

Cook Level 2

Cook

Unit: B1 Food Safety Procedures II

Level: Two

Duration: 7 hours

Theory: 2 hours

Practical: 5 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of kitchen sanitation standards, personal hygiene principles and practices, and food handling and storage practices.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|---|--|
| 1. Review terminology associated with personal hygiene and hygienic practices. | 5% |
| 2. Review and interpret codes, public health regulations and jurisdictional requirements pertaining to kitchen sanitation and safe food handling practices. | 15% |
| 3. Review sanitizing products, their applications, and their procedures for use. | 5% |
| 4. Review the procedures used to disassemble and assemble kitchen tools, equipment, and their accessories for sanitizing purposes. | 10% |
| 5. Review the procedures used to maintain a sanitary food service operation. | 15% |
| a. Clean, sanitize and sterilize | |
| • Three sink method of sanitization | |
| b. Manage waste and recycle | |
| c. Control pests and rodents | |
| d. Prevent cross-contamination | |
| e. Hand washing | |
| f. Personal hygiene and clean apparel | |
| g. Hazard Analysis Critical Control Points (HACCP) system and its use in food service operations | |
| 6. Review jurisdictional regulations and company guidelines associated with wearing personal items. | 5% |
| a. Fragrances | |
| b. Hair restraints | |
| c. Jewelry | |
| d. Nail polish | |
| 7. Review proper food handling and storage techniques. | 15% |

- a. Cleanliness
 - b. Preventing cross-contamination
 - c. Maintaining foods at safe temperatures
 - d. Receiving and storing foods (first in, first out – FIFO)
 - e. Food-borne illnesses and contamination, their causes and prevention
 - Chemical
 - Biological
 - Physical
8. **Demonstrate proper kitchen sanitation, personal hygiene and food handling and storage practices.** **30%**

Cook

Unit: B2 Cooking Principles II

Level: Two

Duration: 28 hours

Theory: 7 hours

Practical: 21 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of specialized cooking techniques.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|---|--|
| 1. Define terminology associated with planning techniques for specialized cooking. a. Review workspace planning and safety b. Review mise en place | 5% |
| 2. Apply the principles of heat transfer. a. Conduction b. Convection c. Radiation d. Induction e. Chemical process of cooking | 5% |
| 3. Describe and demonstrate methods used in specialized cooking techniques and describe their associated procedures. a. Sous vide b. Progressive gastronomy c. Ethnic and cultural origin | 5% |
| 4. Describe and demonstrate methods used to check for doneness of foods and describe their associated procedures. a. Probe thermometer b. Visual inspection c. Time and temperature | 5% |
| 5. Describe and demonstrate methods of flavour enhancement and their applications. a. Seasonings b. Flavourings c. Cooking method | 5% |

- 6. Describe and demonstrate kitchen practices, food quality indicators and finishing techniques. 5%**
- a. Fishing techniques
 - b. Holding foods
 - c. Plating techniques
 - d. Re-thermalization
 - e. Food quality indicators
 - Visual inspection
 - Tasting
 - Physical
 - f. Finishing techniques
 - Plating
 - Presentation
- 7. Identify the styles of menus and describe their characteristics and applications. 5%**
- 8. Prepare a four-course meal for two people. 65%**
- a. Menu composition **(10% of total mark allocation)**
 - Black box ingredients and inventory of basic ingredients available
 - Compose menu from ingredients
 - b. Work plan/Efficiency **(10% of total mark allocation)**
 - Steps
 - Organization
 - Wastage of food
 - Size of servings
 - Cooking only the required amount of food
 - c. Use of equipment and tools **(10% of total mark allocation)**
 - Techniques
 - d. Sanitation **(10% of total mark allocation)**
 - Handling of food and equipment
 - e. Attitude and composure **(5% of total mark allocation)**
 - In control at all times
 - Using the work plan
 - Mise en place
 - f. Attitude and composure **(5% of total mark allocation)**
 - Clean uniform: jacket, pants, kerchief, head covering and apron
 - Grooming (short nails, hair neat and tidy, etc.)
 - g. Food presentation **(50% of total mark allocation)**
 - Timing
 - Presentation at specified time
 - Temperature appropriate for dish
 - Texture/colour
 - Flavour
 - Visual inspection
 - Tasting

