Arkansas CTE

Culinary and Restaurant Management I (2026)

Foundational Culinary Skills 1

1 **Apply foundational culinary knowledge to ensure safe, accurate, and efficient food preparation.** 1.1

1 Maintain personal hygiene and follow safety protocols consistently in a kitchen environment per ServSafe guidelines. 1.1.1

2 Identify and discuss potential foodborne illness risks in scenarios and select appropriate preventative measures. 1.1.2

3 Execute accurate measurements using appropriate tools for dry, liquid, and solid ingredients in multi-step recipes. 1.1.3

4 Apply food safety and sanitation principles according to ServSafe during all stages of food handling, preparation, and cleanup. 1.1.4

5 Demonstrate proficiency in foundational knife cuts (e.g., dice, mince, julienne) with consistency and precision. 1.1.5

6 Select and use kitchen equipment effectively based on recipe requirements and preparation goals. 1.1.6

Professionalism and Employability 2

1 **Demonstrate durable and transferable skills for success in the culinary industry.** 2.1

1 Identify durable skills (i.e. communication,collaboration, critical thinking, adaptability, leadership, problem solving, time management) and their importance in the culinary industry. 2.1.1

2 Practice positive work ethic and accountability in a team environment. 2.1.2

3 Evaluate how durable skills impact kitchen culture and customer experience. 2.1.3

4 Discuss basic management responsibilities, and explain their impact on food service operations and customer experience. 2.1.4

5 Apply conflict resolution strategies in collaborative restaurant settings. 2.1.5

2 **Analyze foundational restaurant management practices that support effective foodservice operations.** 2.2

1 Investigate basic procedures for inventory management, including receiving, storing, and rotating stock. 2.2.1

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Identify strategies to minimize food waste and maintain cost efficiency in a restaurant setting. 2.2.2

3 Describe the role of scheduling, staffing, and teamwork in ensuring smooth restaurant operations. 2.2.3

4 Evaluate customer service practices and their impact on the guest experience and restaurant reputation. 2.2.4

Flavor Building and Ingredient Function 3

1 Explore the use of herbs, spices, and flavoring agents. 3.1

1 Identify herbs, spices, and seasoning blends. 3.1.1

2 Store herbs, spices, and flavoring agents using proper storage methods. 3.1.2

3 Evaluate premade spice blends and their housemade equivalent. 3.1.3

2 Prepare dips, dressings, and condiments. 3.2

1 Prepare dips, dressings, and condiments utilizing emulsification, blending, and reduction methods. 3.2.1

2 Evaluate condiment pairings with different food categories. 3.2.2

Breakfast Cookery 4

1 Prepare breakfast dishes using appropriate techniques and safety practices. 4.1

1 Demonstrate mise en place and station setup for breakfast and dairy production. 4.1.1

2 Prepare eggs using various cooking techniques (e.g. scrambled, poached, over-easy). 4.1.2

3 Prepare quick breads and breakfast breads (e.g. pancakes, muffins, biscuits). 4.1.3

4 Prepare dairy-based items such as breakfast sauces, yogurt parfaits, and cheese-based breakfast dishes (e.g. quiche, omelets, frittatas). 4.1.4

5 Execute plating, portioning, and service of breakfast and dairy-integrated menu items. 4.1.5

Cooking Methods and Fabrication 5

1 Apply dry, moist, and combination cooking methods. 5.1

1 Compare cooking techniques and explain their application. 5.1.1

2 Demonstrate appropriate choice of equipment based on cooking method. 5.1.2

3 Analyze food outcomes based on cooking method selection (i.e. texture, flavor, nutrient retention). 5.1.3

4 Utilize thermometers to ensure doneness and safety. 5.1.4

2 Fabricate and prepare proteins. 5.2

1 Demonstrate fabrication techniques of animal based protein. 5.2.1

2 Prepare meat, poultry, fish, and/ or non-meat based proteins using industry-standard methods. 5.2.2

3 Assess proper meat purchasing, storage, and quality evaluation. 5.2.3

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4 Compare types of proteins (e.g. beef, chicken, tofu) and determine factors that influence protein choice. 5.2.4

Soups, Stocks, and Sauces 6

1. **Understand the fundamentals of stocks and their role in cooking.** 6.1
    1. Explain the importance of stocks as a base for soups and sauces. 6.1.1
    2. Identify different types of stocks (e.g., white, brown, fish, vegetable) and their uses. 6.1.2
    3. Demonstrate preparation of a basic stock following proper procedures. 6.1.3
    4. Prepare simple soups using stocks and basic techniques. 6.1.4

Cold Food Preparation 7

1. **Develop basic condiments, salads, and sandwiches applying sensory principles and product theory.** 7.1
    1. Describe the five basic senses involved in sensory evaluation (i.e. taste, smell, sight, touch, and sound) and how they influence food perception. 7.1.1
    2. Prepare a variety of condiments, experimenting with flavor, texture, and appearance to enhance sensory appeal. 7.1.2
    3. Create salads and dressings that demonstrate balance of flavors and textures. 7.1.3
    4. Construct sandwiches that combine ingredients thoughtfully for optimal sensory experience. 7.1.4

Grain and Starch Cookery 8

1. **Prepare a variety of starch-based dishes using proper techniques.** 8.1
    1. Identify and prepare a variety of grains (e.g. rice, quinoa, barley). 8.1.1
    2. Differentiate and prepare fresh and factory-produced pasta. 8.1.2
    3. Prepare potato dishes using different methods such as roasting, mashing, frying, and boiling. 8.1.3
    4. Identify types of legumes and demonstrate proper preparation. 8.1.4
    5. Evaluate starch dishes based on quality indicators such as consistency, flavor, and appearance. 8.1.5