

# National Occupational Analysis

# Cook

# 2016

**CANADIAN  
STANDARD  
OF EXCELLENCE  
FOR SKILLED TRADES**



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**Canada** 

## COOK

**2016**

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*The Canadian Council of Directors of Apprenticeship (CCDA) recognizes this National Occupational Analysis (NOA) as the national standard for the occupation of cook trade.*

## **Background**

The first National Conference on Apprenticeship in Trades and Industries, held in Ottawa in 1952, recommended that the federal government be requested to cooperate with provincial and territorial apprenticeship committees and officials in preparing analyses of a number of skilled occupations. Employment and Social Development Canada (ESDC) sponsors a program, under the guidance of the CCDA, to develop a series of NOAs.

The NOAs have the following objectives:

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

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## STRUCTURE OF ANALYSIS

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

<b>Blocks</b>	the largest division within the analysis that is comprised of a distinct set of trade activities
<b>Tasks</b>	distinct actions that describe the activities within a block
<b>Sub-Tasks</b>	distinct actions that describe the activities within a task
<b>Key Competencies</b>	activities that a person should be able to do in order to be called 'competent' in the trade

The analysis also provides the following information:

<b>Trends</b>	changes identified that impact or will impact the trade including work practices, technological advances, and new materials and equipment
<b>Related Components</b>	a list of products, items, materials and other elements relevant to the block
<b>Tools and Equipment</b>	categories of tools and equipment used to perform all tasks in the block; these tools and equipment are listed in Appendix A
<b>Context</b>	information to clarify the intent and meaning of tasks
<b>Required Knowledge</b>	the elements of knowledge that an individual must acquire to adequately perform a task

The appendices located at the end of the analysis are described as follows:

<b>Appendix A – Tools and Equipment</b>	a non-exhaustive list of tools and equipment used in this trade
<b>Appendix B – Glossary</b>	definitions or explanations of selected technical terms used in the analysis
<b>Appendix C – Acronyms</b>	a list of acronyms used in the analysis with their full name
<b>Appendix D – Block and Task Weighting</b>	the block and task percentages submitted by each jurisdiction, and the national averages of these percentages; these national averages determine the number of questions for each block and task in the Interprovincial exam
<b>Appendix E – Pie Chart</b>	a graph which depicts the national percentages of exam questions assigned to blocks
<b>Appendix F – Task Profile Chart</b>	a chart which outlines graphically the blocks, tasks and sub-tasks of this analysis

# DEVELOPMENT AND VALIDATION OF ANALYSIS

## Development of Analysis

A draft analysis is developed by a committee of industry experts in the field led by a team of facilitators from ESDC. This draft analysis breaks down all the tasks performed in the occupation and describes the knowledge and abilities required for a tradesperson to demonstrate competence in the trade.

## Draft Review

The NOA development team then forwards a copy of the analysis and its translation to provincial and territorial authorities for a review of its content and structure. Their recommendations are assessed and incorporated into the analysis.

## Validation and Weighting

The analysis is sent to all provinces and territories for validation and weighting. Participating jurisdictions consult with industry to validate and weight the document, examining the blocks, tasks and sub-tasks of the analysis as follows:

<b>BLOCKS</b>	Each jurisdiction assigns a percentage of questions to each block for an examination that would cover the entire trade.
<b>TASKS</b>	Each jurisdiction assigns a percentage of exam questions to each task within a block.
<b>SUB-TASKS</b>	Each jurisdiction indicates, with a YES or NO, whether or not each sub-task is performed by skilled workers within the occupation in its jurisdiction.

The results of this exercise are submitted to the NOA development team who then analyzes the data and incorporates it into the document. The NOA provides the individual jurisdictional validation results as well as the national averages of all responses. The national averages for block and task weighting guide the Interprovincial Red Seal Examination plan for the trade.

This method for the validation of the NOA also identifies common core sub-tasks across Canada for the occupation. If at least 70% of the responding jurisdictions perform a sub-task, it shall be considered common core. Interprovincial Red Seal Examinations are based on the common core sub-tasks identified through this validation process.

## **Definitions for Validation and Weighting**

<b>YES</b>	sub-task performed by qualified workers in the occupation in a specific jurisdiction
<b>NO</b>	sub-task not performed by qualified workers in the occupation in a specific jurisdiction
<b>NV</b>	analysis <u>N</u> ot <u>V</u> alidated by a province/territory
<b>ND</b>	trade <u>N</u> ot <u>D</u> esignated in a province/territory
<b>NOT COMMON CORE (NCC)</b>	sub-task, task or block performed by less than 70% of responding jurisdictions; these will not be tested by the Interprovincial Red Seal Examination for the trade
<b>NATIONAL AVERAGE %</b>	average percentage of questions assigned to each block and task in Interprovincial Red Seal Examination for the trade

## **Provincial/Territorial Abbreviations**

<b>NL</b>	Newfoundland and Labrador
<b>NS</b>	Nova Scotia
<b>PE</b>	Prince Edward Island
<b>NB</b>	New Brunswick
<b>QC</b>	Quebec
<b>ON</b>	Ontario
<b>MB</b>	Manitoba
<b>SK</b>	Saskatchewan
<b>AB</b>	Alberta
<b>BC</b>	British Columbia
<b>NT</b>	Northwest Territories
<b>YT</b>	Yukon Territory
<b>NU</b>	Nunavut

## **ANALYSIS**



Safe working procedures and conditions, accident prevention, and the preservation of health are of primary importance to industry in Canada. These responsibilities are shared and require the joint efforts of government, employers and employees. It is imperative that all parties become aware of circumstances that may lead to injury or harm. Safe learning experiences and work environments can be created by controlling the variables and behaviours that may contribute to accidents or injury.

It is generally recognized that safety-conscious attitudes and work practices contribute to a healthy, safe and accident-free work environment.

It is imperative to apply and be familiar with the Occupational Health and Safety (OH&S) Acts and Workplace Hazardous Materials Information System (WHMIS) regulations. As well, it is essential to determine workplace hazards and take measures to protect oneself, co-workers, the public and the environment.

Safety education is an integral part of training in all jurisdictions. As safety is an imperative part of all trades, it is assumed and therefore it is not included as a qualifier of any activities. However, the technical safety tasks and sub-tasks specific to the trade are included in this analysis.



## SCOPE OF THE COOK TRADE

“Cook” is this trade’s official “Red Seal” occupational title approved by the CCDA. This analysis covers tasks performed by cooks whose occupational title has been identified by some provinces and territories of Canada under the following names:

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YT	NU
Cook	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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

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

Areas of specialization vary according to where the cook is employed. Cooks may also specialize in ethnic food preparation, or in preparing meals according to dietary recommendations and varying nutritional requirements. Cooks are generally employed in the hospitality and tourism sector (for example in restaurants, hotels, resorts, catering establishments, country clubs and aboard ships) or in institutional settings (for example: hospitals, nursing homes, educational institutes, correctional facilities, camps and military bases).

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

Cooks often come under a great deal of pressure to provide quick and quality service. They must, at all times, maintain quality of food and ensure that food safety and sanitation guidelines be followed. Workplaces are clean and well lit, but can be hot and space-restricted. Cooks must be able to stand for extended periods of time, to function in close quarters, and to lift heavy objects such as pots and heavy bags. Occupational hazards include burns, cuts, slips and falls. Cooks that work at camps in remote areas must be able to work under adverse environmental conditions and can be away from family for extended periods of time.

Creativity, a keen sense of taste and smell, interest in precision work and a good memory for details are key attributes for people entering this trade. Cooks must be able to remember recipes and be able to adapt them to available supplies and to the current need. They must be conscious of health information such as dietary requirements and allergies. Cooks must also be able to

work independently and as part of a team, have good organizational skills and have the ability to multi-task to effectively do their jobs. Other important abilities for cooks include solid mathematical, communication and customer service skills. Cooks should be versatile enough to assist with any task that needs doing within the kitchen.

With experience, cooks may act as mentors and trainers to apprentices in the trade. They can also move into other positions such as sous-chefs, kitchen managers, chefs, executive chefs, banquet managers, food service administrators and coordinators, general managers or food editors. They can also own their own restaurant.

This analysis recognizes similarities or overlaps with the work of bakers and butchers.

## **OCCUPATIONAL OBSERVATIONS**

Health-related issues and diet requirements have become increasingly important to the cooking trade and the food manufacturing industry. Consumer health concerns in all demographics regarding food allergies and sensitivities, diabetes, heart health and sodium content are becoming more common. Due to these concerns and customer perceptions there is an increase in the use of ingredients such as organics, omega-3 fatty acids, whole grains, oats, soy and gluten-free products. More often cooks are required to manage information and respond to customer inquiries related to the nutritional aspects of products and where the ingredients come from. There is a growing demand to meet requirements of various consumers, both for health and cultural/religious (kosher, halal, vegan, vegetarian, pesco-vegetarian, gluten-free, wheat-free, lacto-ovo, raw) reasons.

The food supply processing and manufacturing industry is rapidly changing and adapting their methods and products which are driven by industry and consumer demands. Cooks must be versatile in adapting to these ever changing products in their establishments.

Cooks often find themselves in high-stress situations, and must constantly manage competing priorities.

Because of the specialization of menus and consumer demands, cooks are now expected to utilize a broader range of skills. However, because of rising food and labour costs, it may be difficult for entry-level cooks to practice the full scope of the trade at one establishment. Labour mobility, therefore, is very important.

Consumers are becoming more demanding due to the increase of knowledge put forth by media sources and the increased emphasis on using local and fresh foods in their meals, and trends such as farm-to-plate, international cuisine, sustainable sourcing, artisanal baking, charcuterie and preserving products through traditional processes.

A greater number of businesses are specializing in fewer products. These include specialty food service operations such as food trucks, gastro pubs, BBQs, specialty bake shops, charcuterie shops, burger shops and vegetarian restaurants.

With new and innovative food preparation techniques, cooks are incorporating culinary chemistry in their kitchens. There is an increase in modernist cuisine.

Kitchens continue to develop menus and practices that consider environmental sustainability. Organic waste control, compostable packaging, bulk purchasing and recyclable materials are practiced in most parts of the country.

Legal obligations have arisen that reinforce the need for awareness and education on food traceability and food safety. Items must remain traceable through all levels of the supply chain – from producer to supplier to end user – to ensure that food safety standards are upheld throughout.

New technology in cooking equipment includes automated computerized ovens, blast chillers, immersion circulators, thermal mixers and smart kitchens.

## ESSENTIAL SKILLS SUMMARY

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

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

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

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

Tools are available online or for order at: <http://www.hrsdc.gc.ca/eng/jobs/les/tools/index.shtml>.

The application of these skills may be described throughout this document within the competency statements which support each subtask of the trade. The following are summaries of the requirements in each of the essential skills, taken from the essential skills profile. A link to the complete essential skills profile can be found at [www.red-seal.ca](http://www.red-seal.ca).

### *Reading*

Cooks read a variety of documents such as cookbooks, recipes, manuals and banquet event orders (BEO). With regard to health and safety information, they use notices, food recall bulletins or allergy alerts and other food safety information. Cooks read warnings and instructions written on signs, labels and packaging. Cooks may also read trade publications to learn about food service and hospitality trends and technological advances in commercial kitchens. They may read legal agreements such as contracts and confidentiality agreements.

### *Document Use*

Cooks scan labels on product packaging to locate data such as cooking times, potential allergens and ingredients. They interpret safety data sheet (SDS), safety symbols and icons. Cooks locate information and data found in a variety of tables pertaining to work schedules, food orders, cooking times, quantities of food, logs, invoices and costs. Equipment manuals are used to instruct on proper use, cleaning and the use of personal protective equipment (PPE).

### ***Writing***

Cooks write reminders and notes to co-workers to explain changes in meal preparation routines and food safety procedures. They may also write instructions about specific delivery and handling of food or write brief comments on recipes about cooking times or changes in ingredients. Cooks may write incident reports or requests for equipment upgrades. They write sign-in and sign-out sheets and daily logs to record temperature tracking and sanitation sign-offs. Prep sheets are written with daily tasks and routines, identified completions and inventory information. It is important that cooks accurately label and date products for storage.

### ***Numeracy***

Cooks measure and convert weight and volume of ingredients between imperial and metric systems. They calculate ingredient quantities when modifying recipes. Cooks estimate the yield of bulk items to determine number of servings. They estimate the time required to prepare food and organize their tasks to meet deadlines. Cooks may calculate the cost of menu items and inventory.

### ***Oral Communication***

Cooks discuss work assignments with co-workers. They speak with customers to take orders, and discuss their opinions on recipes and meals. Cooks may make product suggestions and participate in product development meetings. Cooks may explain procedures and safety protocols to kitchen and food servers. They may participate in interdepartmental meetings to harmonize the operations of the organization. They may provide mentoring and coaching to other members of the brigade.

### ***Thinking Skills***

Cooks may choose ingredients and decide how to modify recipes and food preparation practices to meet customers' needs. They evaluate the quality of ingredients received and the appearance and taste of the food they produce. Cooks decide the order of food preparation and housekeeping tasks. To ensure a smooth workflow and maximum efficiencies, they may plan tasks, and review and modify work priorities and deadlines on a regular basis. Cooks coordinate their work with other co-workers. They are required to problem-solve on the fly and to work under pressure.

### ***Digital Technology***

Cooks may use calculators to complete tasks such as cost or ingredient calculation. They may use software or databases to monitor inventory or ingredients and supplies, to place orders, to input or retrieve recipes and to write memos or reports. Cooks use digitally controlled kitchen equipment to prepare food. They may use digital technology to seek and offer advice and to access training courses and seminars offered by suppliers, associations or employers. They regularly use the internet to search for recipes and information related to cooking.

### ***Working with Others***

Cooks usually work within an integrated team that may include other cooks, chefs, kitchen staff, stewards and servers. When working in a line, cooks must work with each member of the team at all times to ensure operations run smoothly. They coordinate their activities with others to ensure optimum use of time, work space, food supplies and equipment.

### *Continuous Learning*

Cooks should stay abreast of trade trends. To advance in the trade, they need to access a variety of resources such as professional associations, customer service seminars, food supplier demonstrations, trade shows and workshops. They may participate in events such as provincial, national and international cooking competitions.

**Trends** All food service operators must abide by jurisdictional health and sanitation standards. There is an increased awareness of food safety among consumers and cooks. Cooks must be trained in food safety practices and should be aware of emerging trends such as external auditing programs, which provide food safety and risk management service to the food service, hospitality and food supply industries.

**Related Products** All products apply.

**Tools and Equipment** See Appendix A.

**Task 1****Performs safety-related functions.**

**Context** Cooks are expected to perform safety-related functions throughout all blocks of the trade. They maintain, clean and sanitize tools and equipment to ensure a safe and hygienic workplace. They use PPE and safety equipment by complying with jurisdictional regulations such as WHMIS. Cooks must constantly maintain personal hygiene.

**Required Knowledge**

- K 1 safe workplace training requirements
- K 2 work safety plan standard operating procedures (SOP)
- K 3 use and location of safety equipment such as fire extinguishers, fire blankets, first aid kits, WHMIS stations and eye-wash stations
- K 4 PPE such as goggles, respirators, protective gloves, shoes, oven mitts and pads
- K 5 sanitization regulations
- K 6 sanitizing products and their concentration
- K 7 importance of sanitizing complete kitchen and equipment
- K 8 standard hygienic practices such as frequent handwashing, wearing clean uniforms and hair nets, and using single-use towels
- K 9 regulations and company guidelines regarding wearing of perfumes, hats, jewellery and nail accessories
- K 10 poor or sub-standard personal hygiene



K 11	location of SDS documentation and jurisdictional regulations
K 12	proper ventilation and lighting
K 13	safe work practices such as proper lifting and bending procedures

### Sub-task

#### A-1.01 Maintains safe work environment.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

- A-1.01.01 identify and report potential hazards such as water, debris, exposed electrical wires, uneven floors, and unidentified liquids and chemicals
- A-1.01.02 identify and report worn, defective and expired furniture, fixtures and equipment (FF&E)
- A-1.01.03 ensure clear and clean walkways by removing unnecessary obstacles, wiping up spills and placing cautionary signage
- A-1.01.04 ensure clean workstation by washing, rinsing and sanitizing work surfaces using prepared solution
- A-1.01.05 ensure clutter-free workstation by removing unnecessary tools, equipment, foods, and debris
- A-1.01.06 store hazardous products according to WHIMS
- A-1.01.07 store hazardous equipment and utensils, according to company policy and manufacturers' specifications
- A-1.01.08 complete cleaning task list on a daily, weekly and monthly basis, according to company policy and jurisdictional regulations
- A-1.01.09 secure workstations when not in use by minimizing possible hazards by following procedures such as removing knives, disconnecting electrical appliances, shutting down appliances and wiping up spills and placing cautionary signage
- A-1.01.10 lock-out equipment according to company policy and manufacturers' specifications
- A-1.01.11 prepare, label and store cleaning and sanitation solutions according to jurisdictional requirements
- A-1.01.12 identify location of safety exits and assembly areas in situations such as fire, explosions and gas malfunctions

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**Sub-task****A-1.02 Uses personal protective equipment (PPE) and safety equipment.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- A-1.02.01 dress in industry specific clothing and approved footwear to prevent injuries and product contamination
- A-1.02.02 locate PPE and safety equipment such as fire extinguishers, eye-wash stations and first-aid kits
- A-1.02.03 select PPE and safety equipment according to application
- A-1.02.04 identify worn, defective and expired PPE and safety equipment according to jurisdictional requirements and manufacturers' specifications

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**Sub-task****A-1.03 Maintains personal hygiene.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- A-1.03.01 follow handwashing procedures
- A-1.03.02 ensure personal hygienic conditions, according to company policy
- A-1.03.03 ensure complete sobriety and mental cohesiveness on worksite, according to jurisdictional regulations and company policy
- A-1.03.04 wear clean work attire such as aprons, pants, shirts, jackets, hats and approved footwear
- A-1.03.05 wear hair nets and hats to reduce contamination risks
- A-1.03.06 wear gloves and ensure nails are short
- A-1.03.07 remove jewelry and accessories to reduce contamination risks, according to company policy
- A-1.03.08 cover all exposed cuts and wounds

## Task 2

## Practices food safety procedures.

**Context** Practicing food safety procedures is the most critical component of the food service industry and ensures customer and employee health and safety.