Cook

Unit: B3 Stocks, Broths and Soups II

Level: Two

Duration: 21 hours

Theory: 4 hours

Practical: 17 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate advanced knowledge of stocks, broths and soups, their applications, and of the procedures used to prepare stocks, broths and soups.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Review terminology associated with stocks, broths and soups. | 5% |
| 2. Review types of stocks and broths. | 5% |
| a. Bases | |
| b. Characteristics | |
| c. Applications | |
| d. Procedures for use | |
| e. Factors to consider when selecting ingredients | |
| 3. Review and describe types of soups and their characteristics. | 10% |
| a. Bases | |
| b. Clear | |
| c. Thickened | |
| d. Serving temperature | |
| e. Soup bases | |
| f. Factors to consider when selecting ingredients | |
| 4. Identify and describe additional types of soups and their characteristics. | 15% |
| a. Chilled | |
| b. Chowders | |
| c. Consommés | |
| d. Purées | |
| e. Specialty/national | |
| 5. Review and demonstrate the procedures used to prepare stocks. | 15% |
| a. Ingredient ratios | |
| b. Selecting cooking time and temperature | |
| c. Skimming | |

- d. Straining
- e. Remouillage
- f. Reduction
 - Glace

6. Review the procedures used to cool and store stocks, broths and soups. 10%

7. Perform the procedures used to prepare stocks, broths and soups. 40%

- a. Equipment
- b. Selection of ingredients
- c. Finishing/plating
- d. Applications

Cook

Unit: B4 Thickening and Binding Agents II

Level: Two

Duration: 7 hours

Theory: 2 hours

Practical: 5 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of thickening and binding agents, their applications, and of the procedures used to prepare thickening and binding agents.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|---|--|
| 1. Review terminology associated with thickening and binding agents. | 10% |
| 2. Review types of thickening and binding agents, and factors to consider when selecting ingredients. <ul style="list-style-type: none">a. Rouxb. Other starchesc. Liaisond. Beurre maniée. Vegetable puréesf. Reductions | 15% |
| 3. Review applications of thickening and binding agents, and procedures for their use. <ul style="list-style-type: none">a. Preparationb. Ingredients and ratios used to producec. Finishing (consistency) | 25% |
| 4. Describe and demonstrate applications of commercial (food grade) thickening and binding agents, and procedures for their use. <ul style="list-style-type: none">a. Gumsb. Gelatinsc. Agar agar | 10% |
| 5. Describe and demonstrate the procedures used to handle and store thickening and binding agents. | 10% |
| 6. Perform the procedures used to prepare thickening and binding agents. | 30% |

Cook

Unit: B5 Sauces I

Level: Two

Duration: 21 hours

Theory: 6 hours

Practical: 15 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of sauces, their applications, and of the procedures used to prepare sauces.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|---|--|
| 1. Define terminology associated with sauces. | 5% |
| 2. Review the mother sauces and their characteristics. <ul style="list-style-type: none">a. Espagnoleb. Béchamelc. Veloutéd. Tomatoe. Hollandaise | 5% |
| 3. Describe and demonstrate the mother sauces and their derivatives, and their characteristics and applications. <ul style="list-style-type: none">a. Espagnoleb. Béchamelc. Veloutéd. Tomatoe. Hollandaise | 20% |
| 4. Describe and demonstrate types of traditional and non-traditional sauces, and their characteristics and applications. <ul style="list-style-type: none">a. Non-derivative<ul style="list-style-type: none">• Pan gravies• Jus lié• Fond• Coulisb. Internationalc. Convenience products | 10% |

- d. Chutneys and salsas
 - e. Modern
- 5. Describe and demonstrate the procedures used to handle and store sauces. 5%**
- 6. Describe the procedures used to prepare hot and cold sauces. 10%**
- a. Equipment
 - b. Selection of ingredients
 - c. Finishing/plating
 - d. Applications
- 7. Demonstrate the procedures used to prepare sauces. 45%**
- a. Equipment
 - b. Selection of ingredients
 - c. Finishing/plating
 - d. Applications

