Oklahoma CTE

Culinary Techniques (2016)

Adopted 2016

Discuss basic kitchen safety	Discuss basic kitchen safety
Discuss contents and reasons for using a standard recipe	Discuss contents and reasons for using a standard recipe
Outline the procedure for writing a standard recipe	Outline the procedure for writing a standard recipe
Describe the process for writing requisitions	Describe the process for writing requisitions
Discuss reasons for substitutions in standard recipes and how to make substitutions	Discuss reasons for substitutions in standard recipes and how to make substitutions
Explain the phrase "Mise en Place"	Explain the phrase "Mise en Place"
Describe procedures for organizing work and assembling supplies	Describe procedures for organizing work and assembling supplies
Discuss guidelines for timing food preparation	Discuss guidelines for timing food preparation
Write a standard recipe	Write a standard recipe
Prepare written requisitions for a recipe	Prepare written requisitions for a recipe

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Weigh and measure dry ingredients using the proper equipment and tools	**Weigh and measure dry ingredients using the proper equipment and tools**
Weigh and measure liquid ingredients using the proper equipment and tools	**Weigh and measure liquid ingredients using the proper equipment and tools**
Read and follow a standard recipe	**Read and follow a standard recipe**
Identify smallwares and sharpening tools	**Identify smallwares and sharpening tools**
Discuss the parts of a knife and a steel	**Discuss the parts of a knife and a steel**
Discuss care of knives	**Discuss care of knives**
List rules to follow when sharpening and using knives	**List rules to follow when sharpening and using knives**
Describe classical cuts	**Describe classical cuts**
Identify food preparation tools and utensils	**Identify food preparation tools and utensils**
Identify cooking tools and utensils	**Identify cooking tools and utensils**
Identify baking tools and utensils	**Identify baking tools and utensils**
Identify food handling tools and utensils	**Identify food handling tools and utensils**
Discuss rules to observe when using and caring for tools and utensils	**Discuss rules to observe when using and caring for tools and utensils**
Use a steel	**Use a steel**

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Sharpen a French knife	Sharpen a French knife
Demonstrate classical cuts	Demonstrate classical cuts
Discuss the types/categories of equipment used in a professional kitchen	Discuss the types/categories of equipment used in a professional kitchen
Identify basic tools and equipment	Identify basic tools and equipment
Describe basic safety techniques to use in a kitchen	Describe basic safety techniques to use in a kitchen
Discuss food contact surfaces that must be sanitized prior to use	Discuss food contact surfaces that must be sanitized prior to use
Identify the equipment in your lab kitchen	Identify the equipment in your lab kitchen
Operate the various pieces of equipment in your lab kitchen	Operate the various pieces of equipment in your lab kitchen
Clean and sanitize the various pieces of equipment in your lab kitchen	Clean and sanitize the various pieces of equipment in your lab kitchen
Discuss the elements of taste	Discuss the elements of taste
List basic staples of cooking	List basic staples of cooking
Discuss the use of seasonings, flavorings, extracts and aromatics	Discuss the use of seasonings, flavorings, extracts and aromatics
DeSkip to main content and use of marinades	escribe the purpose and use of marinades and rubs

and rubs	
Discuss condiments	Discuss condiments
Describe various cooking methods and their use	Describe various cooking methods and their use
Discuss the physiology of applying heat to "cook" items	Discuss the physiology of applying heat to "cook" items
Discuss color and texture in cooking	Discuss color and texture in cooking
Explain the rules of presentation	Explain the rules of presentation
Review standard weights and measures	Review standard weights and measures
Determine proper cooking methods for various items	Determine proper cooking methods for various items
Determine seasonings for specific foods	Determine seasonings for specific foods
Design a plate and platter presentation	Design a plate and platter presentation
Identify spices, herbs, and seasonings	Identify spices, herbs, and seasonings
Identify basic types, uses, and quality of stocks	Identify basic types, uses, and quality of stocks
Discuss the basic types, uses, and quality of sauces	Discuss the basic types, uses, and quality of sauces
De ag	escribe thickening agents

