vegetable Soup with Garnish of Small Dice Vegetable	Beef Stew with Tourne Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Scallops with Pan Sauce (using cuisson)	Grilled Zucchini Quinoa Pilaf Garnish with Minced Herbs
4	Consommé with Garnish of Julienne Vegetable	Beef Stew with Batonette Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Bass with Pan Sauce (using cuisson)	Sautéed Bok Choy Buttered Fresh Egg Pasta with Minced Herb
5	Beef Barley Soup with Garnish of Small Dice Vegetable	Beef Stew with Tourne Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Cod with Pan Sauce (using cuisson)	Grilled Eggplant Brown Rice Pilaf

# DAY FIVE

## INDIVIDUAL WORK; TAKING THE EXAM

### OVERVIEW AND GENERAL INFORMATION

The ProChef Level I Exam evaluates the competency of candidates interested in achieving Pro Chef Level I Certification through The Culinary Institute of America. The certification process is divided into two segments; written testing, and practical testing. Additional details pertaining to the written exams can be found in the study guide.

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

- Culinary Math
  - Recipe Conversion, Yield, and Ratios
  - Weights and Measures
  - Food Costing
- 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 in order 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, fry, and poach
- 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

## 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 ONE - 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 45 minutes to produce their assigned 3 course menu, and 15 minutes for service. 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 one candidate.</p> <p><b><i>Prior to cooking, please present your menus to the floor Evaluator</i></b></p>			
6:45am  Candidate 1	<b>Practical Exam:</b> Production                      Service window 6:45 – 9:30                      9:30 – 9:45	Chef Instructor	Testing Kitchen
9:30 am	<b>First Service Window Open</b> <i>(15 minutes staggered presentations)</i> <b>Evaluation and scoring</b>  <b>Group Feedback</b>	Chef Instructor	Lecture Hall
	<b>Evaluation and scoring</b>  <b>Group Feedback after the last candidate has finished presenting</b>	Chef Instructor	Lecture Hall

## DAY TWO- 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 3 hours and 15 minutes to produce their assigned menu, and egg dishes. Additionally, each candidate will be given 20 minutes to serve their 3 courses and 2 egg dishes. Fish stock will be evaluated on day 3. All 3 courses and the 2 egg dishes 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><b><i>Prior to cooking, please present your menus to the floor Evaluator</i></b></p>			
6:45am  Candidate 1	<b>Practical Exam:</b> Production                      Service window 6:45-10:00                      10:00-10:20	Chef Instructor	Testing Kitchen
10:00 am	<b>First Service Window Open</b> <i>(20 minutes staggered presentations)</i>	Chef Instructor	Lecture Hall
	<b>Evaluation and scoring</b>  <b>Group Feedback after the last candidate has finished presenting</b>	Chef Instructor	Lecture Hall

### DAY THREE- 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 3 hours and 15 minutes to produce their assigned menu and fish stock. Additionally, each candidate will be given 20 minutes to serve their 3 courses and have their fish stock evaluated. 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><b><i>Prior to cooking, please present your menus to the floor evaluator</i></b></p>			
6:45am  Candidate 1	<b>Practical Exam:</b> Production                      Service window 6:45-10:00                      10:00-10:20	Chef Instructor	Testing Kitchen
10:00 am	<b>First Service Window Open</b> <i>(20 minutes staggered presentations)</i>	Chef Instructor	Lecture Hall
	<b>Evaluation and scoring</b>  <b>Group Feedback after the last candidate has finished production</b>	Chef Instructor	Lecture Hall

## DAY FIVE: INDIVIDUAL WORK

<b>Candidate #</b>	<b>Soup</b>	<b>Salad and Dressing</b>	<b>Entrée and Sauce</b>	<b>Accompaniments</b>	<b>Assigned Knife Cuts</b>	<b>Assigned Egg Dish</b>
1	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette and Garnish	Roast Beef with Jus Lié	Sautéed Green Bean with Tomato Pommes Duchesse	Concasse Small Dice Minces Herbs Citrus Supeme	4 Poached Eggs 2 French Omelet
2	Clear Soup with Garnish	Tossed Salad with Creamy Dressing with Garnish	Roast Chicken with Pan Gravy	Glazed Carrots Whipped Potatoes	Minced Herbs Small Dice Tourne Julienne	4 Soft-Cooked Eggs 2 French Omelet
3	Purée Soup with with Croutons	Tossed Salad with Simple Vinaigrette with Garnish	Pan-Fried Veal or Pork with Sauce Robert	Glazed Beets Buttered Fresh Egg Pasta	Small Dice Batonette Mince Concasse	4 Over-Easy Eggs 2 French Omelet
4	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Braised Chicken (fricassee or cacciatore)	Sautéed Mushrooms Rice Pilaf Medley (white, wild, brown)	Med Dice Julienne Mince Citrus Supreme	4 Poached Eggs 2 French Omelet
5	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Beef Stew with Classical-Cut Vegetables	Potato Purée	Tourne Small Dice Concasse Julienne	4 Soft-Cooked Eggs 2 French Omelet