### Required Knowledge

- K 1 health concerns of improperly prepared foods
- K 2 danger zone temperatures
- K 3 temperatures required for safe hot and cold holding of food
- K 4 required internal temperature of cooked foods such as pork, ground beef, poultry and fish
- K 5 time limits for cooling of cooked foods
- K 6 required internal temperatures of non-cooked foods to be served such as beef and fish
- K 7 refrigeration requirements for foods to be served such as cheese, desserts, fish, meat, poultry and salads
- K 8 time and temperature controls concerning danger zone with raw, uncooked and cooked products
- K 9 cooling process for products
- K 10 methods for re-heating and cooling foods to required temperature in a required time frame while maintaining quality of product
- K 11 required temperature and time for holding re-heated food
- K 12 impact of quantity on re-heating and cooling time
- K 13 types of allergies and intolerances
- K 14 types of diets
- K 15 religious and ethnic requirements
- K 16 food ingredients
- K 17 standard hygienic practices such as frequent handwashing, wearing clean uniforms and hair nets, and using single-use towels
- K 18 regulations and company guidelines regarding wearing of perfumes, hats, jewellery and nail accessories
- K 19 communicable illnesses such as gastro-intestinal, hepatitis and Norwalk virus
- K 20 sanitization regulations
- K 21 sanitizing products and their concentration
- K 22 food safety regulations and hazard analysis critical control point (HACCP)

---

**Sub-task****A-2.01 Maintains safe condition and temperature of raw and finished product.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

A-2.01.01	select and use equipment such as thermometers, ice wands, ice baths, blast chillers, bain marie and hot holding cabinets for maintaining safe foods
A-2.01.02	verify and record at specific intervals that food is at the required internal temperature by using a probe thermometer
A-2.01.03	read various types of thermometers such as digital, dial and laser, according to manufacturers' specifications
A-2.01.04	monitor temperature of cooling or heating equipment, according to manufacturers' specifications, to ensure safety of finished product
A-2.01.05	take corrective measures by applying further cooling or heating to ensure required temperature is reached; providing that food has been in the danger zone for less than 2 hours
A-2.01.06	discard product if temperature is found within the danger zone for more than 2 hours

---

**Sub-task****A-2.02 Cools food rapidly.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

A-2.02.01	place food in container suitable for the fastest cooling process within the allotted time according to food safety regulations
A-2.02.02	monitor cooling process to ensure that targeted temperature is reached within the allotted time according to food safety regulations

- A-2.02.03 take corrective measures by adjusting cooling process using various methods such as adding more ice, breaking down product in smaller quantities and moving product to a higher capacity refrigerated unit, to ensure required temperature is reached; providing that the food has been in the danger zone for less than 2 hours
- A-2.02.04 discard product if temperature is found within the danger zone for more than 2 hours

### Sub-task

#### A-2.03 Re-thermalizes foods.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

- A-2.03.01 select and use equipment such as pans, pots and food storage containers according to type of product and appliance being used
- A-2.03.02 re-heat food to required temperature and time frame according to food safety regulations
- A-2.03.03 verify internal temperature has been reached by using probe thermometers
- A-2.03.04 take corrective measures by adjusting the re-thermalization process using various methods such as breaking down product in smaller quantities and applying more heat, to ensure required temperature is reached; providing that the food has been in the danger zone for less than 2 hours
- A-2.03.05 discard product if temperature is found within the danger zone for more than 2 hours

---

**Sub-task****A-2.04            Avoids cross-contamination.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- A-2.04.01            recognize potential food contamination risks such as unsanitary work surfaces, improper storage, chemical and mechanical contamination, and cross use of utensils and equipment
- A-2.04.02            ensure the use of sanitized work surfaces, tools and equipment
- A-2.04.03            refrain from cross usage of kitchen towels and food service gloves
- A-2.04.04            wash hands after touching unsanitized items such as body parts, clothes and cell phones, and before handling food
- A-2.04.05            refrain from using tasting utensils repeatedly
- A-2.04.06            apply hand washing techniques between tasks
- A-2.04.07            follow storage lay out such as raw food on the bottom and cooked food on the top
- A-2.04.08            use indicated storage containers, cutting boards, utensils specific to products, according to company safety plan
- A-2.04.09            set up sanitizing system such as towel pails and spray bottles and maintain concentration of sanitizing product according to manufacturers' specifications

---

**Sub-task****A-2.05            Sanitizes tools and equipment.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- A-2.05.01            identify utensils, tools, equipment and appliances to be sanitized
- A-2.05.02            disassemble and assemble kitchen tools and equipment for sanitizing purposes according to manufacturers' specifications
- A-2.05.03            apply approved sanitization procedures such as cleaning cutting boards and work stations

- A-2.05.04 remove residual debris by using hot soap solutions according to manufacturers' specifications prior to sanitizing processes and check to ensure concentration according to jurisdictional regulations
- A-2.05.05 use scouring pads or brushes to remove tough cooked-on, carbonized, dehydrated or stubborn residual debris or stains
- A-2.05.06 rinse thoroughly and dry utensils, tools, equipment and appliances
- A-2.05.07 apply sanitizing solution according to manufacturers' specifications

**Trends** Cooks are becoming more involved in the planning of menus, food costing, portion control, waste control, purchasing control, maintenance procedures and basic kitchen management. Cooks are increasingly dealing with customer requirements such as allergens, intolerances, and regional, ethnic preferences and religious considerations.

**Related Products** All products apply.

**Tools and Equipment** See Appendix A.

**Task 3****Maintains tools and equipment.**

**Context** Cooks use mechanized and non-mechanized equipment in the production of food. They maintain tools and equipment to ensure a safe and hygienic workplace.

**Required Knowledge**

- K 1 types of knives such as French, paring, cleaver and boning
- K 2 materials used in knives such as stainless steel, carbon steel, steel alloy and ceramic
- K 3 colour codes for items such as knives and cutting boards
- K 4 types of pots and pans such as braising, roasting, sauté and stock
- K 5 materials used in pots and pans such as copper, stainless steel, aluminium and non-stick material
- K 6 types of utensils such as wooden spoons, whisks, spatulas and scissors
- K 7 materials used in utensils such as stainless steel, plastic, wood and silicone
- K 8 three-sink method of washing
- K 9 types of equipment and appliances such as stoves, measuring devices, mixers, food processors and deep fryers
- K 10 basic and preventative maintenance procedures
- K 11 manufacturers' maintenance requirements



K 12	lock-out procedure for safe cleaning of equipment
K 13	types of cutting surfaces

### Sub-task

#### B-3.01 Maintains knives.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

B-3.01.01	recognize dull knives requiring sharpening
B-3.01.02	recognize damaged and defective knives, and dispose according to jurisdictional regulations
B-3.01.03	select and use sharpening tools such as whetstone, steel, pull sharpener and electric sharpener
B-3.01.04	sharpen knives using sharpening procedures according to manufacturers' specifications
B-3.01.05	wash and dry knives according to company policy
B-3.01.06	store knives to ensure edge retention and user safety
B-3.01.07	choose cutting surface such as wood and food-service-approved plastics to prevent damage to knives

### Sub-task

#### B-3.02 Maintains pots, pans and utensils.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

B-3.02.01	recognize damaged and defective pots, pans and utensils
B-3.02.02	wash and dry pots, pans, slicers and utensils according to industry standards
B-3.02.03	clean pots and pans according to material such as stainless steel, copper, aluminium alloy, ceramic and cast iron
B-3.02.04	store pots, pans and utensils to prevent damage or unsanitary conditions, and to ensure user safety
B-3.02.05	take corrective actions or dispose of damaged and defective pots, pans and utensils according to jurisdictional regulations

- B-3.02.06 choose material appropriate utensils such as wooden spatulas and high heat resistant spatulas to prevent damage to pots and pans
- B-3.02.07 control heat to prevent warping and damaging of pots and pans
- B-3.02.08 refrain from exposing utensils to direct flame

### Sub-task

#### **B-3.03 Maintains equipment and appliances.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

- B-3.03.01 ensure operation of equipment according to manufacturers' specifications
- B-3.03.02 recognize defective equipment and appliances and report to supervisor
- B-3.03.03 assemble and disassemble equipment and appliances such as mixers and meat grinder attachments
- B-3.03.04 store equipment and accessories to prevent damage and ensure safety of user
- B-3.03.05 clean equipment and appliances according to manufacturers' specifications
- B-3.03.06 lubricate equipment such as slicers, mixers and vacuum packaging machines
- B-3.03.07 calibrate equipment such as thermometers and scales
- B-3.03.08 lock out equipment and appliances according to manufacturers' specifications
- B-3.03.09 apply maintenance procedures such as emptying deep fryers and grease collectors on griddle top

## **Task 4**

### **Organizes work.**

**Context** Cooks manage their work in an effective and efficient manner by communicating with others, organizing the workspace and scheduling production.

### Required Knowledge

- K 1 methods of communication such as verbal, written and electronic
- K 2 trade terminology
- K 3 workplace utensils, equipment and appliances such as knives, tongs, food processors, tables, ovens, refrigerators, mixers and grills

K 4	staff roles and kitchen hierarchy
K 5	tasks required to meet production schedule
K 6	quantities and temperature of products required
K 7	time required for various tasks
K 8	skills and knowledge of staff and equipment capacity
K 9	staff coordination during production

### Sub-task

#### **B-4.01 Communicates with others.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### **Key Competencies**

B-4.01.01	share information with professionals such as co-workers, management, suppliers and service professionals
B-4.01.02	talk and interact with customers to determine customers' preferences
B-4.01.03	coordinate tasks with co-workers to ensure timely completion
B-4.01.04	maintain a respectful attitude at all times

### Sub-task

#### **B-4.02 Organizes kitchen workplace.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### **Key Competencies**

B-4.02.01	arrange equipment, appliances and products for flow of production
B-4.02.02	organize and maintain workspace

---

**Sub-task****B-4.03 Schedules production.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-4.03.01	identify tasks to be completed
B-4.03.02	sequence daily activities such as preparing, holding, cooking, maintaining and serving to ensure flow of production
B-4.03.03	create and follow production schedule according to sequencing
B-4.03.04	monitor progress to ensure timely completion of tasks

---

**Task 5****Manages information.**

**Context** Cooks may plan menus and will use information documents such as recipes and schedules to ensure the smooth, safe operation of the workplace.

**Required Knowledge**

K 1	menu styles such as table d'hôte, à la carte and specials
K 2	styles of service such as buffet and over-the-counter
K 3	balanced and nutritionally balanced menu
K 4	availability and cost of menu item ingredients
K 5	ingredients selection appropriate to the menu item
K 6	menu terminology
K 7	documentation such as time and temperature charts, recipe files, schedules, WHMIS documents, HACCP, external auditing programs and cookbooks
K 8	scheduling methods such as hand written and computer
K 9	documentation relating to workplace safety
K 10	menu considerations such as ingredient availability, customer requirements, price point, and menu style

---

**Sub-task****B-5.01 Plans menu and mise en place.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- B-5.01.01 create menu taking into consideration ingredient availability, the season (or time of year), customer requirements, price point, and menu style
- B-5.01.02 adjust, read and follow menu recipes
- B-5.01.03 detect discrepancies/errors in recipes and report to supervisor
- B-5.01.04 determine mise en place requirements
- B-5.01.05 identify and incorporate substitute ingredients
- B-5.01.06 assist in setting menu prices by calculating cost

---

**Sub-task****B-5.02 Uses documentation.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- B-5.02.01 organize and file documents
- B-5.02.02 process documents such as shellfish tags, SDS, and temperature and waste logs according to jurisdictional regulations and company policy
- B-5.02.03 recognize documentation errors and correct or report to supervisor
- B-5.02.04 complete forms such as accident reports, food safety, inventory forms and work schedules
- B-5.02.05 interpret sanitation results according to jurisdictional regulations and report to supervisor

---

**Task 6****Manages products and supplies.**

**Context**                      Cooks are involved in the ordering, receiving and storing of products and supplies. During receiving and storing, products and supplies must be handled in a safe manner according to industry standards, and food safety and jurisdictional regulations.

**Required Knowledge**

- K 1                      standardized food and menu specifications
- K 2                      product and supply specifications such as size, quantity and grades
- K 3                      product availability, seasonal, sustainability and local availability
- K 4                      ordering methods such as using computers, faxes and telephones
- K 5                      acceptable product quality and temperature
- K 6                      receiving policies and procedures
- K 7                      methods of inventory control
- K 8                      upcoming menu requirements
- K 9                      product rotation such as first in first out (FIFO)
- K 10                     product shelf life
- K 11                     storage areas such as refrigerator, freezer and dry storage
- K 12                     storage techniques for raw and cooked products
- K 13                     potential for cross contamination between raw, cooked and ready-to-serve (RTS) food
- K 14                     industry standards and jurisdictional regulations pertaining to storage

---

**Sub-task****B-6.01 Orders products and supplies.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-6.01.01	identify ingredients and assist in completing daily order list
B-6.01.02	determine required quantities according to business volume and delivery schedule
B-6.01.03	relay product order and specifications to product supplier
B-6.01.04	interpret supplier product listing to determine if supplier has the required product

---

**Sub-task****B-6.02 Receives products.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-6.02.01	verify invoices to detect and resolve discrepancies
B-6.02.02	verify product quantity, quality and temperature
B-6.02.03	operate receiving equipment such as hand carts, conveyors, scales and lifts
B-6.02.04	identify and handle products such as hazardous materials, frozen products and fragile products to determine priority of storage
B-6.02.05	deliver and move received products to specific storage using FIFO method
B-6.02.06	unpack and break down received products in size and use appropriate food storage containers

---

**Sub-task****B-6.03 Stores products.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-6.03.01	ensure a clean, orderly and secure storage area
B-6.03.02	select and use food storage containers according to product and quantity to be stored
B-6.03.03	recognize and store hazardous products according to manufacturers' specifications and WHMIS
B-6.03.04	recognize and store food products according to type of food product
B-6.03.05	date and label received and transported product in designated area
B-6.03.06	apply storage techniques to cooked and uncooked food

---

**Sub-task****B-6.04 Maintains inventory.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-6.04.01	verify quantities of products on a daily basis to ensure par levels according to business volume
B-6.04.02	verify quality of perishable products
B-6.04.03	dispose of expired products according to jurisdictional regulations



## Task 7

## Performs culinary trade activities.

**Context** Cooks are expected to perform the following activities throughout all blocks of the trade.

### Required Knowledge

- K 1 trade terminology
- K 2 cooking procedures such as broiling, grilling, steaming and pan-frying
- K 3 conversion factor to obtain desired quantity and quality
- K 4 effect of converting amount of ingredients for recipes
- K 5 foods that require portioning
- K 6 Canadian Food Guide portion guidelines
- K 7 pre-cut portions
- K 8 types of plate designs and shapes
- K 9 importance of colour, focal point and flow
- K 10 time required for plating
- K 11 guidelines for plating
- K 12 carry over cooking times
- K 13 required plate and platter temperature and cleanliness prior to plating
- K 14 cross-contamination concerns such as use of utensils for multiple foods
- K 15 types of plating layout such as center, stacking and flat
- K 16 time considerations of foods when plating products
- K 17 types of platters such as ceramic, plastic, steel and mirrors
- K 18 required food temperature and holding times
- K 19 quantity of plates and platters required
- K 20 applications of convenience foods
- K 21 accompaniments and garnishes
- K 22 terminology used with convenience foods such as ready-to-serve (RTS), ready-to-use (RTU), and heat and serve
- K 23 specialty equipment such as combination ovens, pizza conveyor ovens, timers, proofers, microwaves, and wireless and 'smart' technology

---

**Sub-task****B-7.01**            **Uses recipes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-7.01.01	follow recipe sequence
B-7.01.02	refer to recipe to calculate amounts of ingredients
B-7.01.03	maintain consistency when converting recipes
B-7.01.04	create recipes
B-7.01.05	calculate ingredient substitutions
B-7.01.06	adjust seasoning according to recipe specifications and desired result

---

**Sub-task****B-7.02**            **Performs portion control.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-7.02.01	portion according to approved recipe
B-7.02.02	convert between metric, imperial and American standard
B-7.02.03	use portion control utensils such as measuring cups, portion bags, scales, ladles and portion cake cutters
B-7.02.04	calculate yield and waste, and use yield factor theory to determine purchase requirements

---

**Sub-task****B-7.03           Plates finished product.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-7.03.01	identify menu item components to prepare for plating
B-7.03.02	coordinate cooked product supply for transport and plating
B-7.03.03	determine plating design, components and plating sequence
B-7.03.04	assemble components to meet approved plating standard
B-7.03.05	ensure the accuracy and quality of final plating to meet approved plating standard
B-7.03.06	maintain food temperature when plating
B-7.03.07	maintain temperature of product during service

---

**Sub-task****B-7.04           Prepares convenience foods.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-7.04.01	identify convenience type products such as soup bases, sauce bases and frozen products
B-7.04.02	follow manufacturers' directions
B-7.04.03	reconstitute convenience foods according to manufacturers' directions

## Task 8

### Prepares food according to health and dietary restrictions.

**Context** Practicing food safety procedures is a critical component of the food service industry and ensures customer and employee health and safety. Cooks must comply with customer's health and dietary restrictions.