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Identify types and standards of quality for soups	**Identify types and standards of quality for soups**
Discuss factors related to the use of convenience foods	**Discuss factors related to the use of convenience foods**
Describe ways to serve soups and sauces	**Describe ways to serve soups and sauces**
Create an evaluation sheet for stocks, sauces, and soups	**Create an evaluation sheet for stocks, sauces, and soups**
Prepare and evaluate various convenience products	**Prepare and evaluate various convenience products**
Prepare and evaluate stocks	**Prepare and evaluate stocks**
Prepare and evaluate sauces	**Prepare and evaluate sauces**
Prepare and evaluate soups	**Prepare and evaluate soups**
List the basic types of salads	**List the basic types of salads**
State the basic parts of a salad	**State the basic parts of a salad**
Discuss the preparation, handling, and storage of salad ingredients	**Discuss the preparation, handling, and storage of salad ingredients**
Describe basic guidelines for making salads	**Describe basic guidelines for making salads**
Identifv factors related to	**Identify factors related to quality**

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Discuss factors affecting gelatins	**Discuss factors affecting gelatins**
Describe methods of serving salads	**Describe methods of serving salads**
List the basic types of dressings and how to use them	**List the basic types of dressings and how to use them**
Prepare and evaluate dressings	**Prepare and evaluate dressings**
Prepare and evaluate various salads	**Prepare and evaluate various salads**
State basic guidelines for vegetable and fruit production	**State basic guidelines for vegetable and fruit production**
Discuss guidelines for fruit production	**Discuss guidelines for fruit production**
Describe market forms of vegetables and fruits	**Describe market forms of vegetables and fruits**
Discuss standards of quality for fresh and cooked vegetables	**Discuss standards of quality for fresh and cooked vegetables**
Discuss standards of quality for fresh and cooked fruits	**Discuss standards of quality for fresh and cooked fruits**
List methods of preparing vegetables	**List methods of preparing vegetables**
Describe methods of preparing fruits	**Describe methods of preparing fruits**
Outline methods of cooking and serving vegetables	**Outline methods of cooking and serving vegetables**

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Outline methods of cooking and serving fruits	**Outline methods of cooking and serving fruits**
Prepare and evaluate vegetables	**Prepare and evaluate vegetables**
Prepare and evaluate fruits	**Prepare and evaluate fruits**
List common types of pasta	**List common types of pasta**
List types and market forms of rice	**List types and market forms of rice**
Discuss legumes	**Discuss legumes**
Describe grains and other starches	**Describe grains and other starches**
Describe procedures for handling and storing starches	**Describe procedures for handling and storing starches**
Outline factors to consider when cooking and using starches	**Outline factors to consider when cooking and using starches**
Discuss standards of quality for various starches	**Discuss standards of quality for various starches**
Prepare and evaluate pasta	**Prepare and evaluate pasta**
Prepare and evaluate rice	**Prepare and evaluate rice**
Prepare and evaluate legumes	**Prepare and evaluate legumes**
Pr[illegible] gra[illegible] sta[illegible]	**repare and evaluate grains and/or other starches**

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Describe basic types of sandwiches	**Describe basic types of sandwiches**
Discuss basic sandwich ingredients	**Discuss basic sandwich ingredients**
Outline types, use, and care of special tools, equipment, and utensils used in sandwich making	**Outline types, use, and care of special tools, equipment, and utensils used in sandwich making**
Discuss wrapping and storage of sandwiches	**Discuss wrapping and storage of sandwiches**
Outline standards of quality for sandwiches	**Outline standards of quality for sandwiches**
List types of hors d'oeuvres and canapés	**List types of hors d'oeuvres and canapés**
Discuss factors to consider when making and storing hors d'oeuvres and canapés	**Discuss factors to consider when making and storing hors d'oeuvres and canapés**
Describe proper platter presentation for hors d'oeuvres and canapés	**Describe proper platter presentation for hors d'oeuvres and canapés**
Prepare and evaluate hot sandwiches	**Prepare and evaluate hot sandwiches**
Prepare and evaluate cold sandwiches	**Prepare and evaluate cold sandwiches**
Prepare and evaluate hors d'oeuvres and canapés	**Prepare and evaluate hors d'oeuvres and canapés**
Plate and present sandwiches, hors d'oeuvres and canapés	**Plate and present sandwiches, hors d'oeuvres and canapés**