<b>Candidate #</b>	<b>Soup</b>	<b>Salad and Dressing</b>	<b>Entrée and Sauce</b>	<b>Accompaniments</b>	<b>Assigned Knife Cuts</b>	<b>Assigned Egg Dish</b>
6	Purée Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Grilled Strip Loin with Compound Butter	Steamed Broccoli French Fried Potatoes	Botonette Small dice Mince Citrus Supreme	4 Over-Easy Eggs 2 French Omelet
7	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Shallow-Poached Sole with Pan Sauce	Sautéed Green Beans Tourner Parslied Potatoes	Tourne Julienne Mince Citrus Supreme	4 Poached Eggs 2 French Omelet
8	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Sautéed Chicken Breast aux Fines Herbes	Sautéed Spinach Buttered Fresh Egg Pasta	Mince Brunoise Concasse Small Dice	4 Soft-Cooked Eggs 2 French Omelet
9	Purée Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Deep-Poached Salmon with Hollandaise Variation	Sautéed Zucchini with Red Peppers Parslied New Potatoes	Botonette Tourne Small Dice Mince	4 Over-Easy Eggs 2 French Omelet
10	Cream Soup with Garnish	Tossed Salad with Creamy Dressing	Deep-Fried Battered Cod with Rémoulade Sauce	Steamed Broccoli Parslied New Potatoes	Tourne Small Dice Concasse	4 Poached Eggs 2 French Omelet

## HOMWORK QUESTIONS

1. What is the effect on an item when it is added to a pan that is not hot enough?

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2. What will happen to an item that is placed into oil that is not hot enough while pan frying or deep frying?

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3. List five differences between sautéing and pan-frying.

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4. What are the differences between sautéing and stir-frying?

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5. Define "fond" and explain why it is important to sautéing.

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6. Explain what types of meats are best suited for roasting and why.

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7. What is carry-over cooking and how does it affect the finished product?

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8. Describe what happens to a piece of meat while it is resting.

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9. Describe the sauces that can be made from pan drippings.

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10. What are two similarities and two differences between grilling and broiling?

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11. What types of meats and vegetables are best suited for grilling and broiling?

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12. What is the main difference between deep-poaching, shallow-poaching, and simmering?

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13. What types of liquids are used for deep-poaching versus shallow-poaching?

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14. What items are best suited for poaching?

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15. Describe the difference between the sauces for shallow-poached versus deep-poached items.

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16. What is the main difference between braising and stewing?

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# MISE EN PLACE & TIME MANAGEMENT

***Setting yourself up properly at each stage of cooking is the key to great success. Preparing the ingredients correctly, gathering the tools necessary to do the work, and setting up your station not only reduces waste and loss, but it also improves the quality of work and enhances the end results. In this section, we will discuss the various facets of mise en place and look at some general guidelines to facilitate your production.***

## MISE EN PLACE

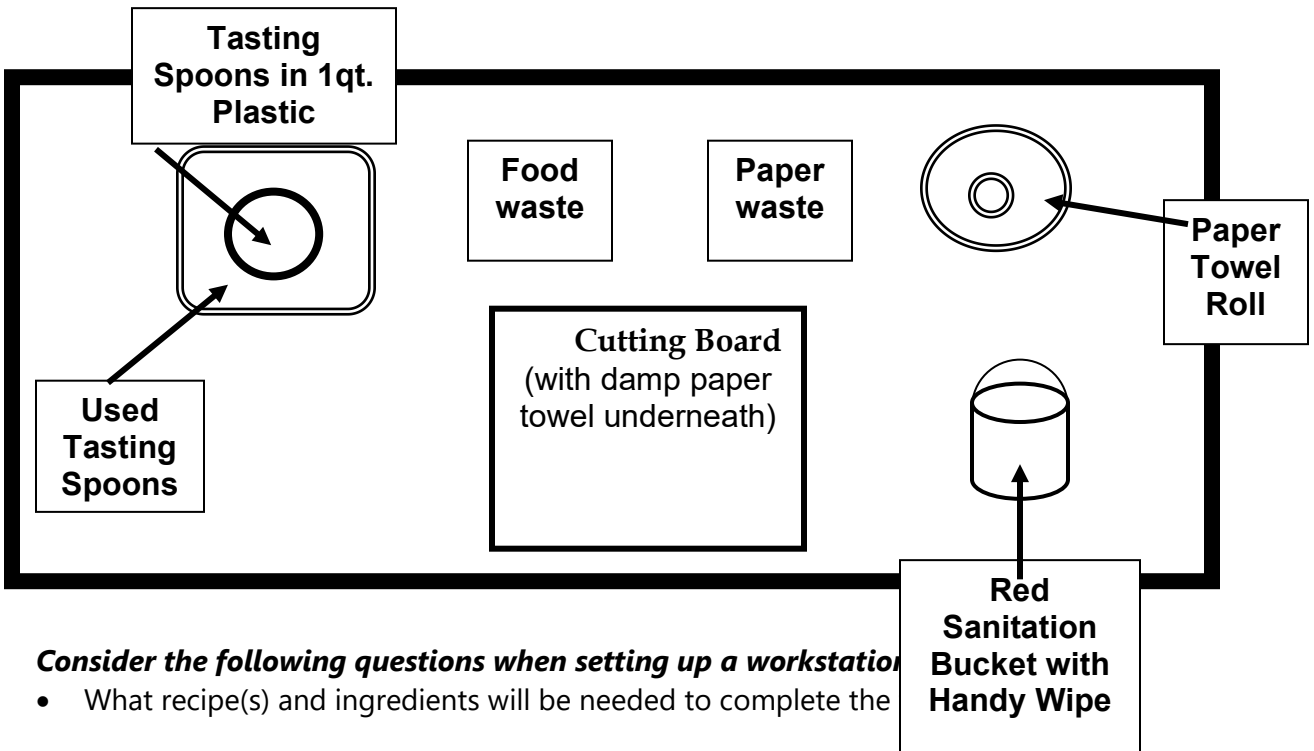
**Mise en place** is a French term referring to the organization and completion of all the preliminary tasks involved in the preparation of a meal. By utilizing mise en place, the cooking process is then simplified. Today, the general term mise en place means everything from arranging the utensils and linen, to preparing a meal in the preparation kitchen, and finishing a meal in the finishing kitchen (or finishing area). Keep in mind that each mise en place should be adapted to the needs of each individual kitchen.