#### Required Knowledge

K 1	types of allergies and intolerances
K 2	types of diets and eating regimes such as all protein, macrobiotic, vegan, vegetarian, gluten-free, raw and paleo diets
K 3	religious requirements such as Hallal, Kosher and Hindu
K 4	cultural awareness
K 5	nutrition
K 6	food ingredients, allergens and substitutes
K 7	kitchen practices and adaptations
K 8	recipe modification

---

#### Sub-task

##### B-8.01 Adapts kitchen practices to customer's restrictions.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

B-8.01.01	identify modifications required to kitchen practices to meet customer's restrictions
B-8.01.02	substitute ingredients and modify recipes
B-8.01.03	modify food preparation, cooking and serving procedures to avoid cross contamination specific to customer needs

---

**Sub-task****B-8.02           Selects ingredients to meet dietary restrictions.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-8.02.01	identify dietary restriction
B-8.02.02	determine substitute ingredients to modify recipes to meet customer's restrictions
B-8.02.03	choose and propose substitute ingredients to ensure that the integrity of the dish is preserved or propose alternate dishes

---

**Sub-task****B-8.03           Modifies recipes to meet dietary restrictions.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-8.03.01	incorporate substitute ingredient to recipe and ensure integrity of the dish is preserved
B-8.03.02	modify cooking procedures to ensure integrity of substitute ingredients in the recipe
B-8.03.03	create and execute alternate dish to meet customer's restrictions

---

**Sub-task****B-8.04           Prepares food to respect eating regimes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

B-8.04.01	identify modifications required to adapt kitchen practices to customer's restrictions
B-8.04.02	adapt kitchen to meet customer's restrictions
B-8.04.03	substitute ingredients and modify recipes

- B-8.04.04 propose alternate dish to meet customer' s restrictions if integrity of a recipe cannot be preserved
- B-8.04.05 modify food preparation procedures to avoid cross contamination specific to customer needs

<b>Trends</b>	<p>There is an increased awareness by consumers of the health benefits of vegetables and fruits. Local, organic and certified organic vegetables and fruits are increasing in popularity. Many specialty vegetables and fruits are now available “farm to table”; giving cooks fresher produce to work with.</p> <p>Fresh herbs, spices, edible flowers and selected vegetables available from in-house gardens and local hot houses are becoming a larger part of the food service industry.</p> <p>There is an increasing popularity of various ethnic foods resulting in more demand of recipes containing exotic ingredients.</p>
<b>Related Products (including, but not limited to)</b>	Vegetables and fruits (organic, certified organic, exotic, local and sun-dried), herbs (fresh and dry), spices.
<b>Tools and Equipment</b>	See Appendix A.

**Task 9****Prepares herbs and spices.**

<b>Context</b>	Herbs and spices provide flavouring, garnish and texture to enhance the finished product. Cooks need to be knowledgeable in the various types of herbs and spices and their applications including international techniques. They select, clean and process the herbs and spices that are used in various recipes.
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**Required Knowledge**

K 1	types of herbs and spices such as dry, fresh, frozen and paste
K 2	spices such as peppercorn, nutmeg and cumin
K 3	herbs such as rosemary, mint, thyme and basil
K 4	herb cleaning procedures such as rinsing, shaking and drying
K 5	secondary storage procedures
K 6	finishing techniques such as chopping, tearing, rubbing, crushing and roasting

K 7	time required in preparing and processing the dish using herbs and spices
K 8	ratios between dry and fresh herbs, and spices

### Sub-task

#### C-9.01 Selects herbs and spices.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

C-9.01.01	identify indicators of freshness and quality such as hydration, colour and texture
C-9.01.02	identify herbs and spices to complement the flavours in the recipe
C-9.01.03	choose herbs and spices to achieve desired results

### Sub-task

#### C-9.02 Cleans herbs.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

C-9.02.01	clean herbs using methods such as soaking, rinsing, shaking and drying
C-9.02.02	protect herbs during cleaning process to maintain quality and freshness



---

## Sub-task

### C-9.03 Processes herbs and spices.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

C-9.03.01	use tools and equipment such as mortar and pestle, grinders, knives and graters
C-9.03.02	prepare and apply methods to herbs and spices according to recipes
C-9.03.03	prepare herb and spice-flavoured oils, vinegars, pastes and butters to achieve desired results
C-9.03.04	maintain quality of herbs and spices during storage, garnishing and seasoning

---

## Task 10

### Prepares vegetables (including potatoes).

<b>Context</b>	Vegetables are a main staple of all meals and it is essential for the cook to be able to select, prepare, cook and finish vegetables to retain quality, flavour and nutrients.
----------------	--

### Required Knowledge

K 1	types of vegetables
K 2	vegetable classification such as leaf, root, tuber and cruciferous
K 3	variety, classification and uses of potatoes
K 4	sizes, colours and grades
K 5	recipe and menu specifications
K 6	quality and availability of local, organic and certified organic, regional, national and international products
K 7	cleaning procedures
K 8	secondary storage procedures
K 9	secondary preparation and storage methods prior to cooking
K 10	application of cooking techniques such as blanching, sautéing, grilling, frying, baking and steaming as related to traditional and international dishes
K 11	cooking requirements such as temperature and timing

K 12	chemical properties such as acidic and alkaline
K 13	holding techniques, temperature and timing
K 14	nutritional elements of vegetable varieties

### Sub-task

#### C-10.01 Selects vegetables.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

C-10.01.01	identify vegetables according to recipe specifications or to achieve desired result
C-10.01.02	identify indicators of quality of vegetables such as firmness, colour and texture
C-10.01.03	adapt recipe according to availability of seasonal products and recipe yield

### Sub-task

#### C-10.02 Cleans vegetables.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

C-10.02.01	select and use cleaning tools such as peelers, knives and brushes according to vegetable type and as purchased (AP) requirements
C-10.02.02	apply cleaning procedure according to vegetable type and industry standard
C-10.02.03	maintain quality of vegetables during cleaning
C-10.02.04	store prepped vegetables according to type and procedure to preserve quality until needed

---

**Sub-task****C-10.03 Cuts vegetables.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- C-10.03.01 select and use cutting tools such as paring knives, crinkle cutters, mandolines and mechanical food processors
- C-10.03.02 maintain uniform cuts to vegetable to maintain consistency
- C-10.03.03 perform vegetable cuts such as julienne, baton and brunoise to achieve the desired result and appearance
- C-10.03.04 cut shapes of vegetables for garnishes to achieve the desired result and appearance
- C-10.03.05 maintain quality of vegetables during cutting
- C-10.03.06 minimize waste and utilize usable trim

---

**Sub-task****C-10.04 Cooks vegetables.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- C-10.04.01 select cooking method to achieve desired result
- C-10.04.02 apply techniques to maintain pigmentation and texture of vegetables
- C-10.04.03 maintain nutritional value of vegetables
- C-10.04.04 determine doneness of cooked vegetables

---

**Sub-task****C-10.05 Finishes vegetables.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

C-10.05.01	select finishing method to achieve desired result
C-10.05.02	apply finishing methods according to vegetables and to achieve desired result

---

**Task 11****Prepares fruit.**

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

**Required Knowledge**

K 1	types of fruit
K 2	fruit properties such as acid and sugar content, size, colour and grade
K 3	quality and availability of local, seasonal, organic, regional, national and international products
K 4	cleaning procedures
K 5	secondary storage procedures
K 6	secondary preparation and preservation methods prior to cooking and serving
K 7	cooking techniques such as sautéing, grilling, poaching, frying and baking and their timing
K 8	holding techniques and temperature
K 9	nutritional elements of different fruits

---

**Sub-task****C-11.01          Selects fruit.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- C-11.01.01          identify fruit according to recipe specifications or to achieve desired result
- C-11.01.02          identify indicators of quality of fruit such as firmness, colour and texture
- C-11.01.03          adapt recipe according to availability of seasonal products and recipe yield

---

**Sub-task****C-11.02          Cleans fruit.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- C-11.02.01          select and use cleaning tools such as peelers, knives and brushes according to fruit type and AP conditions
- C-11.02.02          apply cleaning procedure according to fruit type and industry standard
- C-11.02.03          maintain quality of fruit during cleaning

---

**Sub-task****C-11.03          Cuts fruit.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- C-11.03.01          select and use cutting tools such as paring knives, mandolins and shape cutters
- C-11.03.02          maintain uniform cuts to fruit to maintain consistency
- C-11.03.03          cut shapes of fruit for garnishes to achieve the desired result and appearance

- C-11.03.04 maintain quality of fruit during cutting such as preventing discolouration  
 C-11.03.05 minimize waste and utilize usable trim

**Sub-task**

**C-11.04 Cooks fruit.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- C-11.04.01 select cooking method to achieve desired result  
 C-11.04.02 apply cooking techniques to achieve desired result  
 C-11.04.03 preserve nutritional elements of fruit  
 C-11.04.04 determine doneness of cooked fruit

**Sub-task**

**C-11.05 Finishes fruit.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- C-11.05.01 select finishing method to achieve desired result  
 C-11.05.02 apply finishing methods to achieve desired result

<b>Trends</b>	<p>There is an increase in the popularity of high quality convenience-based products such as stocks, soups and marinades.</p> <p>More marinades are being used by cooks. Low sodium products and alternate thickening agents are in more demand due to rising dietary and health concerns.</p>
<b>Related Products (including, but not limited to)</b>	<p>Bones, vegetables, water, meat, fish, shellfish, poultry, flour, thickening agents, alcohol, vinegars, herbs, spices, fruits, oils.</p>
<b>Tools and Equipment</b>	<p>See Appendix A.</p>

**Task 12****Prepares stocks.**

<b>Context</b>	<p>Cooks prepare stocks to provide the flavour and texture for a variety of products and applications such as starches, soups and sauces. Selecting proper ingredients for the stock is a critical step in the preparation process. Making stock is an essential skill for all cooks.</p>
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**Required Knowledge**

K 1	stock ingredients such as bones, shellfish parts, vegetables, spices, alcohol and herbs
K 2	types of stocks such as white, brown, vegetable and fish
K 3	recipes and measurements
K 4	stock making techniques
K 5	stock ingredient ratios
K 6	stock cooking techniques such as roasting and sweating
K 7	required time and temperature for cooking stock
K 8	stock reducing procedures
K 9	types of strainers and filters

---

**Sub-task****D-12.01            Selects stock ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- D-12.01.01            identify ingredients according to type of stock
- D-12.01.02            identify ingredients that require advance preparation according to type of stock desired

---

**Sub-task****D-12.02            Processes stock ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- D-12.02.01            select and use tools and equipment such as strainers, spigot pots and roasting pan
- D-12.02.02            determine quantity of ingredients required to achieve desired yield of finished product
- D-12.02.03            measure ingredients according to recipe specifications
- D-12.02.04            combine ingredients according to recipe specifications
- D-12.02.05            gather mise en place to ensure all individual ingredients are prepared according to recipe specifications and accessible in a sequential manner



---

## Sub-task

### D-12.03 Cooks stocks.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

D-12.03.01	add predetermined liquids to achieve desired ratio between liquid and base
D-12.03.02	cook ingredients such as bones and vegetables according to recipe specifications
D-12.03.03	deglaze by adding liquid to base to capture flavour profile
D-12.03.04	skim stock to remove impurities to ensure desired consistency and flavour
D-12.03.05	reduce stock to concentrate the flavour
D-12.03.06	remove stock from heat source for cooling
D-12.03.07	strain and filter stock to remove undesired elements
D-12.03.08	evaluate and adjust quality and clarity of stock to achieve desired flavour profile

---

## Task 13

### Prepares thickening and binding agents.

**Context** Thickening agents are used by cooks to thicken soups and sauces.  
Binding agents are used by cooks to hold ingredients together.

### Required Knowledge

K 1	types of flour-based thickening agents such as roux (blond, brown and white), beurre manié and whitewash, and their applications
K 2	non-flour-based thickening ingredients such as modified starches, gelatine, slurry, eggs and vegetable-based starches, and their applications
K 3	binding agent ingredients such as eggs, gelatine and cream, and their applications
K 4	alternate ingredients such as rice, vegetables, oats and seaweed derivatives
K 5	ratios of thickening and binding ingredients
K 6	combining methods
K 7	required temperature of thickening and binding agents

---

**Sub-task****D-13.01          Selects thickening and binding ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- D-13.01.01          determine type of thickening and binding agents to be made according to recipe specifications
- D-13.01.02          identify ingredients for thickening and binding agents according to recipe specifications

---

**Sub-task****D-13.02          Processes thickening and binding ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- D-13.02.01          select and use tools and equipment such as bowls, whisks and ladles
- D-13.02.02          calculate ratio of thickening and binding ingredients to achieve desired results
- D-13.02.03          incorporate thickening and binding ingredients according to recipe specifications

---

**Task 14****Prepares soups.**

**Context**                      The making of soups is a required skill for all cooks. Combining ingredients in the proper sequence is important in achieving quality results.

**Required Knowledge**

- K 1                      soup classifications such as hot, cold and clear
- K 2                      soup ingredients
- K 3                      types of soups and garnishes according to classification
- K 4                      recipes

K 5	ratios of ingredients
K 6	cooking times
K 7	effect of ingredients such as grains, pastas, cream, eggs and vegetables
K 8	ingredients to clarify a stock for consommé
K 9	types of serving vessels such as bread, pumpkin and ceramic bowls
K 10	cooking, and hot and cold holding temperatures
K 11	alternative service methods such as banquet container (self-service), French service and à la carte

### Sub-task

#### D-14.01 Selects soup ingredients.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

D-14.01.01	identify ingredients according to soup desired
D-14.01.02	identify ingredients that require advance preparation according to type of soup desired

### Sub-task

#### D-14.02 Processes soup ingredients.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

D-14.02.01	select and use tools and equipment such as steam kettles, pots and immersion blenders
D-14.02.02	calculate the quantity of ingredients required to achieve desired yield according to recipe specifications
D-14.02.03	measure ingredients according to recipe specifications
D-14.02.04	gather mise en place to ensure all individual ingredients are prepared according to recipe specifications and accessible in a sequential manner

---

## Sub-task

### D-14.03 Cooks soups.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

D-14.03.01	combine and cook ingredients in proper sequence according to recipe specifications
D-14.03.02	incorporate thickening agents such as roux and purees to achieve desired results
D-14.03.03	clarify stock for consommés according to recipe specifications
D-14.03.04	adjust soup characteristics such as seasoning, thickness, texture, appearance and colour to achieve desired results
D-14.03.05	garnish according to recipe specifications

---

## Task 15

### Prepares marinades and brines.

**Context** Marinades and brines are used to enhance flavours and to tenderize the product. Marinades can either be dry or wet-based. Brines are used to cure/preserve meat and fish. Brines are water-and salt-based.

### Required Knowledge

K 1	types of marinades such as dry rubs, sweet and acid-based
K 2	brine ingredients such as water, salt, sugar and vinegar
K 3	marinade ingredients such as oils, vinegars, alcohol, spices and vegetables
K 4	products that can be marinated such as fish, poultry, meat, game and vegetables
K 5	products that can be cured with brine such as fish, fruit, meat, poultry and vegetables
K 6	uses of brines such as curing, flavouring and pickling
K 7	purposes of marinades and brines such as for flavouring and for breaking down fibres
K 8	ingredient ratios
K 9	marinade and brine cooking techniques

---

**Sub-task****D-15.01          Selects marinade and brine ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- D-15.01.01          determine appropriate marinade or brine for type of protein, vegetables or fruit being used to achieve desired results
- D-15.01.02          identify ingredients for marinades and brines according to recipe specifications

---

**Sub-task****D-15.02          Processes marinade and brine ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- D-15.02.01          measure ingredients according to recipe specifications
- D-15.02.02          select and use non-reactive processing tools and equipment such as stainless steel and polycarbonate according to product specifications
- D-15.02.03          combine ingredients according to recipe specifications

<b>Trends</b>	<p>There is an increase in the usage of convenience-based sauces influenced by an establishment's equipment, labour force and cost structure. However, there is still a demand for traditional hand-crafted sauces.</p> <p>Low sodium products and alternate thickening agents are in more demand due to rising dietary and health concerns.</p>
<b>Related Products (including, but not limited to)</b>	Vegetables, water, meat, fish, shellfish, poultry, flour, cornstarch, thickening agents, alcohol, vinegars, herbs, spices, fruits, oils.
<b>Tools and Equipment</b>	See Appendix A.