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List the main classes of cheese	List the main classes of cheese
Outline quality grades	Outline quality grades
Describe cheese making processes	Describe cheese making processes
Discuss common cheese textures	Discuss common cheese textures
Describe proper handling of cheese	Describe proper handling of cheese
Outline the uses of cheese	Outline the uses of cheese
Discuss types of food using cheese as a main ingredient	Discuss types of food using cheese as a main ingredient
Describe the principles of cheese cookery	Describe the principles of cheese cookery
Outline the nutritional importance of eggs	Outline the nutritional importance of eggs
Discuss the common uses of eggs and common egg dishes	Discuss the common uses of eggs and common egg dishes
List market forms of eggs, their use and storage	List market forms of eggs, their use and storage
Describe ways to keep eggs and egg products safe and sanitary	Describe ways to keep eggs and egg products safe and sanitary
Discuss the various types of milk and cream and their uses	Discuss the various types of milk and cream and their uses
De of	Skip to main content escribe various types of cultured dairy products

products	
Discuss the uses of butter and margarine	Discuss the uses of butter and margarine
Prepare and evaluate cheese dishes	Prepare and evaluate cheese dishes
Prepare and evaluate egg dishes	Prepare and evaluate egg dishes
Discuss features unique to breakfast meals	Discuss features unique to breakfast meals
List common breakfast foods and condiments	List common breakfast foods and condiments
Describe types of breakfast menus	Describe types of breakfast menus
Outline uses of fruit and juices in breakfast menus	Outline uses of fruit and juices in breakfast menus
Discuss battered products	Discuss battered products
Outline the steps in preparing to serve breakfast	Outline the steps in preparing to serve breakfast
Prepare and evaluate breakfast fruits and juices	Prepare and evaluate breakfast fruits and juices
Discuss poultry type and fabrication	Discuss poultry type and fabrication
Describe safe handling of poultry	Describe safe handling of poultry
Discuss methods for co fac	Discuss methods for cooking poultry and factors affecting cooking

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Recognize types of meat (beef, pork, lamb, veal, variety meats)	**Recognize types of meat (beef, pork, lamb, veal, variety meats)**
Discuss cuts and grades of beef and veal	**Discuss cuts and grades of beef and veal**
Describe cuts and grades of pork	**Describe cuts and grades of pork**
Discuss cuts and grades of lamb	**Discuss cuts and grades of lamb**
Outline portion weight specifications and shrinkage for meats and poultry	**Outline portion weight specifications and shrinkage for meats and poultry**
Discuss methods for cooking meat and factors affecting cooking	**Discuss methods for cooking meat and factors affecting cooking**
Recall factors affecting meat carving and carving techniques	**Recall factors affecting meat carving and carving techniques**
Discuss fish and seafood types and fabrication	**Discuss fish and seafood types and fabrication**
Describe factors affecting selection, storage and use of fish and seafood	**Describe factors affecting selection, storage and use of fish and seafood**
Outline principles and common methods of cooking fish and seafood	**Outline principles and common methods of cooking fish and seafood**
Discuss types and fabrication of game	**Discuss types and fabrication of game**
Describe other protein sources	**Describe other protein sources**
Ide	**entify cuts of beef**

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Cut up a whole chicken	**Cut up a whole chicken**
Prepare and evaluate poultry dishes	**Prepare and evaluate poultry dishes**
Prepare and evaluate meat dishes using moist heat methods	**Prepare and evaluate meat dishes using moist heat methods**
Prepare and evaluate fish/seafood dishes	**Prepare and evaluate fish/seafood dishes**
Prepare meat, fish or poultry dish using combined methods of cooking	**Prepare meat, fish or poultry dish using combined methods of cooking**
Define baking terms	**Define baking terms**
Identify baking equipment and utensils including use and care	**Identify baking equipment and utensils including use and care**
Identify ingredients, properties, and functions of various ingredients used in baking	**Identify ingredients, properties, and functions of various ingredients used in baking**
List steps for using yeast	**List steps for using yeast**
Discuss techniques used in baking	**Discuss techniques used in baking**
List common types of yeast breads and quick breads	**List common types of yeast breads and quick breads**
Discuss standard of quality and factors which influence the quality of bread products	**Discuss standard of quality and factors which influence the quality of bread products**

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Calculate recipe conversions	Calculate recipe conversions
Prepare and evaluate crusty, soft, and specialty yeast products	Prepare and evaluate crusty, soft, and specialty yeast products
Prepare and evaluate quick breads	Prepare and evaluate quick breads
List types of cakes	List types of cakes
Discuss mixing and baking techniques	Discuss mixing and baking techniques
Describe standards of quality for cakes	Describe standards of quality for cakes
State basic types of icing and preparation	State basic types of icing and preparation
Describe basic icing and decorating tools and techniques	Describe basic icing and decorating tools and techniques
List types of fillings, toppings, and sauces for baked goods	List types of fillings, toppings, and sauces for baked goods
Describe the basic types of cookies	Describe the basic types of cookies
List general rules for cookie preparation and quality standards	List general rules for cookie preparation and quality standards
Discuss the application of mixes and other value added products	Discuss the application of mixes and other value added products
Describe storage of cakes and cookies	Describe storage of cakes and cookies
Pr va	Skip to main content repare and evaluate various cakes