## WORK STATION MANAGEMENT

### ORGANIZATION AND WORKFLOW

- Set up efficient work stations.
- Set table and cutting board at correct height for individual.
- Use bain-maries with hot water for tools.
- Set cutting board on sheet pan for messy jobs.
- Use raised cutting boards for drop delivery system for end products and refuse.
- Have a written daily plan. Start with the end in mind.
- Use standardized recipes.
- Consolidate tasks. Have one person cut all of the onions, garlic, etc.
- Use timers, if necessary.
- Use stem thermometers to ensure that products are maintained at appropriate temperatures.
- Be sure to use the right equipment for the job.

## STANDARD WORKSTATION SET-UP



**Consider the following questions when setting up a workstation**

- What recipe(s) and ingredients will be needed to complete the task?
- What precautions must I take in order to maintain good sanitation and nutritional conditions for the foodstuff?
- What equipment will be needed to complete the task (consider equipment needs throughout the entire process, including the final container which will hold the product)?
- What time should the product be completed, and how does this impact the sequence in which I will approach the task?
- When working in teams, how will the tasks be divided among the team members?

**For greatest kitchen efficiency, always keep your workstation clean and well organized! Here are a few general rules to help you accomplish this...**

1. If you don't need it, get rid of it.
2. If you are not currently using it, put it away.
3. Wipe down and clean up as you go.

## **RECIPE MANAGEMENT AND MISE EN PLACE**

Learning to read recipes carefully and to use them to be more productive is an important step in developing your professional skills. Before starting to cook from any recipe, the first step is always to ***read through the recipe in its entirety*** to gain an understanding of exactly what is required and how to organize your work. As you read the recipe, look carefully for steps that might affect your own timing.

### ***It is important to...***

- Understand all the terms and definitions. Ask questions if you're not sure!
- Check the yield, temperature, and cooking time.
- Assemble, in order of use, all the ingredients needed before preparation time. Ingredients that require advance preparation (stocks, basic sauces, or a marinade, for example) or that must be either heated or chilled should be considered first.
- Complete necessary "pre" steps such as: greasing or conditioning pans, washing and cutting vegetables, assembling equipment such as food processors or meat grinders, and preheating the grill or oven.
- Accurately measure or weigh each ingredient.
- Follow the steps listed in the recipe exactly and never leave out a step.
- Time the cooking period for all cooked foods accurately. A resting period or an overnight cooling period (letting yeast doughs proof or allowing gelatin-thickened foods to thicken completely, marinating foods, etc.) will all affect timing.

## **CONSTRUCTING A WRITTEN "MISE EN PLACE PLAN"**

- Review what you must prepare - including ALL group work.
- List all the ingredients.
- Check if you need to order any additional ingredients.
- Determine cooking times and preparation procedures.
- Determine equipment and utensils you will need.
- Write the "mise en place plan" in sequential order.
- Reprioritize your mise en place plan every so often throughout the day.
- Communicate with your team or partners regularly.

## **IMPORTANT POINTS FOR ORGANIZING YOUR TEAM GAME PLAN IN THE KITCHEN**

- Pots and Pans, other equipment, communication
  - Select the proper pan and size for the job intended.
  - Have serving pans for the finished product.
  - Utensils, spoons, ladles, spatulas, etc. and sanitizing bucket on the station.
  - Preheat ovens, deep-fryer, broiler, etc.
  - Communicate with your group on stocks or other preparations.
- Food
  - Gather the produce and dry goods needed in the correct amounts to produce the recipe. Use up any product that is the oldest – First In, First Out (FIFO).
  - Keep perishable items refrigerated.
  - Prevent cross contamination with proper sanitation practice.
- Cooking
  - Pre-preparation
  - Washing
  - Slicing, dicing
  - Trussing, and seasoning
- Preparation
  - Start items with longest cooking times first.
  - Clean as you go.
- Finishing
  - Finish items as close to service time as possible.
  - Set up line for service.
  - Hot plates, serving spoons, forks, etc.
  - Actual service (Plates or other serving dishes neat and clean, food hot)

# KEY STRATEGIES FOR MANAGING TIME

The role of a chef today encompasses many areas besides cooking. The chef must be an effective administrator and manager, must manage physical assets, information, and human resources. Information gathering on current restaurant trends and products can become a full time task on its own. If the chef cannot manage his or her time properly, there will not be enough time each day to successfully manage the operation.

## ***Some strategies include:***

### **1. Invest time in reviewing daily operations.**

- Observe how the fellow chef team members manage their time.
- Determine what can be done and what changes need to be made in the kitchen to make the work flow quickly and smoothly.

### **2. Invest time in training others.**

- Walk yourself and your fellow team members through the jobs that must be done.
- Be sure that everyone understands how to do the work.
- Where to find the necessary items.
- How far each person's responsibly extends, and
- What to do in case a question or emergency comes up.

### **3. Learn to communicate clearly.**

- Give direction in the most concise language possible; be brief but thorough.
- Write the directions down, especially if the work will be performed by more than one person.
- Encourage questions.