**Task 16****Prepares sauces.**

<b>Context</b>	Preparing sauces is an important task since they accompany dishes, bring out flavours and enhance the appearance and texture of the final product.
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**Required Knowledge**

K 1	types of cold sauces such as coulis and purées
K 2	types of butter and cheese sauces and compound butters
K 3	five mother sauces including hollandaise, tomato, espagnol, béchamel, velouté
K 4	derivatives of the five mother sauces
K 5	sauce ingredients such as vinegar, stock, alcohol, herbs, spices, fruit, vegetables and thickening agents
K 6	required ratios of ingredients
K 7	sauce processing techniques
K 8	types and applications of alcohol such as wine, port, liqueurs and beer
K 9	cooling, holding and storing procedures
K 10	alcohol properties such as acid content, alcohol content and flavour
K 11	sauces that can contain alcohol

K 12	hazards of cooking with alcohol
K 13	cooking techniques such as using double boiler, deglazing and sautéing
K 14	effect of cooling on thickness of sauce
K 15	cooking times and temperatures
K 16	thickening agents
K 17	uses of sauces

### Sub-task

#### E-16.01 Selects sauce ingredients.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

E-16.01.01	identify sauce to achieve desired results
E-16.01.02	identify ingredients according to recipe specifications

### Sub-task

#### E-16.02 Processes sauce ingredients.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

E-16.02.01	select and use non-reactive processing tools and equipment such as stainless steel and polycarbonate according to product specifications
E-16.02.02	measure and prepare ingredients according to recipe specifications

---

**Sub-task****E-16.03            Cooks sauces.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

E-16.03.01	combine ingredients in sequence according to recipe specifications
E-16.03.02	maintain temperature of sauce to achieve desired result
E-16.03.03	deglaze cooking vessel with liquid to release flavours
E-16.03.04	determine sauce qualities such as thickness, colour and flavour according to desired result
E-16.03.05	apply thickening technique such as reduction or adding thickening agents such as roux, liaison and slurry
E-16.03.06	adjust sauce characteristics such as thickness, colour, flavour and texture

---

**Sub-task****E-16.04            Finishes sauces.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

E-16.04.01	use techniques such as monté au beurre and flambé
E-16.04.02	adjust final qualities such as seasoning, taste, appearance and texture
E-16.04.03	hold sauce using techniques to preserve quality and integrity



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**Task 17****Prepares dessert sauces.**

**Context** Dessert sauces complement the dessert. In many cases they enhance the flavour of the dessert and add visual appeal.

**Required Knowledge**

- K 1 ingredients such as fruit, chocolate, vanilla, dairy products, sugars, starches and alcohol
- K 2 types of dessert sauces such as coulis, sabayon, purées and caramel
- K 3 tools such as blenders, sauce pans and strainers
- K 4 recipes for dessert sauces
- K 5 thickening agents such as egg yolks, waxy maize and tapioca starch
- K 6 uses of herbs and spices such as mint, nutmeg, cinnamon, chillies and anise
- K 7 ingredient properties such as acidity and sweetness
- K 8 uses of sauces
- K 9 garnishing ingredients such as fresh fruit, herbs, chocolate leaf and wafers

---

**Sub-task****E-17.01 Selects ingredients for dessert sauces.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- E-17.01.01 identify indicators of freshness and quality such as hydration, colour and texture
- E-17.01.02 identify ingredients according to recipe specifications or to achieve desired results

---

**Sub-task****E-17.02 Processes ingredients for dessert sauces.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

E-17.02.01 select and use non-reactive processing tools and equipment such as double boilers, saucepans, strainers and stainless steel bowls

E-17.02.02 measure and prepare ingredients according to recipe specifications

---

**Sub-task****E-17.03 Cooks dessert sauce.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

E-17.03.01 combine ingredients in sequence according to recipe specifications

E-17.03.02 use cooking methods such as tempering, reduction, blending and infusion

E-17.03.03 determine sauce qualities such as thickness, colour, flavour and texture according to desired result

E-17.03.04 adjust desert sauce properties such as thickness, colour and flavour according to desired result

E-17.03.05 modify alcohol using methods such as reduction and flambé

---

**Sub-task****E-17.04 Finishes dessert sauces.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- E-17.04.01 use techniques such as monté au beurre and caramelizing
- E-17.04.02 recognize and adjust final qualities such as seasoning, taste, appearance, flavour and texture
- E-17.04.03 hold dessert sauce using techniques to preserve quality and integrity

**Trends**

There is an increased tendency to use modified milk and egg-based products and their substitutes to accommodate growing dietary needs, restrictions and food safety. Recipes using only egg whites and low-fat milk are more common. Attention to quality and safety is important to preparing these dishes as well as knowledge/consideration of consumer allergies and restrictions relating to dairy and egg products.

There is also a fast-growing consumer interest in natural products, farmstead, artisan and regional cheese products across North America. Likewise, there is a greater consumer interest in organic and natural egg products. A growing selection of dairy and dairy substitutes available such as yogurts, almond milk, coconut milk, lactose-free dairy and soy milk is available.

**Related Products  
(including, but not limited to)**

**Dairy:** cheese, milk, cream, dairy substitute, butter, cultured products, margarines, ghee, kafir, specialty milks.

**Eggs and Related Products:** whole egg, egg yolks, egg white, liquid and powdered egg substitute.

**Tools and  
Equipment**

See Appendix A.

**Task 18****Prepares cheese and dairy-related dishes.****Context**

Preparing cheese and dairy-related dishes involves selecting and understanding the various properties of each product. It is important to understand the methods of incorporating cheese and dairy-related products in recipes. Attention to quality and safety is important to preparing these dishes. For the purpose of this analysis, dairy also includes other dairy substitutes.

**Required Knowledge**

- K 1 properties of cheese and dairy products
- K 2 dairy substitutes such as soy milk, almond milk, coconut milk and margarine
- K 3 classifications of cheeses such as soft, semi-soft and hard
- K 4 origin of cheese such as region and animal

K 5	flavoured dairy products such as infused, blended and aged
K 6	cheese ripeness indicators such as age, texture, smell and taste
K 7	cultured dairy products such as sour cream, kafil, yogurt and cottage cheese
K 8	various fat contents of dairy and dairy substitutes such as milk, butter and yogurts
K 9	serving and storage temperatures for butter, cheese and milk
K 10	temperature sensitivities of dairy products
K 11	timing and temperature requirements for incorporating dairy products into recipes

### Sub-task

#### F-18.01 Selects cheese and dairy-related ingredients.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

F-18.01.01	recognize freshness of dairy products based on expiry date and sensory inspection
F-18.01.02	recognize the ripeness characteristics of cheese
F-18.01.03	identify and distinguish between milk products such as skim, whole, buttermilk and cream
F-18.01.04	distinguish milks such as goat, sheep and cow
F-18.01.05	distinguish dairy substitutes such as coconut, soy and almond milk
F-18.01.06	recognize types of butter and butter substitutes such as margarine (hydrogenated and non-hydrogenated), salted, ghee, unsalted and flavoured
F-18.01.07	pair cheese and dairy-related products to dishes such as appetizers, hors d'oeuvres and soups

---

**Sub-task****F-18.02 Processes cheese and dairy-related ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

F-18.02.01	alter consistency of product by incorporating air using methods such as whipping butters, thickening creams and softening cheeses
F-18.02.02	add cheese and dairy to recipes in sequence according to recipe specifications and to achieve desired result
F-18.02.03	flavour dairy products such as compound butters and cheese sauces
F-18.02.04	select and use tools and equipment such as cheese graters, whisks, cutters and non-reactive pots and pans
F-18.02.05	select techniques to process cheeses such as shredding, crumbling, grating and slicing
F-18.02.06	select techniques to process dairy and dairy-related products such as souring, tempering and scalding

---

**Sub-task****F-18.03 Finishes cheese and dairy-related products.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

F-18.03.01	flavour dairy products such as compound butters and cheese sauces
F-18.03.02	select and use tools and equipment such as cheese graters, whisks, cutters and non-reactive pots and pans
F-18.03.03	apply cooking methods such as baking au gratin, melting for fondue, deep-frying, pan frying and broiling
F-18.03.04	select garnishes and accompaniments such as fruit, nuts, herbs and spices

## Task 19

## Prepares eggs and egg-related dishes.

**Context** Cooks must have an understanding of the importance and delicacy of eggs and egg products. Eggs have many uses including acting as leavening agents, binding agents, and can be used on their own to create a number of dishes.

### Required Knowledge

K 1	egg grades, sizes and type
K 2	freshness of eggs (packing date and best before date)
K 3	egg products such as egg whites, powdered eggs, frozen yolks and pasteurized eggs
K 4	egg substitutes such as liquid egg substitutes, tofu and powdered egg substitute
K 5	characteristics of eggs such as fat content of yolks and whites
K 6	classical recipes such as quiche, eggs Benedict and eggs Florentine
K 7	processing methods such as separating, emulsifying and frying
K 8	cooking methods such as poaching, boiling and scrambling
K 9	time and temperature ratios

---

### Sub-task

#### F-19.01 Selects ingredients for eggs and egg-related dishes.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

F-19.01.01	recognize freshness of egg products based on expiry date and sensory inspection
F-19.01.02	convert egg volumes and account for sizing differences to meet recipe specifications
F-19.01.03	distinguish speciality eggs such as quail and duck

---

**Sub-task****F-19.02 Processes ingredients for eggs and egg-related dishes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- F-19.02.01 select and use tools and equipment such as non-reactive bowl and pan, whisk and timer
- F-19.02.02 use methods to process eggs such as separating yolks from whites and beating prior to incorporating with other ingredients
- F-19.02.03 combine egg and other ingredients such as milk, clarified butter and cheese according to recipe specifications
- F-19.02.04 temper eggs according to recipe standard
- F-19.02.05 whip egg whites to desired peak for items such as meringues, soufflés and batters

---

**Sub-task****F-19.03 Cooks eggs and egg-related dishes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- F-19.03.01 select and use tools and equipment such as pan, pot, oven and steamer
- F-19.03.02 prepare ratio of vinegar to water for boiling or poaching eggs
- F-19.03.03 achieve desired texture and consistency such as hard cooked, soft cooked, over easy and over hard
- F-19.03.04 follow recipe sequence for eggs and egg-related dishes



---

**Sub-task****F-19.04 Finishes eggs and egg-related dishes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- F-19.04.01 assemble egg-related dishes in sequence according to recipe specifications
- F-19.04.02 select garnishes such as green onions, parsley and fruit as accompaniment and for visual appeal
- F-19.04.03 torch or broil egg-related dish according to recipe specifications

<b>Trends</b>	A greater variety of these products is available. Consumer health awareness as well as international cuisine trends have driven these demands. Healthier pasta and grain choices are becoming more common. Alternatives such as gluten-free pasta and culture-specific items such as noodles, dumplings and stuffed doughs are becoming more popular.
<b>Related Products (including, but not limited to)</b>	Fresh and dry pasta, stuffed and assembled pastas (such as cannelloni, manicotti, dumplings, samosas, rangoons, lasagnas), alternatives (such as gluten free pasta, soba, udon), sauces, cheese, fillings, oils, vinegars, accompaniments.
<b>Tools and Equipment</b>	See Appendix A.

**Task 20****Prepares pastas.**

<b>Context</b>	In order to produce a variety of quality pasta dishes in both individual and larger quantities, it is important for cooks to be aware of preparation techniques, storage methods and pasta ingredients.
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**Required Knowledge**

K 1	pasta ingredients such as flour, eggs, water, olive oil and salt
K 2	types of flours used for pastas such as semolina, whole wheat and rice
K 3	types of eggs such as liquid eggs and grade A eggs
K 4	types of pasta flavours such as spinach, herb and black pepper
K 5	pasta shapes such as spaghetti, macaroni, vermicelli and penne
K 6	types of noodles such as fresh, dried, steamed and fried
K 7	alternatives such as gluten-free, soba and udon
K 8	pasta making procedures such as mixing, resting, rolling, cutting and drying
K 9	cooking temperatures and times
K 10	ratio of salted water to pasta
K 11	storage and holding methods for prepared pastas

---

**Sub-task****G-20.01          Selects pasta ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- G-20.01.01          determine quality of ingredients by identifying freshness and checking expiry dates
- G-20.01.02          determine types of ingredients based on recipe specifications
- G-20.01.03          determine pasta and noodle type required for specific dishes

---

**Sub-task****G-20.02          Makes pastas.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- G-20.02.01          select and use equipment for making pasta dough such as bowls, stand mixers and tables
- G-20.02.02          combine ingredients in sequence and ratio to achieve pasta consistency and textures
- G-20.02.03          use pasta-processing machines and tools such as ravioli press, electric pasta roller, cutter blades and gnocchi paddles
- G-20.02.04          use hand forming techniques such as rolling, folding, stretching and cutting
- G-20.02.05          store and hold prepared pasta as determined by service requirements, and to preserve the quality and integrity of the product

---

**Sub-task****G-20.03          Cooks pastas.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- G-20.03.01          select and use tools and equipment such as colanders, pots, frying pans, pasta cooking machines, deep fryers, skimmers and tongs
- G-20.03.02          use cooking methods such as boiling, baking and frying according to recipe specifications
- G-20.03.03          perform sensory evaluation to determine doneness
- G-20.03.04          store and hold prepared pasta as determined by service requirements, and to preserve the quality and integrity of the product

---

**Sub-task****G-20.04          Finishes pasta dishes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- G-20.04.01          rethermalize cooked pasta for serving using methods such as sautéing, blanching, baking and frying
- G-20.04.02          select sauce for types of pasta according to recipe specifications
- G-20.04.03          select types and amounts of seasonings according to recipe specifications
- G-20.04.04          garnish according to recipe specifications

## Task 21

## Prepares assembled pastas.

**Context** In order to produce a variety of assembled pasta dishes in both individual and larger quantities, it is important for cooks to be aware of preparation techniques, methods and pasta ingredients. For the purpose of this NOA, this task includes preparation of various styles of stuffed dough products.

### Required Knowledge

K 1	pasta and other dough ingredients such as flour, eggs, water, olive oil and salt
K 2	types of flours used for doughs such as semolina, whole wheat and rice
K 3	types of eggs such as liquid eggs and grade A eggs
K 4	types of pasta flavours such as spinach, herb and black pepper
K 5	types of fillings such as meat, cheese and vegetables
K 6	types of stuffed pastas such as cannelloni, ravioli and dumplings
K 7	baked pastas such as lasagna, manicotti and cannelloni
K 8	other types of assembled dough products such as perogies, gyozas, , samosas and empanadas
K 9	dough making procedures such as mixing, resting, rolling, cutting and drying
K 10	cooking temperatures and times
K 11	ratio of salted water to pasta

---

### Sub-task

#### G-21.01 Selects assembled pasta ingredients.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

G-21.01.01	determine quality of ingredients by identifying freshness and checking expiry dates
G-21.01.02	determine types of ingredients based on recipe specifications
G-21.01.03	determine dough type and shape required for specific dishes

---

**Sub-task****G-21.02          Makes assembled pastas.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- G-21.02.01          select and use equipment for making pasta and dough such as bowls, stand mixers and tables
- G-21.02.02          combine ingredients in sequence and ratio to achieve pasta and dough consistency and textures
- G-21.02.03          use pasta-processing machines and tools such as ravioli press, electric pasta rollers, cutter blades, piping bags, scoops and gnocchi paddles
- G-21.02.04          use assembly techniques such as rolling, layering, folding, stretching, stuffing and cutting according to recipe specifications
- G-21.02.05          store and hold prepared pasta as determined by service requirements, and to preserve the quality and integrity of the product

---

**Sub-task****G-21.03          Cooks assembled pastas.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- G-21.03.01          select and use tools and equipment such as colanders, pots, frying pans, casserole dishes, deep fryers, skimmers and tongs
- G-21.03.02          use cooking methods such as boiling, baking, broiling and frying according to recipe specifications
- G-21.03.03          determine doneness by using a variety of methods such as sensory inspection, thermometer and needle testing
- G-21.03.04          store and hold prepared pasta as determined by service requirements, and to preserve the quality and integrity of the product

---

**Sub-task****G-21.04 Finishes assembled pasta dishes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- G-21.04.01 reheat assembled pasta and other items for serving using methods such as sautéing, blanching, baking and frying
- G-21.04.02 select sauce and accompaniments for types of pasta according to recipe specifications
- G-21.04.03 select types and amounts of seasonings according to recipe specifications
- G-21.04.04 garnish according to recipe specifications

## BLOCK H

# GRAINS, SEEDS, PULSES, NUTS, AND SOY- AND WHEAT-BASED PROTEINS

<b>Trends</b>	A greater variety of grains, pulses, nuts, and soy- and wheat-based proteins is available. Consumer health awareness, healthier lifestyles and diets are driving these demands.
<b>Related Products (including, but not limited to)</b>	Fresh, dry, and canned pulses. Dry and sprouted seeds. Dry grains and rice. Dry and fresh nuts. Soy- and wheat-based proteins: tofu, tempeh, seitan, bean curd.
<b>Tools and Equipment</b>	See Appendix A.

