

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

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

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
Describe the purpose and use of marinades	Describe 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

Describe thickening agents

Describe thickening agents

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
Identify factors related to quality	Identify factors related to quality

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

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
Prepare and evaluate grains and/or other starches	Prepare and evaluate grains and/or other starches

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

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

Describe various types of cultured dairy

Describe 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 cooking poultry and factors affecting cooking

Discuss methods for cooking poultry and factors affecting cooking

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
Identify cuts of beef	Identify cuts of beef

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

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
Prepare and evaluate various cakes	Prepare 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 creating soufflés

Outline process for creating soufflés

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
Discuss coffee quality	Discuss coffee quality

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 cold food items	Describe presentation of cold food items

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