### **4. Take steps to create an orderly work environment.**

- Plan work areas carefully.
- Think about all tools, ingredients, and equipment needed for preparation and throughout service.
- Group like activities together.

### **5. Purchase, replace, and maintain all necessary tools.**

- A well-equipped kitchen will have enough of all tools necessary to prepare every item on the menu.
- If the staff has to share or wait for the appropriate tool, it is wasting time.
- Improperly maintained equipment leads to accidents and can waste food and time.

## SAMPLE MISE EN PLACE AND TIMELINE WORKSHEETS

Using the following recipes (Grilled Pork Chops with Pommery Mustard Beurre Blanc and Glazed Sweet Potatoes), let's walk through an example of how to use these sheets. First, we'll review the recipes to determine what ingredients and tools are necessary for each dish. We'll then combine these items into the tally sheet to create a list which will help you quickly and efficiently gather everything you need for the day. Finally, we'll look at how all these recipes come together in creating a timeline for the tasks at hand.

### GRILLED PORK CHOPS WITH POMMERY MUSTARD BEURRE BLANC

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Marinade</i></b>	
Vegetable oil	1 Tbsp.
Worcestershire	1 Tbsp.
Garlic, chopped	1 tsp.
Pork chops	6 ea.
Salt	1 Tbsp.
Ground black pepper	1 tsp.
Pommery Mustard Beurre Blanc (recipe follows)	

#### **Method**

1. To prepare the marinade, combine the oil, Worcestershire sauce, and garlic.
2. Season the pork chops with salt and pepper and cover with the marinade.
3. Grill over medium heat to mark the pork chops. If desired, rotate chops at a 45 degree angle before turning to achieve crosshatch grill marks.
4. Place into an oven and cook until the pork chops reach an internal temperature of 155°F.
5. Serve with the Pommery Mustard Beurre Blanc.

# POMMERY MUSTARD BEURRE BLANC

*Yield: 1 Pint*

<b>Ingredients</b>	<b>Amounts</b>
Dry white wine	6 fl. oz.
Cider vinegar	2 fl. oz.
Peppercorns, crushed	6 ea.
Shallots, minced	1 wt. oz.
Thyme stems	6 ea.
Bay leaf	1 ea.
Heavy cream	2 fl. oz.
Butter, diced	12 wt. oz.
Pommery mustard	2 Tbsp.
Salt	½ tsp.
Ground black pepper	¼ tsp.

## **Method**

1. Combine the wine, vinegar, peppercorns, shallots, thyme, and bay leaf in a saucepan. Cook over medium heat and reduce until almost dry.
2. Add the heavy cream and reduce until sauce is thick enough to coat the back of a spoon (nappé).
3. Add the butter, one piece at a time, using a whisking motion until emulsified.
4. Finish by stirring in the Pommery mustard.
5. Strain the sauce, then season with salt and pepper to taste. Serve immediately or keep warm in a double boiler.

# GLAZED SWEET POTATOES

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter	3 wt. oz.
Sweet potato, peeled, diced or sliced	2 lb.
Orange juice	12 fl. oz.
Brown sugar	1 Tbsp.
Salt	½ tsp.
Ground white pepper	¼ tsp.

## **Method**

1. Melt the butter over medium-high heat in a large pan with a lid. Add the sweet potatoes and toss to coat. Lower heat to medium.
2. Cover the pan and lightly sweat the potatoes, shaking the pan occasionally, until they start to become tender but have not yet browned.
3. Add the orange juice, sugar, salt, and pepper.
4. Cook, covered, at low heat until the sweet potatoes are almost done, about 20 minutes.
5. Remove the cover and allow the liquid to reduce to a glaze.

<b>Date:</b> _____			
<b>Recipe:</b> <u>Grilled Pork Chops</u>			
<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>
Vegetable oil	1 Tbsp.	½ hotel pan	1
Worcestershire	1 Tbsp.	Tongs	1
Garlic, chopped	1 tsp.	½ sheet pan	1
Pork chops	6 ea.	Presentation plates	6
Salt	1 Tbsp.		
Ground black pepper	1 tsp.		

<b>Date:</b> _____			
<b>Recipe:</b> <u>Pommery Mustard Beurre Blanc</u>			
<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>
Dry white wine	6 fl. oz.	Saucepan	1
Cider vinegar	2 fl. oz.	Whisk	1
Peppercorns, crushed	6 ea.	Spoon	1
Shallots, minced	1 wt. oz.	Chinois	1
Thyme stems	6 ea.	Cheesecloth	1 square
Heavy cream	2 fl. oz.	Bain Marie	1
Bay leaf	1 ea.		
Butter, diced	12 wt. oz.		
Pommery mustard	2 Tbsp.		
Salt	½ tsp.		
Ground black pepper	¼ tsp.		



**Date:** \_\_\_\_\_

**Recipe:** Glazed Sweet Potatoes

<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>
Butter	3 wt. oz.	Large sautoir, with lid	1
Sweet potato, peeled, diced or sliced	2 lb.	Wooden spoon	1
Orange juice	12 fl. oz.	Presentation plates	6
Brown sugar	1 Tbsp.		
Salt	½ tsp.		
Ground white pepper	¼ tsp.		