## Task 22

### Prepares grains and seeds.

<b>Context</b>	In order to produce a variety of quality grain and seed dishes in both individual and larger quantities, it is important for cooks to be aware of preparation techniques, methods, and grain and seed ingredients.
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#### Required Knowledge

K 1	properties such as flavour, texture, colour and shape
K 2	types of grains such as wild rice, barley, bulgur, couscous and oats
K 3	types of seeds such as pumpkin, sunflower, flax, chia, basil and quinoa
K 4	cooking temperatures and times
K 5	soaking and washing requirements
K 6	ratio of water to product
K 7	complementary ingredients such as flavourings, herbs, aromatics, vegetables and wines
K 8	types of grain dishes such as tabbouleh, red beans and rice, pilaf and porridge



K 9	cooking methods such as risotto, pilaf, boiling, steaming, baking, stir frying and puffing
K 10	nutritional elements of various grains and seeds as proteins

### Sub-task

#### H-22.01 Selects grains and seeds.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

H-22.01.01	choose types of grains and seeds according to recipe and desired result
H-22.01.02	choose amount of grains and seeds according to required yield
H-22.01.03	perform sensory inspection by looking for mould, signs of humidity, contaminants, discolouration, and damage, by feeling texture, and by smelling for unpleasant odours to determine quality of ingredients

### Sub-task

#### H-22.02 Cleans grains and seeds.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

H-22.02.01	sort grains and seeds to ensure they are free of contaminants such as rocks and metal
H-22.02.02	discard grains and seeds that show appearance of chemical and biological contamination
H-22.02.03	thoroughly wash grains and seeds in cold water to remove extra starch and foreign plant contaminants such as twigs and leaves
H-22.02.04	strain grains and seeds to remove excess water

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## Sub-task

### H-22.03 Cooks grains and seeds.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

H-22.03.01	select and use tools and equipment such as colanders, steamers, pots, tongs, spatula, Dutch ovens, and woks
H-22.03.02	soak grains and seeds according to type
H-22.03.03	select ingredients and seasonings according to recipe specifications
H-22.03.04	use cooking methods such as boiling, steaming, baking, stir-frying, puffing, and using pilaf and risotto methods, according to recipe
H-22.03.05	perform sensory evaluation by assessing texture, taste and appearance to determine doneness

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## Task 23

### Prepares pulses and nuts.

**Context** Pulses and nuts can be served on their own or can be incorporated as key ingredients in many dishes such as soups, dressings and salads. They must be properly cleaned, cooked and stored.

#### Required Knowledge

K 1	types of pulses such as lentils, kidney beans and lima beans
K 2	types of groundnuts such as peanuts
K 3	types of tree nuts such as almonds, pine nuts and walnuts
K 4	properties such as flavour, texture, colour and shape
K 5	potential severity of nut allergies
K 6	soaking requirements
K 7	ratio of water to product
K 8	complementary ingredients such as flavourings, herbs, aromatics, vegetables and wines
K 9	cooking temperatures and times

K 10	types of pulse dishes such as chilli, cassoulet, burritos, dal and mung bean stews
K 11	nutritional elements of various pulses and nuts as proteins

### Sub-task

#### H-23.01 Selects pulses and nuts.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

H-23.01.01	choose types of pulses and nuts according to recipe specifications and desired results
H-23.01.02	choose amount of pulses and nuts according to required yield
H-23.01.03	perform sensory inspection by looking for mould, signs of humidity, contaminants, discolouration, and damage, by feeling texture, and by smelling for unpleasant odours to determine quality of ingredients

### Sub-task

#### H-23.02 Cleans pulses and nuts.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

H-23.02.01	sort pulses and nuts to ensure they are free of contaminants such as rocks and metal
H-23.02.02	discard pulses and nuts that show appearance of chemical and biological contamination
H-23.02.03	thoroughly wash pulses and nuts in cold water to remove foreign plant contaminants such as twigs and leaves
H-23.02.04	strain pulses and nuts to remove excess water

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## Sub-task

### H-23.03 Cooks pulses and nuts.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

H-23.03.01	select and use tools and equipment such as colanders, steamers, pots, tongs, spatula and Dutch ovens
H-23.03.02	soak pulses according to type
H-23.03.03	select ingredients and seasonings according to recipe specifications
H-23.03.04	use cooking methods such as boiling, steaming, roasting and baking according to recipe specifications
H-23.03.05	finish pulses and nuts using methods such as puréeing, marinating and curing, according to recipe specifications

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## Task 24

### Prepares soy- and wheat-based proteins.

**Context** Soy- and wheat-based proteins can be served on their own or can be incorporated as key ingredients in many dishes such as soups, pastas, salads, and hot and cold appetizers. They must be properly cooked and stored.

#### Required Knowledge

K 1	types of soy- and wheat-based proteins such as tofu, tempeh, bean curd and seitan (gluten)
K 2	properties such as flavour, texture, colour and shape
K 3	complementary ingredients such as flavourings, herbs, aromatics, vegetables and wines
K 4	cooking temperatures and times
K 5	product specifications
K 6	nutritional substitution of various soy- and wheat-based proteins for an animal protein
K 7	potential severity of soy- and wheat-based allergies

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**Sub-task****H-24.01          Selects soy- and wheat-based proteins**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- H-24.01.01          choose types of soy- and wheat-based proteins according to recipe specifications and desired results
- H-24.01.02          choose amount of soy- and wheat-based proteins according to required yield

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**Sub-task****H-24.02          Cooks soy- and wheat-based proteins.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- H-24.02.01          select and use tools and equipment such as colanders, steamers, pots, tongs, spatula and Dutch ovens
- H-24.02.02          use cooking methods such as boiling, steaming, grilling, braising, frying, roasting and baking according to recipe specifications and to achieve desired results
- H-24.02.03          ensure internal temperature is reached
- H-24.02.04          marinate soy- and wheat-based proteins according to recipe specifications
- H-24.02.05          finish soy- and wheat-based proteins according to recipe specifications

<b>Trends</b>	<p>There is a greater variety and quality in meat, poultry and game. Regional, national and international food safety regulations pertaining to meat, poultry and game have impacted animal production through to final food preparation.</p> <p>Consumers are increasingly demanding ethnic choices and techniques in food preparation influencing the increase in the need for varieties of meats.</p>
<b>Related Products (including, but not limited to)</b>	<p><b>Domestic meats:</b> beef, pork, lamb, veal, goat.</p> <p><b>Game meats:</b> bison, elk, caribou, moose, deer, kangaroo, musk ox, wild boar, rabbit.</p> <p><b>Poultry:</b> chicken, turkey.</p> <p><b>Game birds:</b> quail, pheasant, goose, duck, partridge, pigeon, guinea fowl, ostrich, emu, rhea.</p> <p><b>Variety meats:</b> heart, liver, kidney, oxtail, tongue, tripe.</p>
<b>Tools and Equipment</b>	See Appendix A.

**Task 25****Prepares meat and game meat.**

<b>Context</b>	<p>Cooks prepare both domestic meat such as beef, pork, veal and lamb, as well as game meat such as bison, caribou and boar. Cooks must take particular care in their preparation in order to avoid waste. The preparation and cooking procedures of meat and game meat are similar.</p>
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**Required Knowledge**

K 1	types of domestic meat such as beef, pork, veal and lamb
K 2	types of game meat such as deer, elk, bison and caribou
K 3	organic and free range meat and game meat
K 4	primary cuts such as loin, rib and chuck
K 5	secondary and fabricated cuts such as ribs, steaks and chops
K 6	meat grades, labelling, branding and ageing methods
K 7	applications of different types and cuts of meat

K 8	properties of meat and game meat such as fat content and origins
K 9	defrosting procedures
K 10	degrees of doneness such as rare, medium and well done
K 11	cooking methods according to type and cut of meat
K 12	muscle and skeletal structure and marbling, and their effect on cooking
K 13	flavours and seasoning such as herbs, spices, wines and marinades

### Sub-task

#### I-25.01      **Selects meat and game meat.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

I-25.01.01	identify and choose meat and game meat according to government inspected meat classifications such as origin, size, aged and grade, to achieve desired result
I-25.01.02	interpret label information and perform sensory evaluations to determine freshness and quality of meat and game meat
I-25.01.03	identify and choose meat and game meat cuts such as primals and subprimals according to recipe specifications

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**Sub-task****I-25.02 Processes meat and game meat.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- I-25.02.01 fabricate meat and game meat using methods such as cleaning, de-boning, larding, barding, marinating, tying, grinding, curing, tenderizing, smoking, trussing and scoring according to specifications
- I-25.02.02 select and use processing tools such as band saws, bone scrapers, grinders and cleavers
- I-25.02.03 minimize waste and utilize trim for future use such as broths, stocks and ground meat
- I-25.02.04 calculate defrosting time required according to size of meat and game meat to ensure tempering according to food safety regulations and recipe specifications

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**Sub-task****I-25.03 Cooks meat and game meat.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- I-25.03.01 calculate cooking time required according to size of meat and game meat to ensure even cooking according to recipe specifications
- I-25.03.02 choose and apply cooking method such as grilling, roasting, braising and broiling according to recipe specifications
- I-25.03.03 determine doneness and tenderness by using various methods such as temperature readings, touch tests and visual appearance



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## Sub-task

### I-25.04 Finishes meat and game meat.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

I-25.04.01	rest cooked meat and game meat according to size, weight and internal temperature to retain yield, moisture and allow for carry-over cooking
I-25.04.02	glaze cooked meat and game meat using ingredients such as butter, oil and sauces
I-25.04.03	apply techniques such as broiling and crusting according to recipe specifications
I-25.04.04	determine and apply carving technique depending on type, grain of muscle, size of meat and game meat to maximize yield and tenderness
I-25.04.05	determine location for carving of cooked meat and game meat according to doneness such as rare, medium and well done
I-25.04.06	garnish according to recipe specifications

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## Task 26

### Prepares poultry and game birds.

#### Context

Cooks prepare both domestic poultry such as chicken and turkey, as well as game birds such as pheasant, quail and duck. The preparation of these is similar, though for many game birds the finishing temperature may be lower. This is because of the risks of contamination in domestic poultry and its requirement for high finishing temperatures to mitigate this risk.

#### Required Knowledge

K 1	types of poultry such as chickens and turkeys
K 2	poultry and game bird grades and labelling
K 3	classification of poultry such as broilers and fryers
K 4	types of game birds such as quail, pheasant, partridge and duck
K 5	organic and free range poultry and game birds
K 6	poultry and game bird cuts such as breasts, halves, quarters and suprême
K 7	applications of different types and cuts of poultry and game birds
K 8	properties of poultry and game birds such as fat content and origins

K 9	defrosting procedures
K 10	cross-contamination considerations for poultry and game bird
K 11	dry and moist cooking methods
K 12	flavours and seasoning such as herbs, wines and marinades
K 13	special considerations for cooking domestic poultry and game birds such as cooking and internal temperature requirements
K 14	bone, cartilage and muscle structure
K 15	protein content percentages
K 16	brine percentage

### Sub-task

#### I-26.01 Selects poultry and game birds.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

I-26.01.01	identify and choose poultry and game birds according to government inspected meat classifications such as origin, size and grade, to achieve desired result
I-26.01.02	interpret label information and perform sensory evaluations to determine freshness and quality of poultry and game birds

### Sub-task

#### I-26.02 Processes poultry and game birds.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

I-26.02.01	identify pre-fabricated pieces of poultry and game birds using visual inspection to meet recipe specifications
I-26.02.02	select and use processing tools such as boning knives, scissors and cleavers
I-26.02.03	fabricate poultry and game birds using methods such as cleaning, de-boning, larding, barding, breading, marinating, seasoning, curing, smoking, trussing and scoring according to specifications

- I-26.02.04 stuff whole or individual portions of poultry and game birds using various techniques according to recipe specifications
- I-26.02.05 calculate defrosting time required according to size of poultry and game bird to ensure tempering according to food safety regulations and recipe specifications
- I-26.02.06 minimize waste and utilize trim for future use such as broths, stocks and force meat (farce)

**Sub-task**

**I-26.03 Cooks poultry and game birds.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- I-26.03.01 calculate cooking time required according to size of poultry and game bird to ensure even cooking according to recipe specifications
- I-26.03.02 apply cooking methods such as braising, deep frying, broiling and roasting according to recipe specifications
- I-26.03.03 determine doneness and tenderness by using various methods such as a temperature readings and touch tests

**Sub-task**

**I-26.04 Finishes poultry and game birds.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- I-26.04.01 rest cooked poultry and game birds according to size, weight and internal temperature to retain yield and moisture
- I-26.04.02 glaze cooked poultry and game birds using ingredients such as butter, oil and sauce
- I-26.04.03 apply techniques such as broiling and crusting according to recipe specifications
- I-26.04.04 determine carving techniques depending on type and size of poultry and game birds to maximize yield

- I-26.04.05 carve cooked poultry and game birds according to recipe specifications or classification of meats such as dark or white, quarters, halves or individual pieces
- I-26.04.06 garnish according to recipe specifications

## Task 27

### Prepares variety meats.

**Context** Variety meats are also referred to as offal. These require particular handling and preparation procedures.

#### Required Knowledge

- K 1 types of variety meats such as sweetbreads, liver, heart, kidney, tongue, tripe and oxtail
- K 2 regulations regarding variety meats
- K 3 quality of variety meats
- K 4 applications of variety meats
- K 5 defrosting procedures
- K 6 handling and storage procedures for variety meats
- K 7 flavours and seasonings such as herbs, wines and marinades
- K 8 purging, blanching and pressing techniques
- K 9 cleaning techniques such as removing membranes and blood vessels

#### Sub-task

##### I-27.01 Selects variety meats.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

- I-27.01.01 identify and choose variety meats according to government inspected meat classifications such as origin, type, size and grade, to achieve desired result
- I-27.01.02 interpret label information and perform sensory evaluations to determine freshness and quality of variety meats

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**Sub-task****I-27.02 Processes variety meats.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- I-27.02.01 fabricate variety meats using methods such as cleaning, cutting, seasoning, breading, marinating, curing, smoking and scoring according to specifications
- I-27.02.02 calculate defrosting time required according to size of variety meats to ensure tempering according to food safety regulations and recipe specifications
- I-27.02.03 select and use processing tools such as band saws, grinders and cleavers

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**Sub-task****I-27.03 Cooks variety meats.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- I-27.03.01 calculate cooking time required according to size of variety meat to ensure even cooking according to recipe specifications
- I-27.03.02 apply cooking method according to recipe specifications
- I-27.03.03 determine doneness by using various methods such as temperature readings and touch test

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**Sub-task****I-27.04 Finishes variety meats.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

I-27.04.01	glaze cooked variety meats using ingredients such as oil, sauce and butter
I-27.04.02	apply techniques such as broiling and crusting according to recipe specifications
I-27.04.03	portion cooked variety meats according to recipe specifications
I-27.04.04	adjust final qualities such as seasoning, taste, appearance and texture

<b>Trends</b>	<p>Fish and shellfish cooking has evolved in Canada through multicultural trends. Fish and shellfish varieties and availability have increased. Sauces and condiments for fish and shellfish have become lighter and more diverse.</p> <p>The consumer demand and awareness for fish and shellfish is greater than ever; the industry has responded with a diverse array of local and international techniques and presentations.</p> <p>Farming has been able to meet the demand and eliminate seasonal shortages Canada-wide.</p> <p>There is an increase in government intervention in marine stewardship as well as in the demand for sustainable fish species.</p>
<b>Related Products (including, but not limited to)</b>	<p><b>Fish:</b> freshwater (trout, perch, pickerel, salmon), saltwater (cod, mahi mahi, arctic char, halibut, snapper, sardines, salmon, tuna).</p> <p><b>Shellfish:</b> mollusks (clams, oysters, mussels), crustaceans (lobster, crayfish, shrimp), cephalopods (squid, octopus).</p>
<b>Tools and Equipment</b>	See Appendix A.

**Task 28****Prepares fish.**

<b>Context</b>	There is a wide variety of fish, and freshness and quality is paramount. Cooks must understand the importance of proper handling, storing, and preparation of many types of fish.
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**Required Knowledge**

K 1	variety of fish such as salmon, halibut, trout and pickerel
K 2	origin such as wild, farmed, freshwater and saltwater
K 3	seasonal availability of fresh products such as halibut and wild salmon
K 4	trade terminology related to fish such as whole, dressed and filet
K 5	freezing procedures such as frozen at sea, block, individual quick frozen (IQF) and land-frozen
K 6	packaging such as vacuum packaging and ice pack

K 7	regulations regarding fish
K 8	safe fish handling procedures
K 9	alternative preparation techniques such as sashimi, ceviche and cold-smoked
K 10	cooking requirements
K 11	serving temperatures
K 12	finishing techniques

### Sub-task

#### J-28.01 Selects fish.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

J-28.01.01	identify fish characteristics such as round or flat, freshwater or saltwater, oily or lean, flavour intensity, texture and seasonality
J-28.01.02	distinguish between fresh and previously frozen fish for proper application and handling
J-28.01.03	determine freshness of fish using sensory evaluations such as touch, smell and appearance of fish to ensure quality
J-28.01.04	identify cut specifications for application according to recipe specifications

### Sub-task

#### J-28.02 Processes fish.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

J-28.02.01	select and use tools and equipment such as scalers, knives, pliers and tweezers
J-28.02.02	clean, cut, scale, trim, de-bone and portion fish according to menu specifications
J-28.02.03	defrost frozen fish maintaining quality and cell structure



J-28.02.04	minimize waste and utilize trim for future use such as purées, mousses and quenelles
J-28.02.05	select seasonings according to recipe specifications

### Sub-task

#### J-28.03 Cooks fish.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

J-28.03.01	season fish according to recipe specifications
J-28.03.02	select and use cooking tools and equipment such as sauce pan, grill, oven, smoker and griddle according to recipe specifications
J-28.03.03	apply cooking methods such as poaching, steaming, pan searing, deep-frying, smoking and broiling to achieve desired results
J-28.03.04	determine approximate time required for cooking fish depending on, thickness, desired degree of doneness and recipe specifications
J-28.03.05	pre-cook and hold fish for high volume production according to quality expectations and health and safety regulations
J-28.03.06	ensure fish is cooked by using various methods such as temperature readings, and needle and touch tests to determine desired doneness

### Sub-task

#### J-28.04 Finishes fish.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

J-28.04.01	glaze fish using ingredients such as butter, olive oil and syrup
J-28.04.02	apply techniques such as broiling and crusting according to recipe specifications
J-28.04.03	adjust seasoning according to recipe specifications
J-28.04.04	garnish according to recipe specifications

**Task 29****Prepares shellfish.****Context**

There is a wide variety of shellfish, and freshness and quality is paramount. Cooks must understand the importance of properly storing and preparing a variety of selected shellfish. Extra precautions must be taken while handling and cooking shellfish due to their delicate nature and consumer allergies relating to shellfish.