Prepare and evaluate icings	**Prepare and evaluate icings**
Demonstrate basic icing and decorating techniques	**Demonstrate basic icing and decorating techniques**
Create a variety of fillings and toppings for baked goods	**Create a variety of fillings and toppings for baked goods**
Prepare and evaluate various types of cookies	**Prepare and evaluate various types of cookies**
Plate baked goods for presentation	**Plate baked goods for presentation**
Describe the various types of pies and crusts	**Describe the various types of pies and crusts**
List steps in making, rolling, shaping, and baking pie dough	**List steps in making, rolling, shaping, and baking pie dough**
Describe various types of pastry and pie fillings and toppings	**Describe various types of pastry and pie fillings and toppings**
Outline quality standards for pastry products	**Outline quality standards for pastry products**
Discuss laminated doughs, paté a choux, and other specialized dough	**Discuss laminated doughs, paté a choux, and other specialized dough**
Describe fillings, sauces, and toppings for pastries and other desserts	**Describe fillings, sauces, and toppings for pastries and other desserts**
Outline process for cre	**Outline process for creating soufflés**

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Discuss the production of fritters, crepes, cobblers, and crisps	**Discuss the production of fritters, crepes, cobblers, and crisps**
Describe ways to plate desserts for presentation	**Describe ways to plate desserts for presentation**
Prepare and evaluate pies and tarts	**Prepare and evaluate pies and tarts**
Prepare and evaluate the three basic meringue types	**Prepare and evaluate the three basic meringue types**
Prepare and evaluate laminated doughs	**Prepare and evaluate laminated doughs**
Prepare and evaluate paté a choux	**Prepare and evaluate paté a choux**
Produce and evaluate creams, custards, puddings and related sauces	**Produce and evaluate creams, custards, puddings and related sauces**
Prepare and evaluate dessert sauces	**Prepare and evaluate dessert sauces**
Produce and evaluate basic hot soufflés	**Produce and evaluate basic hot soufflés**
Prepare and evaluate fritters, crepes, cobblers, and crisps	**Prepare and evaluate fritters, crepes, cobblers, and crisps**
Plate baked goods for presentation	**Plate baked goods for presentation**
Identify types of beverages and when they are served	**Identify types of beverages and when they are served**
Dis	**iscuss coffee quality**

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Outline types and quality standards of tea	**Outline types and quality standards of tea**
Discuss ways to properly make and serve teas and coffees	**Discuss ways to properly make and serve teas and coffees**
Describe the use of convenience beverages	**Describe the use of convenience beverages**
Discuss the use of carbonated beverages and soda systems	**Discuss the use of carbonated beverages and soda systems**
Prepare and evaluate hot beverages	**Prepare and evaluate hot beverages**
Prepare and evaluate cold beverages	**Prepare and evaluate cold beverages**
Outline types, use, and care of special tools, equipment, and utensils used in garde manger	**Outline types, use, and care of special tools, equipment, and utensils used in garde manger**
Identify and discuss ingredients used in the cold kitchen	**Identify and discuss ingredients used in the cold kitchen**
Describe basic garnishes and quality standards	**Describe basic garnishes and quality standards**
Discuss edible ingredients used as garnish	**Discuss edible ingredients used as garnish**
Describe techniques for adding design and form	**Describe techniques for adding design and form**
Discuss items served from the cold kitchen	**Discuss items served from the cold kitchen**
Describe presentation of col	**Describe presentation of cold food items**

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Identify and discuss cheese and dairy products used in garde manger	**Identify and discuss cheese and dairy products used in garde manger**
Discuss the production of decorative centerpieces	**Discuss the production of decorative centerpieces**
Create basic garnishes	**Create basic garnishes**
Prepare and evaluate cold food items	**Prepare and evaluate cold food items**
Develop fundamental skill in the preparation of forcemeats	**Develop fundamental skill in the preparation of forcemeats**
Prepare and evaluate mousses and gelatins	**Prepare and evaluate mousses and gelatins**
Demonstrate food presentation techniques for various functions/events	**Demonstrate food presentation techniques for various functions/events**
Produce decorative centerpieces	**Produce decorative centerpieces**