Date: \_\_\_\_\_

**Tally Sheet**  
***Combines ALL Items from Day***

<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>
Vegetable oil	1 Tbsp.	½ hotel pan	1
Worcestershire	1 Tbsp.	Tongs	1
Garlic, chopped	1 tsp.	½ sheet pan	1
Pork chops	6 ea.	Sauce pan	1
Salt	2 Tbsp.	Whisk	1
Ground black pepper	2 tsp.	Chinois	1
Dry white wine	6 fl. oz.	Cheese cloth	1 square
Cider vinegar	2 fl. oz.	Bain Marie	1
Peppercorns, crushed	6 ea.	Large sautoir, with lid	1
Shallots, minced	1 wt. oz.	Wooden spoon	2
Thyme stems	6 ea.	Presentation plates	6
Heavy cream	2 fl. oz.		
Bay leaf	1 ea.		
Butter, diced	16 wt. oz.		
Pommery mustard	2 Tbsp.		
Sweet potato, peeled, diced or sliced	2 lb.		
Orange juice	12 fl. oz.		
Brown sugar	1 Tbsp.		
Ground white pepper	¼ tsp.		

<b>Date:</b> _____		<b>Timeline: <u>Service at 12:15pm</u></b>	
<b>Step #/ Start Time</b>	<b>Recipe</b>	<b>Action</b>	<b>Time Due</b>
<b>1. 9:00am</b>	<b>Pork</b>	Pre-heat grill	<b>9:05am</b>
<b>2. 9:10am</b>	<b>All</b>	Gather utensils and ingredients	<b>9:25am</b>
<b>3. 9:30am</b>	<b>All</b>	Set up standard work station	<b>9:45am</b>
<b>4. 9:50am</b>	<b>Pork</b>	Marinate pork	<b>10:10am</b>
<b>5. 10:15am</b>	<b>Sauce</b>	Start sauce – Continue through end of step 2, reduce cream	<b>10:40am</b>
<b>6. 10:45am</b>	<b>Pork</b>	Grill pork – Finish in oven	<b>11:00am</b>
<b>7. 11:00am</b>	<b>Sweet Potatoes</b>	Cook until done – Set aside, reheat at service	<b>11:25am</b>
<b>8. 11:30am</b>	<b>All</b>	Clean station, prepare for plating	<b>11:45am</b>
<b>9. 11:45am</b>	<b>Sauce</b>	Finish sauce – add butter, strain, season, keep warm	<b>12:00pm</b>
<b>10. 12:00pm</b>	<b>All</b>	Plate and present	<b>12:15pm</b>

*Here are some blank pages you can use when planning your mise en place.*

**MISE EN PLACE WORKSHEET (RECIPES)**

<b>Date:</b> _____			
<b>Recipe:</b> _____			
<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>

<b>Date:</b> _____			
<b>Recipe:</b> _____			
<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>





## SAMPLE ACTION PLAN WORKSHEET (USEFUL FOR GROUP PROJECTS)

SAMPLE ACTION PLAN WORKSHEET (USEFUL FOR GROUP PROJECTS)							
ACTION PLAN	Project	Goals	Tasks	Responsibility	Timeline	Evaluation	Check
	What is the theme of your project?	What are the goals of your project?	What are the steps that need to be taken to accomplish your goals?	Who in your team is responsible for each task?	When does each task need to be completed? (How many minutes or hours?)	Were you successful in accomplishing your goals and tasks on time?	√
Sample	Knife Skills	Learn how to julienne a potato	1. Make sure the work station is set up.	Peter	Today (in 5 minutes) Starting Time: 12:45 PM	No, I took way too long to finish Task # 1.	X
			2. Make sure the knives are sharp and honed.	Peter and Jennifer	Today (in 5 minutes) Starting Time: 12:55 PM	Yes, I finished on time, but I would like to improve my knife cuts. They were too thick.	√
<b>1</b>							
<b>2</b>							
<b>3</b>							
<b>4</b>							
<b>5</b>							
<b>6</b>							

# CULINARY FOUNDATIONS: FORMULAS AND RATIOS

## STOCKS

### STANDARD MIREPOIX

*Yield: 1 pound*

<b>Ingredients</b>	<b>Amounts</b>
Onions	½ lb.
Celery	¼ lb.
Carrot	¼ lb.

### WHITE MIREPOIX

*Yield: 1 pound*

<b>Ingredients</b>	<b>Amounts</b>
Onions	¼ lb.
Celery or celeriac	¼ lb.
Parsnip	¼ lb.
Leeks	¼ lb.

### CHICKEN, WHITE BEEF, VEAL, PORK, LAMB STOCK BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Bones	8 lb.
Water (varies with bone type)	5 - 6 qt.
Mirepoix (or white mirepoix)	1 lb.
Standard sachet	1 ea.

### BASIC BROTH FORMULA USING WATER

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Meat	10 lb.
Water	5 qt.
Mirepoix	1 lb.
Standard sachet	1 ea.

### BASIC BROTH FORMULA USING STOCK

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Meat	3 lb.
Water	5 qt.
Mirepoix	1 lb.
Standard sachet	1 ea.

### **VEGETABLE STOCK BASIC FORMULA**

*Yield: 1 Gallon*

<b>Ingredients</b>	<b>Amounts</b>
Assorted non-starchy vegetables	5 lb.
Water	5 qt.

### **FISH STOCK BASIC FORMULA**

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Fish bones (non-oily)	11 lb.
White mirepoix	1 lb.
Water	4 ½ qt.
Sachet	1 ea.

### **FISH FUMET BASIC FORMULA**

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Fish bones (non-oily); cut in 2" pieces	11 lb.
White mirepoix	1 lb.
Water	3 ½ qt.
White wine	1 qt.
Sachet	1 ea.
Mushrooms, sliced	10 oz.
Salt (optional)	2 Tbsp.