**Required Knowledge**

- K 1 grading, quality and freshness of shellfish
- K 2 origin and variety of shellfish
- K 3 seasonal availability of fresh products such as lobsters, crab and oysters
- K 4 shellfish classification such as mollusks, crustaceans and cephalopods
- K 5 count-size of shellfish
- K 6 safe shellfish handling procedures
- K 7 freezing procedures for shellfish such as frozen at sea, land-frozen and IQF
- K 8 packaging shellfish such as vacuum pack, ice pack and popsicle pack
- K 9 regulations regarding shellfish such as seasonal closures and saving point-of-origin tags
- K 10 classical dishes such as Shellfish Newburg, Oyster Rockefeller and Coquille St-Jacques
- K 11 alternative preparation techniques such as ceviche, cold-smoked, hot-smoked and cured
- K 12 trade terminology related to shellfish such as en papillote, thermidor, au gratin and baked
- K 13 serving temperatures

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**Sub-task****J-29.01            Selects shellfish.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- J-29.01.01            distinguish between fresh and previously frozen shellfish for proper application and handling
- J-29.01.02            determine freshness and quality of shellfish using sensory evaluations such as shape, smell and physical attributes
- J-29.01.03            choose shellfish according to size and section to meet recipe specifications

---

**Sub-task****J-29.02            Processes shellfish.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- J-29.02.01            wash and clean shellfish and discard waste such as sand, barnacles and rubber bands
- J-29.02.02            select and use tools and equipment such as shucker, scissors, brushes and paring knives
- J-29.02.03            prepare shellfish using methods such as shuck, shell, de-vein, de-beard, cut and trim for use and recipe specifications
- J-29.02.04            defrost frozen shellfish maintaining quality and cell structure
- J-29.02.05            select seasonings according to recipe specifications
- J-29.02.06            minimize waste and utilize trim for stocks, sauces and soups

---

**Sub-task****J-29.03 Cooks shellfish.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- J-29.03.01 select cooking methods such as poaching, frying and broiling to the type of shellfish and according to recipe specifications
- J-29.03.02 select and use tools and equipment such as pans, pots and steamers
- J-29.03.03 use shellfish cooking techniques such as poaching, steaming, pan searing, deep-frying and broiling
- J-29.03.04 pre-cook and hold shellfish for high volume production
- J-29.03.05 calculate cooking time for shellfish based on size to achieve desired results
- J-29.03.06 determine shellfish doneness by performing temperature readings or testing visually

---

**Sub-task****J-29.04 Finishes shellfish.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- J-29.04.01 glaze shellfish using ingredients such as butter, flavoured oils and nage
- J-29.04.02 separate protein from shell and process shell by cleaning, polishing and drying for later use such as presentation
- J-29.04.03 combine prepared protein and return to shell according to recipe specifications
- J-29.04.04 apply techniques such as broiling and crusting according to recipe specifications
- J-29.04.05 garnish according to recipe specifications

**Trends**

Because of a greater demand for cooks to be able to multi-task, the definition of garde-manger has shifted from classic garde-manger — which meant “cold kitchen” — to a broader range in duties, including hot and cold appetizers.

Convenience products are being increasingly used in the preparation of salads, hors d’œuvres, sandwiches, pâtés and terrines, condiments, accompaniments, and aspic, jellies and glazes. Cost, efficiency, and health and safety regulations are driving this trend.

Charcuterie is becoming more popular.

**Related Products  
(including, but not  
limited to)**

**Salads:** leafy, composed, jellied, vegetable, fruit, garnish, marinades.

**Hors d’œuvres:** dough, breads, canapés, fruits, meat, vegetables, fish, shellfish.

**Sandwiches:** breads, fillings, condiments, garnishes.

**Charcuterie:** sausages, cured meats, dried meats, air-dried beef, air-dried hams and bacons, pâtés and terrines (pastry, meats and variety meats, fish, shellfish, vegetables, aspics, jellies).

**Condiments and accompaniments:** relishes, chutneys, pickles, salsas, mustards, mayonnaises, vegetables, dressings, capers.

**Aspics, jellies and glazes:** gelatine, clarified stock, pectin, sugar, syrup.

**Tools and  
Equipment**

See Appendix A.

**Task 30****Prepares salads.****Context**

Salads are a combination of various ingredients such as vegetables, fruit, grains, pulses, meat, fish, shellfish and cheese. They can be served hot or cold. Dressings add flavour, texture, appearance and moisture to salads. It is important to prepare most salads as close to serving time as possible.

**Required Knowledge**

K 1 cold and hot salads

K 2 types of salads such as composed, leafy and jellied

K 3	salad ingredients such as mixed greens, dressing and garnish
K 4	types of dressings such as vinaigrette and mayonnaise-based
K 5	ratio of salad ingredients to dressing
K 6	presentation styles such as layering and garnishing
K 7	holding temperatures and storing methods for salad ingredients

### Sub-task

#### K-30.01 Selects salad ingredients.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

K-30.01.01	identify indicators of freshness and quality such as hydration, colour and texture
K-30.01.02	identify ingredients according to recipe specifications

### Sub-task

#### K-30.02 Processes salad ingredients.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

K-30.02.01	select and use processing tools and equipment such as knives, salad spinners, peelers and graters
K-30.02.02	use processing methods such as cleaning, soaking, drying and cutting
K-30.02.03	combine ingredients according to recipe specifications and salad type
K-30.02.04	prepare salad garnishes according to recipe specifications to achieve desired results

---

**Sub-task****K-30.03 Processes dressings.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

K-30.03.01	select dressing ingredients according to recipe specifications
K-30.03.02	select and use tools and equipment such as whisk, food processor and hand blender
K-30.03.03	use processing methods such as emulsion, reduction and combining
K-30.03.04	adjust seasonings, texture and appearance according to recipe specification

---

**Task 31****Prepares hors d'oeuvres.**

**Context** Cooks prepare hot and cold bite-sized items in quantity. They are made with various ingredients such as meat, vegetables, fruit and breads.

**Required Knowledge**

K 1	types of hot hors d'oeuvres such as satays, tarts and spanakopita
K 2	types of cold hors d'oeuvres such as canapés and vegetable dips
K 3	hors d'oeuvres ingredients
K 4	techniques related to assembly of hors d'oeuvres
K 5	holding temperatures and storage methods
K 6	garnishes for hors d'oeuvres

---

**Sub-task****K-31.01          Selects hors d'oeuvres ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

K-31.01.01          identify indicators of freshness and quality such as hydration, colour and texture

K-31.01.02          identify ingredients according to recipe specifications

---

**Sub-task****K-31.02          Processes hors d'oeuvres ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

K-31.02.01          select and use processing tools and equipment

K-31.02.02          use processing methods such as wrapping, mixing, folding and baking

K-31.02.03          determine dry and moist cooking methods according to hors d'oeuvres specifications

K-31.02.04          cook hors d'oeuvres components such as vol-au-vent, tart shells, and baguettes

K-31.02.05          store hors d'oeuvres components for future assembly



---

## Sub-task

### K-31.03 Finishes hors d'oeuvres.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

K-31.03.01	combine hors d'oeuvres components
K-31.03.02	apply cooking methods such as baking, frying and broiling to finish hors d'oeuvres
K-31.03.03	adjust seasoning, colour and texture according to desired result
K-31.03.04	add sauce, condiments and garnish to hors d'oeuvres according to desired result

---

## Task 32

### Prepares sandwiches.

**Context** Sandwiches have many fillings and styles such as open-faced, closed, wrapped, grilled and panini.

### Required Knowledge

K 1	types of bread such as flat, sourdough and yeast-raised
K 2	types of hot sandwiches such as reuben, monte cristo and panini
K 3	types of cold sandwiches such as wraps and pinwheels
K 4	sandwich components such as meat, condiments, spreads, garnishes, vegetables and fruit
K 5	holding temperatures and storing methods
K 6	assembly sequence
K 7	cooking methods for recipe type

---

**Sub-task****K-32.01          Selects sandwich ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

K-32.01.01	identify indicators of freshness and quality such as hydration, colour and texture
K-32.01.02	identify ingredients for filling according to recipe specifications
K-32.01.03	choose bread according to sandwich style

---

**Sub-task****K-32.02          Processes sandwich ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

K-32.02.01	select and use processing tools and equipment such as knives, slicer and grills
K-32.02.02	use processing methods such as slicing and mixing according to ingredients
K-32.02.03	cook, slice and combine sandwich components for future assembly
K-32.02.04	adjust seasoning and texture according to recipe specifications and desired results
K-32.02.05	hold and store sandwich components for future service

---

## Sub-task

### K-32.03 Assembles sandwiches.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

K-32.03.01	prioritize assembly steps
K-32.03.02	select and use sandwich assembly tools and equipment such as panini presses and toasters
K-32.03.03	combine sandwich filling, condiments and bread according to sandwich style and recipe specifications
K-32.03.04	cut and garnish sandwiches according to desired presentation

---

## Task 33

### Prepares charcuterie.

#### Context

Charcuterie consists of techniques for preserving meats.

Sausages are prepared in many varieties. They can be aged and dried, smoked and cured, wrapped and unwrapped.

Other meats processed in charcuterie may include drying meats, air-dried beef, air-dried hams and bacons

Pâtés are smooth, savoury meat fillings that can be wrapped with pastry. They are baked and served hot or cold.

Traditional terrines are a loaf of coarse forcemeat covered, barded and cooked with no pastry.

#### Required Knowledge

K 1	charcuterie and its methods such as drying, curing, aging and smoking
K 2	types of pâtés such as traditional (with pastry) and non-traditional (without pastry)
K 3	types of terrines such as mousseline, vegetable and seafood
K 4	binding agents such as gelatine and marrow
K 5	pâté, terrine and sausage components such as liver, pork, chicken, flavourings and garnishes
K 6	related components such as salts, casings, pastry and aspics

K 7	tools and equipment such as sausage press, meat grinders, terrine moulds, food processors and smokers
K 8	aging and storage processes for pâtés, terrines, cured meats and sausages

### Sub-task

#### K-33.01 Selects ingredients for charcuterie.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

K-33.01.01	identify indicators of freshness and quality such as hydration, colour and texture
K-33.01.02	identify ingredients for processing according to recipe specifications

### Sub-task

#### K-33.02 Processes ingredients for charcuterie.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

K-33.02.01	select and use processing tools and equipment such as meat grinder, meat slicer, cutters and food processor
K-33.02.02	use processing methods such as smoking, curing, drying, chopping, grinding, emulsifying, marinating, soaking, shaping and moulding
K-33.02.03	combine ingredients, season and garnishes according to recipe specifications
K-33.02.04	assemble ingredients for charcuterie

---

**Sub-task****K-33.03          Cooks charcuterie.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- K-33.03.01          select and use cooking tools and equipment such as smokers, ovens and grills
- K-33.03.02          select temperature according to recipe specifications
- K-33.03.03          apply cooking method such as curing, poaching and baking
- K-33.03.04          determine charcuterie doneness by using a thermometer and hydrometer

---

**Sub-task****K-33.04          Finishes charcuterie.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- K-33.04.01          apply garnish and finishing technique to pâtés and terrines such as glazing and coating with aspic according to desired result
- K-33.04.02          remove casings and membranes from sausages and cured meats
- K-33.04.03          cut and slice charcuterie products

**Task 34****Prepares condiments and accompaniments.**

**Context** Cooks prepare condiments to be served, usually cold, to accompany and complement dishes such as sandwiches, cheeses, charcuterie and hors d'oeuvres.

**Required Knowledge**

- K 1 types of condiments and accompaniments such as mustards, relishes and chutneys
- K 2 ingredients such as vegetables, fruit, oils, vinegars and seasoning
- K 3 seasonal availability of ingredients
- K 4 sequence of processing

**Sub-task****K-34.01 Selects ingredients for condiments and accompaniments.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- K-34.01.01 identify indicators of freshness and quality such as hydration, colour and texture
- K-34.01.02 identify ingredients to complement the flavours of the pairing

**Sub-task****K-34.02 Processes ingredients for condiments and accompaniments.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- K-34.02.01 select and use tools and equipment such as mixers, pots and food processors
- K-34.02.02 use processing methods such as chopping, mixing, blending, whipping and cooking
- K-34.02.03 add flavouring, seasonings and thickening agents

---

**Sub-task****K-34.03          Prepares preserves.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

K-34.03.01	select ingredients according to recipe specifications
K-34.03.02	select tools and equipment such as pressure cooker, pots, tongs and thermometers
K-34.03.03	sterilize jars and lids
K-34.03.04	cut ingredients such as fruits and vegetables to achieve desired result
K-34.03.05	combine and cook ingredients in sequence according to recipe specifications
K-34.03.06	bottle cooked mixture according to procedure
K-34.03.07	immerse filled bottles in boiling water according to specifications in order to seal
K-34.03.08	allow to cool according to recipe specifications

---

**Sub-task****K-34.04          Prepares pickles.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

K-34.04.01	select ingredients according to recipe specifications
K-34.04.02	select tools and equipment such as pressure cooker, pots, tongs and thermometers
K-34.04.03	sterilize jars and lids
K-34.04.04	process ingredients and add to pickling brine
K-34.04.05	combine and cook ingredients according to recipe specifications
K-34.04.06	bottle cooked mixture according to procedure
K-34.04.07	immerse filled bottles in boiling water according to specifications in order to seal
K-34.04.08	allow to cool according to recipe specifications

## Task 35

### Prepares aspics, jellies and glazes.

#### Context

Aspic is a clear jelly made with clarified stock thickened with gelatine. It is frequently a decorative item and is also used as a protective shield for displayed food items.

Jellies are finished products which are used for complementing dishes. Jellies are not limited to garde-manger usage, they also have other uses such as entrées, appetizers and desserts.

In garde-manger, glazes are a finished, shiny coating of aspic.

#### Required Knowledge

K 1	types of aspics such as meat and vegetable
K 2	types of jellies such as fruit and vegetable
K 3	types of glazes such as natural and flavoured
K 4	ingredients such as gelatine, pectin, agar, sugar, vegetables and fruit
K 5	ratios of liquid to gelatine
K 6	liquid temperature requirements
K 7	setting temperature and time

---

#### Sub-task

##### K-35.01 Selects ingredients for aspics, jellies and glazes.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

K-35.01.01	identify indicators of freshness and quality such as hydration, colour and texture
K-35.01.02	identify ingredients to complement the flavours in the recipe



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**Sub-task****K-35.02 Processes ingredients for aspics, jellies and glazes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- K-35.02.01 select and use tools and equipment such as moulds, palette knives and bain-marie
- K-35.02.02 combine ingredients using processing methods such as mixing, blooming and heating
- K-35.02.03 hold product at temperature during glazing to ensure glaze adheres to surface
- K-35.02.04 apply aspic, jelly and glaze, cool and allow to set
- K-35.02.05 store aspic, jelly and glaze at required temperature

<b>Trends</b>	Baked goods and desserts are varied and appeal to a number of different tastes and demands. Baked goods can be used in different meals and courses, from breakfast to appetizers, entrées to desserts. Desserts have adapted to multicultural cuisines and cultures and constantly evolve with customer preferences, trends and fads.
<b>Related Products (including, but not limited to)</b>	Cakes, pies, pastries, creams, mousses, frozen desserts, bread, rolls, breakfast baked goods, quick breads, cookies.
<b>Tools and Equipment</b>	See Appendix A.

