

PROFESSIONAL COOK CERTIFICATION PROGRAM

LEVELS OF CERTIFICATION AT A GLANCE

> PROFESSIONAL COOK 1 (PC1)

C=Q
PC1



Workplace Skills

- Professionalism: Personal hygiene, organization, teamwork & communication
- Workplace & food safety
- Use of tools & equipment
- Knife skills & common cuts
- Trimming & portioning meat, poultry & seafood
- Following & adjusting recipes
- Basic terminology & nutrition
- Applying basic cooking & baking techniques
- Receiving & storage procedures

Products You Can Make From Scratch

- Basic stocks, soups & sauces
- Common vegetables & fruits
- Basic potato, rice & pasta dishes
- Basic meat, poultry & seafood dishes
- Salads, salad dressings & sandwiches
- Eggs & breakfast items
- Basic pies, tarts & cookies
- Fruit desserts & custards
- Basic quick & yeast breads
- Coffee & tea products



> PROFESSIONAL COOK 2 (PC2)

C=Q
PC2



Workplace Skills

All PC1 skills plus:

- Preparing food for allergies & special diets
- Volume & banquet cooking
- Deboning meat, poultry & seafood
- Basic cost calculations
- Basic menu planning
- Taking inventory

Products You Can Make From Scratch

All PC1 skills plus:

- Specialty soups & secondary sauces
- Specialty vegetables & vegetarian dishes
- Specialty potato, pasta & grain dishes
- Meat, poultry & seafood dishes for volume functions
- Specialty salads & dressings
- Hot d'oeuvre & appetizers
- Presentation platters
- Pastries, cakes & cheesecakes
- Laminated & specialty breads



> PROFESSIONAL COOK 3 (PC3)

C=Q
PC3



Workplace Skills

All PC1 & PC2 skills plus:

- Specialty cooking methods
- Maintaining food safety systems
- Food & labour costing
- Basic teambuilding, leadership & supervision skills
- Buffet presentation & layout
- Basic wine knowledge & selection

Products You Can Make From Scratch

All PC1 & PC2 skills plus:

- Specialty & ethnic sauces
- Game & variety meats
- Specialty & classic meat, poultry & seafood dishes
- Pates, terrines, basic sausage making, curing & smoking
- Hot & specialty plated desserts
- Specialty cakes & tortes
- Frozen desserts, ice creams & sorbets
- Basic chocolate & sugar garnishes

Ita Professional Cook Learning Guide

Christian G. Meyer



Ita Professional Cook Learning Guide:

Strategies for Teaching Assistant and International Teaching Assistant Development Catherine Ross, Jane Dunphy, 2007-10-12 Written for anyone who works with graduate students to support their teaching efforts in American research universities this book draws on the extensive experience of professional educators who represent a variety of programs throughout the United States They understand the common constraints of many TA development classes workshops and programs as well as the need for motivating and sophisticated techniques that are at the same time practical and focused Their contributions to this book have proven to be effective in developing the sophisticated communication skills required by TAs across the disciplines Resources in Education ,1997-10 **Research in Education** ,1973

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