1. Sweat mirepoix followed by the fish bones in formula above prior to adding water.

### **COOKING TIMES FOR BASIC STOCKS**

<b>Vegetable:</b>	45 minutes to 1 hour
<b>Fish stock and fumet:</b>	35 to 45 minutes
<b>Chicken stock:</b>	3 to 4 hours
<b>Brown veal stock:</b>	6 to 8 hours
<b>White beef stock:</b>	8 to 10 hours

# THICKENERS

## PALE ROUX PER GALLON STOCK (BY WEIGHT)

<b>Ingredient</b>	<b>Amount</b>
Light consistency	12 oz. (weight)
Medium consistency	16 oz. (weight)
Heavy consistency	18 oz. (weight)

## CORNSTARCH (OR ARROWROOT) PLUS COLD SLURRY LIQUID TO THICKEN 1 QUART OF STOCK OR JUS

Approx. 1 oz. (weight) cornstarch (or arrowroot) with just enough of a cold flavorful liquid to bring **slurry mixture** to the consistency of heavy cream:

# SOUPS

## ONION SOUP BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Onions	5 lb.
Stock	1 gal.

## CLEAR VEGETABLE SOUP BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Vegetables	4 lb.
Vegetable stock or broth if for non-vegetarian soup	1 gal.

## CREAM SOUP BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable (main flavoring product)	4 lb.
White mirepoix	1 lb.
Velouté, thin nappé	1 gal.
Cream	1 pt.

## PURÉE SOUP BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Stock or broth	5 - 6 qt.
Mirepoix	1 lb.
Legumes	2 lb.
or	
Non-starchy vegetables	4 lb.

## BASIC CONSOMMÉ FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Lean ground meat	3 lb.
Stock	6 qt.
Egg whites	10 ea.
Mirepoix	1 lb.
Tomato product ( <b>NO</b> paste)	10 oz.
Salt	2 Tbsp.
Onion brûlé (optional)	2 each

## SAUCES

### HOLLANDAISE SAUCE BASIC FORMULA

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, minced	1 Tbsp.
Cider/White wine vinegar	2 oz.
Mignonette	½ tsp.
Water	2 oz.
Egg yolks	4 ea.
Clarified butter	12 fl. oz. (3 oz. per yolk)
Salt, cayenne, and lemon juice	to taste

## OTHER WARM EGG EMULSION SAUCES

### ***Paloise Sauce***

**Hollandaise Sauce** garnished with fresh mint (mint can be infused into reduction)

### ***Mousseline Sauce***

**Hollandaise Sauce** with addition of whipped cream (equal parts)

### ***Béarnaise Sauce***

Tarragon vinegar and unused tarragon stems in reduction (instead of cider vinegar) and garnished with **fresh tarragon** and chervil, using above Hollandaise formula.

### ***Choron Sauce***

**Béarnaise Sauce** with addition of tomato product (1 - 2 Tbsp. purée per 4 yolks). The tomato product should be cooked before adding to the egg yolks.

### ***Foyot Sauce***

**Béarnaise Sauce** with addition of Glace de Viande (2 Tbsp. per 3 yolks)

## BÉCHAMEL

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Milk	5 qt.
Onion	2 oz.
White roux	1 lb.
Sachet	1 ea.
Nutmeg, optional	1 pinch
Onion piqué (to replace onion)	1 ea.

## VELOUTÉ

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
White chicken, veal, or fish stock	5 qt.
White mirepoix	8 wt. oz.
Blond roux	16 wt. oz.
Sachet	1 ea.

## SAUCE ESPAGNOLE (BROWN SAUCE)

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Mirepoix	1 lb.
Tomato paste	6 oz.
Brown veal stock	5 qt.
Brown roux	18 oz.
Sachet	1 ea.

## DEMI-GLACE BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Espagnole sauce	1 gal.
Brown veal stock	1 gal.

## FORTIFIED JUS DE VEAU LIÉ BASIC FORMULA

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Brown veal stock	1 ¼ gal.
Veal trim	2 lb.
Mirepoix, caramelized	1 lb.
Tomato paste	2 oz. (weight)
Cornstarch (or arrowroot)	3 - 4 oz.
Liquid (for slurry)	as needed to make above starch heavy cream consistency

## TOMATO SAUCE BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Oil	2 fl.oz.
Onions, minced	12 oz.
Garlic, minced	2 Tbsp. (4 cloves)
Italian plum tomatoes (#10 can w/liquid)	5 qt. with liquid
Fresh basil	3 oz.

## BEURRE BLANC

*Yield: 2 oz.*

<b>Ingredients</b>	<b>Amounts</b>
Shallots, minced	¼ cup
Peppercorns	1 tsp.
Wine	8 oz.
Vinegar	2 oz. (depending on strength)
Heavy cream	8 oz.
Unsalted butter	1 ½ lb.
Salt, pepper, lemon juice	to taste

## GRAINS

### PAR-BOILED RICE BASIC FORMULA (BY VOLUME)

<b>Ingredients</b>	<b>Amounts</b>
Stock, seasoned	2 parts
Par-boiled/converted rice	1 part

### CAROLINA RICE BASIC FORMULA (BY VOLUME)

<b>Ingredients</b>	<b>Amounts</b>
Stock, seasoned	1.5 parts
Par-boiled/converted rice	1 part