**Task 36****Prepares dough-based products.**

<b>Context</b>	Dough, sweet or savoury, is used to make items such as breads, pie shells, pastries and cookies. It can be shaped and moulded to create designs. New flours and textures as well as additional ingredients can be introduced to provide variety.
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**Required Knowledge**

K 1	types of dough
K 2	basic formulas for baking
K 3	flour characteristics
K 4	flour types such as rye, wheat, buckwheat, flax and rice
K 5	basic ingredients such as egg, milk, water, sugar and salt
K 6	types of leavening agents and their properties
K 7	types of fat and shortening
K 8	types of additional ingredients such as grains, seeds, herbs and spices
K 9	mixing methods
K 10	baking terms such as blooming, resting, benching, proofing and oven spring
K 11	weight and measures
K 12	scaling dry and wet ingredients
K 13	variety breads such as naan, sourdoughs and artisan breads

K 14	dough types and characteristics such as sweet and savoury
K 15	proofing temperatures
K 16	styles and shapes
K 17	time and temperature ratios
K 18	dough garnishes such as poppy seeds, sesame seeds, herbs and spices
K 19	equipment used in baking processes such as baking ovens and proofers
K 20	effects of humidity and elevation on baking processes
K 21	cooling procedures
K 22	storage procedures

### Sub-task

#### L-36.01 Selects ingredients for dough.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

L-36.01.01	identify required ingredients used in various dough products
L-36.01.02	identify freshness of dough ingredients based on expiry date and sensory inspection
L-36.01.03	identify the quality of dough ingredients to achieve the desired result

### Sub-task

#### L-36.02 Processes ingredients for dough.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

#### Key Competencies

L-36.02.01	select and use tools and equipment such as sifters, mixers, sheeters, dough presses, rolling pins and proofers
L-36.02.02	combine ingredients according to formula
L-36.02.03	use leavening agents according to formula specifications
L-36.02.04	apply processes specified in formula such as rolling, resting, proofing, benching, punching and kneading to achieve desired texture

- L-36.02.05 portion, scale, roll and form dough according to formula to prepare for cooking
- L-36.02.06 fold and incorporate fat into dough

### Sub-task

#### L-36.03 Cooks dough-based products.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

- L-36.03.01 select and use types of ovens such as deck, pizza, convection, conventional and combination ovens
- L-36.03.02 follow cooking methods such as boiling, baking and frying as specified in formula
- L-36.03.03 perform sensory evaluation or use internal temperature to determine doneness

### Sub-task

#### L-36.04 Finishes dough-based products.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

- L-36.04.01 rest product according to formula specifications
- L-36.04.02 glaze and garnish finished product according to formula specifications
- L-36.04.03 store product according to formula specifications to maintain freshness and shelf life

## Task 37

## Prepares batter-based products.

**Context** Batters can be savoury or sweet, and can be used for many different applications that range from muffins to pâte à choux, genoise to cakes. Batters can be altered to suit customer requirements.

### Required Knowledge

K 1	types of batters
K 2	types of batter-based products such as cookies, biscuits, muffins, cakes, fritters and pancakes
K 3	ingredients such as flour, egg, milk, water and salt
K 4	formulas
K 5	flour characteristics
K 6	flour types such as rye, wheat, buckwheat, bran, rice and corn
K 7	types of leavening agents and their properties
K 8	types of fat and shortening
K 9	types of additional ingredients such as grains, seeds, herbs and spices
K 10	sweetening agents such as honey, maple syrup and sugars
K 11	measuring and scaling methods
K 12	mixing methods such as for making genoise, angel food cake, fritter, pâte à choux and chiffon
K 13	time and temperature ratios
K 14	humidity factors
K 15	properties of finished batters

---

### Sub-task

#### L-37.01 Selects ingredients for batters.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

L-37.01.01	identify required ingredients used in various batter-based products
L-37.01.02	identify freshness of batter ingredients based on expiry date and sensory inspection
L-37.01.03	identify the quality of batter ingredients to achieve the desired result

---

**Sub-task****L-37.02 Processes ingredients for batters.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-37.02.01 select and use tools and equipment such as sifters, mixers, scoops, piping bags and baking pans
- L-37.02.02 combine ingredients according to formula
- L-37.02.03 use leavening agents according to formula specifications
- L-37.02.04 prepare pans with materials such as parchment, grease and flour according to formula specifications
- L-37.02.05 apply processes specified in formula such as proofing, resting and re-mixing to achieve desired texture
- L-37.02.06 portion and scale batter according to formula to prepare for cooking

---

**Sub-task****L-37.03 Cooks batter-based products.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-37.03.01 select and use cooking tools and equipment such as convection, conventional and combination ovens, deep fryers and moulds
- L-37.03.02 follow cooking methods such as boiling, baking, griddling and deep-frying as specified in formula
- L-37.03.03 perform sensory evaluation or use internal temperature to determine doneness

---

## Sub-task

### L-37.04 Finishes batter-based products.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

L-37.04.01	rest product according to formula specifications
L-37.04.02	glaze and garnish finished product according to formula specifications
L-37.04.03	store product according to formula specifications to maintain freshness and shelf life

---

## Task 38

### Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.

**Context** In preparing these items, it is important to focus on both appearance and texture to increase customer enjoyment. Natural colour tones, flavours and presentation will increase the appeal of the products. Proper techniques should be employed to ensure consistency and quality. The visual appeal of the product is as important as the taste.

### Required Knowledge

K 1	ingredients such as eggs, dairy products, fruit, starches, fats, sugars (isomalt, icing, dextrose), sweeteners, chocolate, alcohol, flavourings and gelatine
K 2	tools and equipment such as whisks, bowls, candy thermometer, spatulas and bain-marie
K 3	formulas
K 4	product properties such as fat and acid content
K 5	thickening agents such as gelatine, agar and starches
K 6	types of frozen desserts
K 7	cooking and alternative processing procedures
K 8	temperature and time ratios
K 9	cooling and freezing techniques
K 10	finishing techniques such as open flame tempering, glazing and broiling
K 11	types of icings and toppings

K 12	hazards of working with melted sugar
K 13	sugar working methods such as spinning, caramelizing, blowing and pulling

### Sub-task

**L-38.01**      **Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

- L-38.01.01      identify required ingredients used in various creams, mousses, frozen desserts, fillings, icings, toppings and sugar work products
- L-38.01.02      identify freshness of ingredients based on expiry date and sensory inspection
- L-38.01.03      identify the quality of ingredients to achieve the desired result

### Sub-task

**L-38.02**      **Processes ingredients for creams, mousses, frozen desserts and fillings.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

- L-38.02.01      select and use tools and equipment such as mixers, scoops, piping bags, moulds, anti-griddle (frost pans) and ice cream makers
- L-38.02.02      combine ingredients according to formula, using preparation methods such as tempering, folding, emulsifying, whipping and incorporating
- L-38.02.03      use leavening agents such as egg whites at specific temperature according to formula specifications
- L-38.02.04      prepare pans and moulds with materials such as parchment, sugar and acetate according to formula specifications
- L-38.02.05      apply processes specified in formula to achieve desired texture
- L-38.02.06      portion and scale combined ingredients according to formula
- L-38.02.07      modify alcohol such as by reduction, flambée and macerating



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**Sub-task****L-38.03 Finishes creams, mousses and frozen desserts.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

L-38.03.01	temper product according to formula specifications
L-38.03.02	mould and demould products such as crème caramel, parfait and soufflé
L-38.03.03	glaze and garnish finished product according to formula specifications
L-38.03.04	apply finishing techniques such as open flame tempering and broiling according to formula specifications

---

**Sub-task****L-38.04 Prepares icings and toppings.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

L-38.04.01	select and use tools and equipment such as mixers, whisks, pans and pots
L-38.04.02	use preparation methods such as tempering, folding, emulsifying, whipping and incorporating
L-38.04.03	follow temperature stages such as for sugar and chocolate according to formula specifications
L-38.04.04	store product according to formula specifications to maintain freshness and shelf life

---

## Sub-task

### L-38.05 Prepares sugar works.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

L-38.05.01	select and use tools and equipment such as mixers, candy thermometer, heat lamps, torches and copper pots
L-38.05.02	use preparation methods such as pulling, spinning and casting
L-38.05.03	follow temperature stages for sugar according to formula specifications
L-38.05.04	store product according to formula specifications to maintain freshness and shelf life

---

## Task 39

### Assembles cakes.

**Context** This section assumes that the filling, icing and cake have been prepared and stored. It is important to complement the cake with the appropriate fillings and garnishes which can be tailored through seasonal needs and customer requirements. Assembling and displaying cakes is about presentation and appeal.

### Required Knowledge

K 1	tools and equipment such as spatulas, piping bags and tips, and pedestals
K 2	types of cake filling such as fruit filling, jams, mousses, ganache and icings
K 3	varieties of cakes such as black forest, strawberry shortcake and sacher torte
K 4	icing procedures
K 5	glazing techniques
K 6	ratios needed in decorating cake
K 7	basic piping techniques
K 8	density of cakes
K 9	temperature of cake components such as filling, syrup and coating

---

**Sub-task****L-39.01            Selects cake components for assembly.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-39.01.01            identify required components needed for assembly of a variety of cakes
- L-39.01.02            identify quality of cake components based on sensory inspection
- L-39.01.03            choose icing, filling, toppings and garnishes according to recipe specifications or cake variety

---

**Sub-task****L-39.02            Finishes cakes.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-39.02.01            select and use tools and equipment such as spatulas, air brushes, piping bags and tips, and pedestals
- L-39.02.02            glaze and garnish cake according to recipe specifications
- L-39.02.03            assemble and apply decorations to cake according to recipe specifications
- L-39.02.04            store product according to recipe specifications to maintain freshness and shelf life

## Task 40

## Prepares pastries and pies.

**Context** This section assumes that the fillings, icing, glazes, dough and paste have been prepared and stored. It is important to complement the product with the appropriate fillings and garnishes which can be tailored through seasonal availability and customer requirements. Assembling and displaying pastries and pies focuses on presentation and appeal.

### Required Knowledge

K 1	types of pastries and pies
K 2	types of fillings such as gelatine-based, fresh fruit, compote, egg and cream
K 3	types of toppings such as meringues, creams and fruits
K 4	types of dough such as puff, phyllo, short and pie
K 5	types of paste for pastry such as choux and sugar paste
K 6	times and temperature according to recipe and ingredients
K 7	presentation techniques and styles

---

### Sub-task

#### L-40.01 Selects ingredients for pastries and pies.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

L-40.01.01	identify required components needed for assembly of a variety of pastries and pies
L-40.01.02	identify quality of pastry and pie components based on sensory inspection
L-40.01.03	choose fillings, toppings and pastes according to recipe or pastry and pie variety

---

**Sub-task****L-40.02 Assembles pastries and pies.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-40.02.01 select and use tools and equipment such as rolling pins, pie dockers, cutters, piping bags, bowls and pans
- L-40.02.02 follow assembly procedures such as piping, filling and layering according to recipe specifications
- L-40.02.03 use products such as egg wash, simple syrups, flavourings and alcohol for flavouring, texture and appearance of product

---

**Sub-task****L-40.03 Cooks pastries and pies.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-40.03.01 select and use cooking tools and equipment such as convection, conventional and combination ovens, moulds and pans
- L-40.03.02 follow cooking methods such as resting, baking and frying according to recipe specifications
- L-40.03.03 perform sensory evaluation or use internal temperature to determine doneness

---

## Sub-task

### L-40.04 Finishes pastries and pies.

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

### Key Competencies

L-40.04.01	select and use tools and equipment such as spatulas, piping bags and pastry brushes
L-40.04.02	allow pastries and pies to set according to recipe specifications
L-40.04.03	glaze, fill and garnish pastries and pies according to recipe specifications
L-40.04.04	store product according to recipe specifications to maintain freshness and shelf life

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## Task 41

### Prepares chocolate.

#### Context

Chocolate is a versatile but delicate component used in many styles and types of cooking. Chocolate is consumed in many forms. In this task, the focus is on chocolate-related items such as truffles, ganaches, pliable chocolates, dipping chocolate and other confections. Care and attention is needed when handling and storing chocolate and its components, paying particular attention to humidity and temperature control. Chocolate is prepared in many tempering stages.

#### Required Knowledge

K 1	types of chocolate such as dark, white, milk and cocoa powder
K 2	properties of chocolate such as fat content, cocoa mass and cocoa butter
K 3	variety of chocolate forms such as chips, shavings, brick, block and wafers
K 4	types of compound chocolates such as cream, coffee, mint and alcohol
K 5	melting point and tempering temperatures of chocolate
K 6	holding and storage environment characteristics such as temperatures and humidity
K 7	particular handling requirements for chocolate considering scorching point, seizing, sweating, blooming and loss of temper

---

**Sub-task****L-41.01            Selects chocolate and ingredients.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-41.01.01            choose quality of chocolate required to achieve desired result
- L-41.01.02            choose chocolate according to formula specifications and applications
- L-41.01.03            choose compound ingredients for chocolate work such as cream, butter, cocoa butter, fruit and liqueurs according to recipe specifications

---

**Sub-task****L-41.02            Processes chocolate.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-41.02.01            select and use tools and equipment such as bain-marie, thermometer, tempering machines, bowls, marble slabs, moulds and wooden spoons
- L-41.02.02            temper chocolate by tabling or seeding application in order to retain shine
- L-41.02.03            apply forming techniques such as shaving, coating, brushing, moulding and piping
- L-41.02.04            hold chocolate at required temperature according to formula specifications

---

**Sub-task****L-41.03 Stores chocolate.**

<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV	NV

**Key Competencies**

- L-41.03.01 adjust holding and storage temperatures, humidity, light and air
- L-41.03.02 select storage containers to achieve less air and light contamination
- L-41.03.03 hold finished chocolate products according to formula specifications to maintain freshness and shelf life





## **APPENDICES**



**Cutting Tools and Equipment**

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

**Cooking and Holding Tools and Equipment**

bain-marie (water bath, double boiler)	pizza oven
braising pan	poultry shears
broiler	pressurized steam cooker
buffet unit	proofing box
chiller racks	réchaud stove
convection oven	rice cooker
conveyor oven	rotisserie unit
cooking ranges (gas/electric)	salamander
deep fryer (gas/electric)	slow cooking oven
dehydrator	smoker
doughnut fryer	sous-vide tools
flambé station	soup warmer
griddle	stainless steel inserts
grill	steam kettle
hot dog cooker	steam table
hot food transport cart	steamer
infrared food warmer	stove
microwave oven	immersion circulator
ovens	toaster
panini machine	waffle iron

## Cookware and Bakeware

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

## Containers

bowls	storage containers
mirrors	serving containers
platters	

## Utensils

chinois	rolling pin
colander	sandwich spreader
cutlery	scrapers
dough scraper	sieve
fish tweezers	sifter
forks	skewers
french wire whip	skimmer
funnel	slotted spoons
masher	spatulas
mesh strainer	spider
nut cracker	spoons
offset spatula	strainer
oven peel	tenderizing hammer
oyster brush	tongs
paint brush	trussing needles
pastry brush	tweezers
pie server	whisks
pie server	wooden spoons

## Measuring Tools and Equipment

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

## Mechanized Equipment and Appliances

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

## Personal Protective Equipment and Safety Equipment

aprons	hair net
epinephrine injector (Epipen)	masks
eye protection	nail brush
eye wash station	oven mitts
fire blanket	protective clothing
fire extinguisher	protective footwear
first aid kit	sanitizing spray
gloves (non-latex)	uniforms

<b>bain-marie</b>	container of hot water designed to keep foods hot and/or to cook them slowly
<b>batter</b>	semi-liquid mixture of flour or other starches
<b>béchamel</b>	white sauce prepared with milk and white roux
<b>condiment</b>	traditionally, any item added to a dish for flavour (including herbs, spices and vinegars); cooked or prepared flavourings or accompaniments such as relishes, prepared mustards, ketchup, bottled sauces and pickles
<b>crustaceans</b>	shellfish such as lobster, crayfish and shrimp
<b>dress, to</b>	to clean and prepare for cooking and eating
<b>game</b>	wild mammals and birds raised for the consumption of their flesh
<b>garde-manger</b>	term which previously made reference to cold foods; but that is now used in a broader way and includes hot foods; the person responsible for keeping all the cold and hot edible products and for preparing the cold dishes
<b>garnish, to</b>	to add a decorative yet edible item to a finished dish
<b>grade</b>	quality, rating and standards of food products
<b>marinate, to</b>	to add a marinade to foods in order to add flavour or moisten foods (may be dry or liquid, usually based on an acidic ingredient to tenderize; an oil to preserve and a flavouring agent; dry marinades are usually salt based); to tenderize or soak food in seasoned liquid
<b>mise en place</b>	setting up for production and having everything in its proper place
<b>mollusks</b>	shellfish such as oysters, mussels and clams
<b>organic</b>	Food products grown without chemical intervention
<b>pastries</b>	dough of flour, fat and water used as a base and covering for pies, tarts, etc.; assortment of individual desserts
<b>portion, to</b>	to divide a large quantity into several servings

<b>produce</b>	fresh fruits and vegetables
<b>recipe</b>	instructions for preparing a dish that includes the necessary ingredients
<b>salamander</b>	small broiler utilized to glaze or brown items rapidly
<b>seafood</b>	edible sea fish or shellfish
<b>shuck, to</b>	to remove the rigid external facade (i.e., shell) from oysters, mussels and clams
<b>stock</b>	clear, thin, flavoured liquid utilized to prepare soups, sauces and sauce-based entrées



<b>AP</b>	As purchased
<b>BEO</b>	Banquet Event Orders
<b>FF&amp;E</b>	Furniture, fixtures and equipment
<b>FIFO</b>	First in first out
<b>HACCP</b>	Hazard analysis critical control point
<b>IQF</b>	Individual quick frozen
<b>OH&amp;S</b>	Occupational Health and Safety
<b>PPE</b>	Personal Protective Equipment
<b>RTS</b>	Ready to serve
<b>RTU</b>	Ready-to-use
<b>SDS</b>	Safety data sheet
<b>SOP</b>	Standard operating procedures
<b>WHMIS</b>	Workplace Hazardous Materials Information System

**APPENDIX D****BLOCK AND TASK WEIGHTING****BLOCK A SAFETY AND SANITATION**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average
%	5	10	8	6	6	5	12	14	6	5	6	NV	NV	8%

Task 1 Performs safety-related functions.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	39%
%	50	35	39	43	32	20	50	40	30	50	40	NV	NV	

Task 2 Practices food safety procedures.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	61%
%	50	65	61	57	68	80	50	60	70	50	60	NV	NV	

**BLOCK B COMMON OCCUPATIONAL SKILLS**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average
%	5	7	8	5	11	5	12	9	6	12	6	NV	NV	8%

Task 3 Maintains tools and equipment.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	14%
%	20	20	14	12	8	15	20	15	12	5	15	NV	NV	

Task 4 Organizes work.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	19%
%	25	18	19	15	22	20	15	20	14	20	15	NV	NV	

Task 5 Manages information.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	11%
%	10	14	11	12	0	15	10	15	16	8	10	NV	NV	

Task 6 Manages products and supplies.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	10	17	17	15	20	20	15	20	18	22	15	NV	NV	17%

Task 7 Performs routine trade activities.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	15	25	21	25	27	20	20	15	20	22	20	NV	NV	21%

Task 8 Prepares food according to health and dietary restrictions.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	20	6	18	21	23	10	20	15	20	23	25	NV	NV	18%

**BLOCK C PRODUCE**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average
%	7	6	7	7	7	10	8	5	8	8	5	NV	NV	7%

Task 9 Prepares herbs and spices.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	40	28	23	22	27	10	10	20	20	20	34	NV	NV	23%

Task 10 Prepares vegetables (including potatoes).

