

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

Janet Bruno, Peggy Dakan



Ita Professional Cook Learning Guide:

The Enigmatic Realm of **Ita Professional Cook Learning Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Ita Professional Cook Learning Guide** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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