### JASMINE, BASMATI, TEXMATI RICE BASIC FORMULA (BY VOLUME)

<b>Ingredients</b>	<b>Amounts</b>
Stock, seasoned	1.5 parts
Rice	1 part

### BROWN RICE BASIC FORMULA (BY VOLUME!)

Stock, seasoned	2.5 parts
Brown rice	1 part

### WILD RICE BASIC FORMULA (BY VOLUME)

<b>Ingredients</b>	<b>Amounts</b>
Stock, seasoned	4 parts
Rice	1 part

### **RISOTTO (BY VOLUME)**

<b>Ingredients</b>	<b>Amounts</b>
Stock, seasoned	3+ parts
Arborio rice	1 part

### **COUSCOUS (BY VOLUME)**

Stock	1.25 - 1.5 parts
Couscous	1 part
Olive oil	to coat grains

### **FIRM POLENTA OR FARINA GRITS (CREAM OF WHEAT) (BY VOLUME) - TO HOLD SHAPE**

<b>Ingredients</b>	<b>Amounts</b>
Stock	4 parts
Cornmeal	1 part

### **SOFT POLENTA OR FARINA GRITS (CREAM OF WHEAT) (BY VOLUME) - FLOWS SLIGHTLY**

<b>Ingredients</b>	<b>Amounts</b>
Stock or water	5 parts
Cornmeal	1 part

# POTATOES

## WHIPPED POTATOES/ POMME PUREE

*Yield: 1 lb. 4 - 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Idaho potatoes (Russet)	1 lb.
Milk, hot	2 oz.
Heavy cream, hot	1 oz.
Butter, cubed	2 oz.

## APPAREIL DUCHESSE

*Yield: 1 lb. 4 - 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Idaho potatoes (Russet)	1 lb.
Egg yolks	2 ea.
Unsalted butter	2 oz.
Nutmeg	to taste
Salt and ground white pepper	to taste
Pomme Croquette	

# PASTA

## PASTA DOUGH BASIC FORMULA

<b>Ingredients</b>	<b>Amounts</b>
"OO" pasta flour	1 lb.
Eggs, whole	4 ea.
Water	1-2 Tbsp.
Salt	1 pinch

## BOILING FRESH OR DRY PASTA FORMULA

<b>Ingredients</b>	<b>Amounts</b>
Pasta	1 lb.
Water	1 gallon
Salt	1.5 oz. or 1/3 cup

# COOKING COMPETENCY FORMULAS

## BRAISING BASIC FORMULA

<b>Ingredients</b>	<b>Amounts</b>
Meat	1 lb.
Mirepoix	1 oz.
Liquid	1 pt.

## ROASTING BASIC FORMULA

<b>Ingredients</b>	<b>Amounts</b>
Meat	1 lb.
Mirepoix	1 oz.

## SHALLOW POACHING FORMULA

<b>Ingredients</b>	<b>Amounts</b>
Protein	1 portion
Whole butter	as needed
Salt and pepper	to taste

<b>Poaching Liquid</b>	
Shallots	1 tsp.
Stock	1 oz.
White wine	1 oz.

<b>Sauce</b>	
Velouté	1 oz.
Heavy cream	1 oz.
Salt and pepper	to taste

Note: If more poaching liquid is needed the stock amount can be adjusted as needed.

# MISCELLANEOUS CULINARY FUNDAMENTAL INFORMATION

## POACHED EGG FORMULA

5 ounces of vinegar to 1 gallon of water

## GREEN VEGETABLE COOKERY

Six parts water to 1 part green vegetable  
1/3 cup of salt per gallon of water

## WHITE VEGETABLE COOKERY (ARTICHOKES, SALSIFY, CELERIAC, ETC.)

4 ounces of lemon juice per gallon of water

## VINAIGRETTE

3 parts oil to 1 part vinegar

## EMULSIFIED VINAIGRETTE

Vinaigrette with the addition of an emulsifier  
– Eggs, mustard, garlic, fruit or vegetable purée

## CREAMY DRESSING

Mayonnaise and/or dairy based  
– Additional flavoring ingredients, i.e., aromatics, vegetables, herbs, spices, etc.

### CREAMY BLACK PEPPER DRESSING

Ingredients	Amounts
Mayonnaise	8 fl. oz.
Parmesan cheese, grated	1/2 - 1 wt. oz.
Anchovy paste	1/2 wt. oz.
Garlic, mashed to a paste	1/4 wt. oz.
Salt	1/4 tsp.
Black peppercorns, coarse-ground	1 1/2 tsp.

### Method

1. Place the mayonnaise, parmesan, anchovy paste, garlic, salt, and peppercorns in a mixing bowl and whisk to combine. Refrigerate until ready for service.
2. Adjust seasonings before serving, if necessary.

## **FIVE GRAND SAUCES**

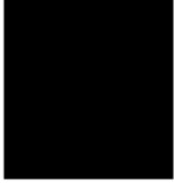
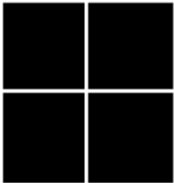
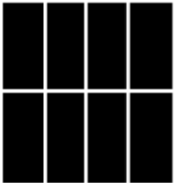
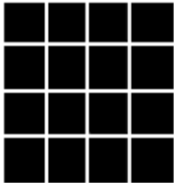
Velouté, Béchamel, Espagnole, Tomato, and Hollandaise

## **INTERNAL TEMPERATURES OF COOKED PROTEINS**





<b><i>Poultry</i></b>	<b><i>Pork</i></b>	<b><i>Seafood</i></b>	<b><i>Red Meats</i></b>
165°F	145°F	145°F	<b>Rare:</b> 125°F <b>Medium rare:</b> 130°F <b>Medium:</b> 135°F <b>Medium well:</b> 145°F <b>Well done:</b> 150°F

# WEIGHTS AND MEASURES

Weights and Measures

	=		=		=	
1 gallon		4 quarts		8 pints		16 cups

			
1 gal. = 128 oz.	1 qt. = 32 oz.	1 pt. = 16 oz.	1 cup = 8 oz.