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	30	42	43	48	38	45	50	40	50	50	33	NV	NV	43%

Task 11 Prepares fruit.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	30	30	34	30	35	45	40	40	30	30	33	NV	NV	34%

**BLOCK D STOCKS AND SOUPS**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average 9%
%	8	11	9	11	8	10	8	9	8	10	10	NV	NV	

Task 12 Prepares stocks.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	32%
%	30	35	32	28	40	30	30	30	35	40	27	NV	NV	

Task 13 Prepares thickening and binding agents.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	19%
%	20	13	19	22	15	20	30	20	15	10	23	NV	NV	

Task 14 Prepares soups.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	33%
%	30	30	33	37	33	40	30	30	35	40	27	NV	NV	

Task 15 Prepares marinades and brines.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	16%
%	20	22	16	13	12	10	10	20	15	10	23	NV	NV	

**BLOCK E SAUCE**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average 8%
%	8	10	8	9	6	10	6	12	8	4	10	NV	NV	

Task 16 Prepares sauces.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	71%
%	65	80	71	66	73	80	70	75	75	70	60	NV	NV	

Task 17 Prepares dessert sauces.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	29%
%	35	20	29	34	27	20	30	25	25	30	40	NV	NV	

**BLOCK F DAIRY AND EGG PRODUCTS AND ALTERNATIVES**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average
%	4	9	6	7	5	5	6	7	6	6	8	NV	NV	6%

Task 18 Prepares cheese and dairy-related dishes.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	40	47	48	47	47	45	50	60	50	45	50	NV	NV	48%

Task 19 Prepares eggs and egg-related dishes.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	60	53	52	53	53	55	50	40	50	55	50	NV	NV	52%

**BLOCK G PASTAS**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average
%	7	6	6	6	5	5	8	7	8	5	7	NV	NV	6%

Task 20 Prepares pastas.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	60	70	56	40	70	50	70	40	60	50	50	NV	NV	56%

Task 21 Prepares assembled pastas.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	40	30	44	60	30	50	30	60	40	50	50	NV	NV	44%

**BLOCK H GRAINS, SEEDS, PULSES, NUTS, AND SOY- AND WHEAT-BASED PROTEINS**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average
%	8	6	7	7	6	5	8	7	8	6	7	NV	NV	7%

Task 22 Prepares grains and seeds.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	37%
%	35	42	37	35	37	35	40	40	35	40	33	NV	NV	

Task 23 Prepares pulses and nuts.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	37%
%	35	42	37	32	40	35	40	40	35	40	34	NV	NV	

Task 24 Prepares soy- and wheat-based proteins.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	26%
%	30	16	26	33	23	30	20	20	30	20	33	NV	NV	

**BLOCK I MEAT, POULTRY, GAME AND GAME BIRDS**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average
%	15	12	13	16	17	15	10	9	12	12	11	NV	NV	13%

Task 25 Prepares meat and game meat.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	43%
%	40	38	43	41	42	50	45	50	40	45	40	NV	NV	

Task 26 Prepares poultry and game birds.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	39%
%	40	38	39	33	35	35	45	40	40	45	40	NV	NV	

Task 27 Prepares variety meats.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	18%
%	20	24	18	26	23	15	10	10	20	10	20	NV	NV	

**BLOCK J FISH AND SHELLFISH**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average 11%
%	15	13	11	10	14	10	7	8	10	12	11	NV	NV	

Task 28 Prepares fish.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	53%
%	50	50	53	52	43	60	50	70	50	50	50	NV	NV	

Task 29 Prepares shellfish.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	47%
%	50	50	47	48	57	40	50	30	50	50	50	NV	NV	

**BLOCK K GARDE-MANGER**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average 9%
%	9	5	9	9	9	10	10	8	10	8	11	NV	NV	

Task 30 Prepares salads.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	25%
%	20	22	25	22	23	25	35	30	20	30	20	NV	NV	

Task 31 Prepares hors d'oeuvres.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	18%
%	15	18	18	17	18	25	10	20	20	20	20	NV	NV	

Task 32 Prepares sandwiches.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	21%
%	20	18	21	19	15	25	30	20	20	25	15	NV	NV	

Task 33 Prepares charcuterie.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	16%
%	15	22	16	19	20	10	10	15	20	10	20	NV	NV	

Task 34 Prepares condiments and accompaniments.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	20	13	12	12	12	8	10	10	10	10	13	NV	NV	12%

Task 35 Prepares aspics, jellies and glazes.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	10	7	8	11	12	7	5	5	10	5	12	NV	NV	8%

**BLOCK L BAKED GOODS AND DESSERTS**

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	National Average
%	9	5	8	7	6	10	5	5	10	12	8	NV	NV	8%

Task 36 Prepares dough-based products.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	20	23	21	24	23	20	15	30	20	18	18	NV	NV	21%

Task 37 Prepares batter-based products.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	20	25	21	21	15	20	20	20	20	32	17	NV	NV	21%

Task 38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	20	22	23	19	25	30	15	25	20	35	22	NV	NV	23%

Task 39 Assembles cakes.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	10	8	10	11	8	5	20	5	10	5	18	NV	NV	10%

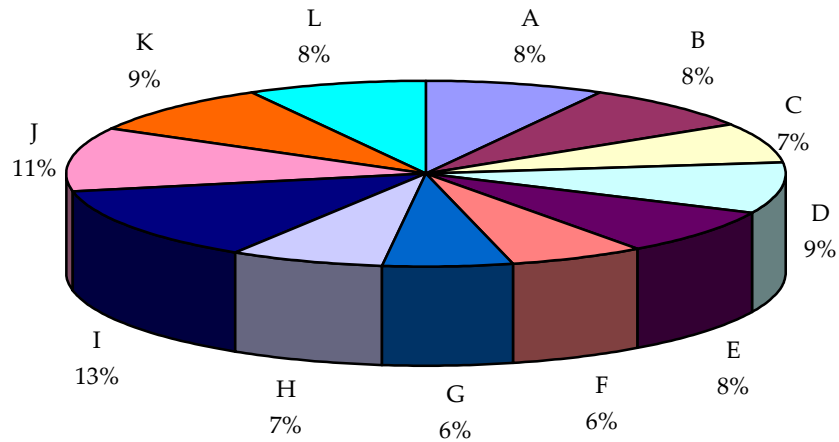


Task 40 Prepares pastries and pies.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	20	15	15	13	20	15	20	10	20	5	15	NV	NV	15%

Task 41 Prepares chocolate.

	<u>NL</u>	<u>NS</u>	<u>PE</u>	<u>NB</u>	<u>QC</u>	<u>ON</u>	<u>MB</u>	<u>SK</u>	<u>AB</u>	<u>BC</u>	<u>NT</u>	<u>YT</u>	<u>NU</u>	
%	10	7	10	12	9	10	10	10	10	5	10	NV	NV	10%



**TITLES OF BLOCKS**

Block A	Safety and sanitation	Block G	Pastas
Block B	Common occupational skills	Block H	Grains, seeds, pulses, nuts, and soy- and wheat-based proteins
Block C	Produce	Block I	Meat, poultry, game and game birds
Block D	Stocks and soups	Block J	Fish and shellfish
Block E	Sauce	Block K	Garde-manger
Block F	Dairy and egg products and alternatives	Block L	Baked goods and desserts

\*Average percentage of the total number of questions on an interprovincial examination, assigned to assess each block of the analysis, as derived from the collective input from workers within the occupation from all areas of Canada. Interprovincial examinations typically have from 100 to 150 multiple-choice questions.

BLOCKS	TASKS	SUB-TASKS				
A – SAFETY AND SANITATION	1. Performs safety-related functions.	1.01 Maintains safe work environment.	1.02 Uses personal protective equipment (PPE) and safety equipment.	1.03 Maintains personal hygiene.		
	2. Practices food safety procedures.	2.01 Maintains safe condition and temperature of raw and finished product.	2.02 Cools food rapidly.	2.03 Re-thermalizes foods.	2.04 Avoids cross-contamination.	2.05 Sanitizes tools and equipment.
B - COMMON OCCUPATIONAL SKILLS	3. Maintains tools and equipment.	3.01 Maintains knives.	3.02 Maintains pots, pans and utensils.	3.03 Maintains equipment and appliances.		
	4. Organizes work.	4.01 Communicates with others.	4.02 Organizes kitchen workplace.	4.03 Schedules production.		
	5. Manages information.	5.01 Plans menu and mise en place.	5.02 Uses documentation.			
	6. Manages products and supplies.	6.01 Orders products and supplies.	6.02 Receives products.	6.03 Stores products.	6.04 Maintains inventory.	
	7. Performs culinary trade activities.	7.01 Uses recipes.	7.02 Performs portion control.	7.03 Plates finished product.	7.04 Prepares convenience foods.	

**BLOCKS**

**TASKS**

**SUB-TASKS**

**C - PRODUCE**

8. Prepares food according to health and dietary restrictions.

8.01 Adapts kitchen practices to customers' restrictions.

8.02 Selects ingredients to meet dietary restrictions.

8.03 Modifies recipes to meet dietary restrictions.

8.04 Prepares food to respect eating regimes.

9. Prepares herbs and spices.

9.01 Selects herbs and spices.

9.02 Cleans herbs.

9.03 Processes herbs and spices.

10. Prepares vegetables (including potatoes).

10.01 Selects vegetables.

10.02 Cleans vegetables.

10.03 Cuts vegetables.

10.04 Cooks vegetables.

10.05 Finishes vegetables.

11. Prepares fruit.

11.01 Selects fruit.

11.02 Cleans fruit.

11.03 Cuts fruit.

11.04 Cooks fruit.

11.05 Finishes fruit.

**D - STOCKS AND SOUPS**

12. Prepares stocks.

12.01 Selects stock ingredients.

12.02 Processes stock ingredients.

12.03 Cooks stocks.

13. Prepares thickening and binding agents.

13.01 Selects thickening and binding ingredients.

13.02 Processes thickening and binding ingredients.

14. Prepares soups.

14.01 Select soup ingredients.

14.02 Processes soup ingredients.

14.03 Cooks soups.

15. Prepares marinades and brines.

15.01 Selects marinade and brine ingredients.

15.02 Processes marinade and brine ingredients.

BLOCKS	TASKS	SUB-TASKS			
E - SAUCE	16. Prepares sauces.	16.01 Selects sauce ingredients.	16.02 Processes sauce ingredients.	16.03 Cooks sauces.	16.04 Finishes sauces.
	17. Prepares dessert sauces.	17.01 Selects ingredients for dessert sauces.	17.02 Processes ingredients for dessert sauces.	17.03 Cooks dessert sauce.	17.04 Finishes dessert sauces.
F - DAIRY AND EGG PRODUCTS AND ALTERNATIVES	18. Prepares cheese and dairy-related dishes.	18.01 Selects cheese and dairy-related ingredients.	18.02 Processes cheese and dairy-related ingredients.	18.03 Finishes cheese and dairy-Related Products.	
	19. Prepares eggs and egg-related dishes.	19.01 Selects ingredients for eggs and egg-related dishes.	19.02 Processes ingredients for eggs and egg-related dishes.	19.03 Cooks eggs and egg-related dishes.	19.04 Finishes eggs and egg-related dishes.
G - PASTAS	20. Prepares pastas.	20.01 Selects pasta ingredients.	20.02 Makes pastas.	20.03 Cooks pastas.	20.04 Finishes pasta dishes.
	21. Prepares assembled pastas.	21.01 Selects assembled pasta ingredients.	21.02 Makes assembled pastas.	21.03 Cooks assembled pastas.	21.04 Finishes assembled pasta dishes.
H - GRAINS, SEEDS, PULSES, NUTS, AND SOY- AND WHEAT-BASED PROTEINS	22. Prepares grains and seeds.	22.01 Selects grains and seeds.	22.02 Cleans grains and seeds.	22.03 Cooks grains and seeds.	
	23. Prepares pulses and nuts.	23.01 Selects pulses and nuts.	23.02 Cleans pulses and nuts.	23.03 Cooks pulses and nuts.	

**BLOCKS**

**TASKS**

**SUB-TASKS**

**I - MEAT,  
POULTRY, GAME  
AND GAME BIRDS**

24. Prepares soy-  
and wheat-based  
proteins.

24.01 Selects soy-  
and wheat-based  
proteins.

24.02 Cooks soy-  
and wheat-based  
proteins.

25. Prepares meat  
and game meat.

25.01 Selects meat  
and game meat.

25.02 Processes  
meat and game  
meat.

25.03 Cooks meat  
and game meat.

25.04 Finishes  
meat and game  
meat.

26. Prepares  
poultry and game  
birds.

26.01 Selects  
poultry and game  
birds.

26.02 Processes  
poultry and game  
birds.

26.03 Cooks  
poultry and game  
birds.

26.04 Finishes  
poultry and game  
birds.

27. Prepares  
variety meats.

27.01 Selects  
variety meats.

27.02 Processes  
variety meats.

27.03 Cooks  
variety meats.

27.04 Finishes  
variety meats.

**J - FISH AND  
SHELLFISH**

28. Prepares fish.

28.01 Selects fish.

28.02 Processes  
fish.

28.03 Cooks fish.

28.04 Finishes  
fish.

29. Prepares  
shellfish.

29.01 Selects  
shellfish.

29.02 Processes  
shellfish.

29.03 Cooks  
shellfish.

29.04 Finishes  
shellfish.

**K - GARDE-  
MANGER**

30. Prepares  
salads.

30.01 Selects salad  
ingredients.

30.02 Processes  
salad ingredients.

30.03 Processes  
dressings.

31. Prepares hors  
d'oeuvres.

31.01 Selects hors  
d'oeuvres  
ingredients.

31.02 Processes  
hors d'oeuvres  
ingredients.

31.03 Finishes  
hors d'oeuvres.

**BLOCKS****TASKS****SUB-TASKS**

32. Prepares sandwiches.

32.01 Selects sandwich ingredients.

32.02 Processes sandwich ingredients.

32.03 Assembles sandwiches.

33. Prepares charcuterie.

33.01 Selects ingredients for charcuterie.

33.02 Processes ingredients for charcuterie.

33.03 Cooks charcuterie.

33.04 Finishes charcuterie.

34. Prepares condiments and accompaniments.

34.01 Selects ingredients for condiments and accompaniments.

34.02 Processes ingredients for condiments and accompaniments.

34.03 Prepares preserves.

34.04 Prepares pickles.

35. Prepares aspics, jellies and glazes.

35.01 Selects ingredients for aspics, jellies and glazes.

35.02 Processes ingredients for aspics, jellies and glazes.

**L - BAKED GOODS AND DESSERTS**

36. Prepares dough-based products.

36.01 Selects ingredients for dough.

36.02 Processes ingredients for dough.

36.03 Cooks dough-based products.

36.04 Finishes dough-based products.

37. Prepares batter-based products.

37.01 Selects ingredients for batters.

37.02 Processes ingredients for batters.

37.03 Cooks batter-based products.

37.04 Finishes batter-based products.

38. Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.

38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works.

38.02 Processes ingredients for creams, mousses, frozen desserts and fillings.

38.03 Finishes creams, mousses and frozen desserts.

38.04 Prepares icings and toppings.

38.05 Prepares sugar works.

39. Assembles cakes.

39.01 Selects cake components for assembly.

39.02 Finishes cakes.

## BLOCKS

## TASKS

## SUB-TASKS

40. Prepares pastries and pies.

40.01 Selects ingredients for pastries and pies.

40.02 Assembles pastries and pies.

40.03 Cooks pastries and pies.

40.04 Finishes pastries and pies.

41. Prepares chocolate.

41.01 Selects chocolate and ingredients.

41.02 Processes chocolate.

41.03 Stores chocolate.