

# PROFESSIONAL COOK **CERTIFICATION PROGRAM**

LEVELS OF CERTIFICATION AT A GLANCE

### > PROFESSIONAL COOK 1 (PC1)





#### Workplace Skills

- Professionalism: Personal hygiena, organization, neamwork & communication
- Workplace & food safety
- Use of tools & equipment
- Knife skills & common outs.
- Trimming & portioning meet, poultry & seefood
- Following & ediusting recipes:
- Besis terminology & nutrition
- Applying basic cooking & baking techniques
- Receiving & storage procedures

#### Products You Can Make From Scratch

- Besic stocks, soups & severs
- Common vegetables & fruits
- Besic poteto, rice & peste dishes
- Sesic meet, poultry & seefood dishes
- Saladu, salad dressings & sandwiches
- Eggs & breakfast items
- Besid pies, terts & cookies
- Fruit desserts & sustands
- Basic quick & yeart breads.
- Coffee & tee products

#### > PROFESSIONAL COOK 2 (PC2)





#### Workplace Skills

#### All PC1 skills plus:

- Preparing food for allergies & special diets
- Volume & benquet cooking
- Deboning meet, poultry & seefood.
- Besic cost celculations
- Besic menu plenning
- Taking inventory

#### Products You Can Make From Scratch

#### All PC1 skills plus:

- Speciality soups & secondary seuces.
- Speciality vegetables 5 vegetarian dishes:
- Speciality poteto, paste & grain dishes.
- Meet, poultry & seefood dishes for valume functions
- Speciality saledy & dressings
- Hors d'anuvre & appetisers
- Presentation planters.
- Pappies, cakes & characters
- Leminsted & specialty breads



### > PROFESSIONAL COOK 3 (PC3)



#### Workplace Skills

#### All PC1 & PC2 skills plus:

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

#### Products You Can Make From Scratch

#### All PC1 & PC2 skills plus:

- Speciality & ethnic severs
- Clame & variety meets
- Specialty & classic meet, poultry & seefood dishes
- Pates, terrines, basic sausage making, ouring & smaking.
- Hot & specialty plated desserts
- Speciality pakes 5 tortes
- Frequen desperts, los creams & porbets
- Besic chooplete & super pernishes



# **Ita Professional Cook Learning Guide**

**L** Cohen

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