## **WEIGHTS AND MEASURES EQUIVALENCIES**

dash	=	less than 1/8 teaspoon
3 teaspoons (tsp.)	=	1 Tablespoon (1/2 fl. oz.)
2 Tablespoons (Tbsp.)	=	1/8 cup (1 fl. oz.)
4 Tablespoons	=	1/4 cup (2 fl. oz.)
8 Tablespoons	=	1/2 cup (4 fl. oz.)
16 Tablespoons	=	1 cup (8 fl. oz.)
2 cups	=	1 pint
2 pints	=	1 quart (approximately 1 liter)
4 quarts	=	1 gal.

## **METRIC WEIGHTS AND MEASURES EQUIVALENCIES**

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
1/2 ounce (oz.)	=	14 g
1 ounce	=	28.35 g (approx. 30 g)
2 ounces	=	56 g (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	450 g
1 kilogram (kg)	=	2.21 lb.
1 liter (L)	=	33.92 fl. oz.

## **TEMPERATURE EQUIVALENCIES**

250°F	very cool	130°C
300°F	low	150°C
350°F	moderate	180°C
400°F	hot	200°C
450°F	very hot	230°C

# TEMPERATURE CONVERSION TABLE

$$C = 5/9 (F - 32) \quad F = (9/5C) + 32$$

°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F
-40	-40	-10	14	20	68	50	122	80	176	110	230	140	284
-39	-38.2	-9	15.8	21	69.8	51	123.8	81	177.8	111	231.8	141	285.8
-38	-36.4	-8	17.6	22	71.6	52	125.6	82	179.6	112	233.6	142	287.6
-37	-34.6	-7	19.4	23	73.4	53	127.4	83	181.4	113	235.4	143	289.4
-36	-32.8	-6	21.2	24	75.2	54	129.2	84	183.2	114	237.2	144	291.2
-35	-31	-5	23	25	77	55	131	85	185	115	239	145	293
-34	-29.2	-4	24.8	26	78.8	56	132.8	86	186.8	116	240.8	146	294.8
-33	-27.4	-3	26.6	27	80.6	57	134.6	87	188.6	117	242.6	147	296.6
-32	-25.6	-2	28.4	28	82.4	58	136.4	88	190.4	118	244.4	148	298.4
-31	-23.8	-1	30.2	29	84.2	59	138.2	89	192.2	119	246.2	149	300.2
-30	-22	0	32	30	86	60	140	90	194	120	248	150	302
-29	-20.2	1	33.8	31	87.8	61	141.8	91	195.8	121	249.8	151	303.8
-28	-18.4	2	35.6	32	89.6	62	143.6	92	197.6	122	251.6	152	305.6
-27	-16.6	3	37.4	33	91.4	63	145.4	93	199.4	123	253.4	153	307.4
-26	-14.8	4	39.2	34	93.2	64	147.2	94	201.2	124	255.2	154	309.2
-25	-13	5	41	35	95	65	149	95	203	125	257	155	311
-24	-11.2	6	42.8	36	96.8	66	150.8	96	204.8	126	258.8	156	312.8
-23	-9.4	7	44.6	37	98.6	67	152.6	97	206.6	127	260.6	157	314.6
-22	-7.6	8	46.4	38	100.4	68	154.4	98	208.4	128	262.4	158	316.4
-21	-5.8	9	48.2	39	102.2	69	156.2	99	210.2	129	264.2	159	318.2
-20	-4	10	50	40	104	70	158	100	212	130	266	160	320
-19	-2.2	11	51.8	41	105.8	71	159.8	101	213.8	131	267.8	161	321.8
-18	-0.4	12	53.6	42	107.6	72	161.6	102	215.6	132	269.6	162	323.6
-17	1.4	13	55.4	43	109.4	73	163.4	103	217.4	133	271.4	163	325.4
-16	3.2	14	57.2	44	111.2	74	165.2	104	219.2	134	273.2	164	327.2
-15	5	15	59	45	113	75	167	105	221	135	275	165	329
-14	6.8	16	60.8	46	114.8	76	168.8	106	222.8	136	276.8	166	330.8
-13	8.6	17	62.6	47	116.6	77	170.6	107	224.6	137	278.6	167	332.6
-12	10.4	18	64.4	48	118.4	78	172.4	108	226.4	138	280.4	168	334.4
-11	12.2	19	66.2	49	120.2	79	174.2	109	228.2	139	282.2	169	336.2

## METRIC CONVERSION TABLE

<b>To Change</b>	<b>To</b>	<b>Multiply by</b>
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (mL)	5
Tablespoons (Tbsp.)	Milliliters (mL)	15
Fluid Ounces (fl. oz.)	Milliliters (mL)	30
Cups	Liters (L)	.24
Pints (pt.)	Liters (L)	.47
Quarts (qt.)	Liters (L)	.95
Gallons (gal.)	Liters (L)	3.8
Celsius (Centigrade)	Fahrenheit	1. multiply by 9 2. divide by 5 3. add 32°
Fahrenheit	Celsius (Centigrade)	1. subtract 32° 2. multiply by 5 3. divide by 9

These materials were developed at the Culinary Institute of America.

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