Cook

Unit: B6 Fruits and Vegetables II

Level: Two

Duration: 14 hours

Theory: 4 Hours

Practical: 10 Hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate advanced knowledge of fruits and vegetables, their applications, and of the procedures used to prepare fruits and vegetables.

| Objectives and Content: | Percent of Unit Mark (%) |
|---|-----------------------------|
| 1. Review terminology associated with fruits and vegetables. | 5% |
| 2. Review the classifications of fruits and vegetables, and their characteristics and applications. a. Fruits <ul style="list-style-type: none">• Stone• Core• Pitted• Berries• Citrus• Tropical• Melons b. Vegetables <ul style="list-style-type: none">• Roots and tubers• Seeds and pods• Fungi• Squash• Stem• Leafy | 15% |
| 3. Review the factors to consider when selecting fruits and vegetables. a. Characteristics b. Applications c. Local d. Season e. Freshness f. Storage life g. Certified organic | 5% |

- h. Processed
 - i. Classical cuts (advanced knife skills)
 - j. Preparation procedures
4. **Review the procedures used to handle and store fruits and vegetables.** **5%**
 5. **Review factors that affect flavour, colour, texture and nutrients of vegetables.** **5%**
 - a. Cooking process
 - b. Acids/alkalis
 - c. Water amounts
 - d. Size and cut
 6. **Review the procedures used to prepare fruit.** **5%**
 - a. Applications
 - b. Selection (quality)
 - c. Preparation procedures
 - d. Plating and finishing
 7. **Describe and demonstrate the procedures used to prepare vegetables.** **10%**
 - a. Advanced cooking methods
 - b. Finishing
 8. **Review the market forms (pre-prepared and packaged) of fruits and vegetables, and describe their characteristics and applications.** **5%**
 9. **Perform the advanced procedures used to prepare fruit.** **20%**
 - a. Applications
 - b. Selection (quality)
 - c. Preparation procedures
 - d. Cooking methods
 - e. Plating and finishing
 10. **Perform the procedures used to prepare vegetables.** **25%**
 - a. Advanced cooking methods
 - b. Finishing

Cook

Unit: B7 Pastas and Dumplings

Level: Two

Duration: 21 hours

Theory: 6 hours

Practical: 15 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of pastas and dumplings, their applications, and of the procedures used to prepare pastas and dumplings.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Define terminology associated with pastas and dumplings. | 5% |
| 2. Identify classifications and types of pastas and dumplings and describe their characteristics and applications. | 10% |
| 3. Describe and demonstrate the procedures used to produce fresh pasta. | 15% |
| a. Selecting equipment | |
| b. Selecting ingredients | |
| c. Mixing | |
| d. Filling | |
| e. Drying | |
| f. Doneness | |
| g. Finishing | |
| h. Assembling | |
| 4. Describe and demonstrate the procedures used to prepare dumplings. | 15% |
| a. Selecting equipment | |
| b. Selecting ingredients | |
| c. Mixing | |
| d. Filling | |
| e. Drying | |
| f. Doneness | |
| g. Finishing | |
| h. Assembling | |
| 5. Describe and demonstrate the procedures used to handle and store fresh and cooked pastas and dumplings. | 5% |

6. Perform the procedures used to prepare pastas and dumplings.

50%

- a. Selecting equipment
- b. Selecting ingredients
- c. Mixing
- d. Filling
- e. Drying
- f. Doneness
- g. Finishing
- h. Assembling

Cook

Unit: B8 Alternative Proteins

Level: Two

Duration: 14 hours

Theory: 4 hours

Practical: 10 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of alternative proteins, their applications, and of the procedures used to prepare alternative proteins.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Define terminology associated with alternative proteins. | 10% |
| a. Pulses | |
| b. Grains and rice | |
| c. Nuts | |
| d. Tofu | |
| e. Other (plant based) | |
| 2. Identify and describe the types of alternative proteins, and their characteristics, uses and applications. | 15% |
| a. Pulses | |
| b. Grains and rice | |
| c. Nuts | |
| d. Tofu | |
| e. Other (plant based) | |
| f. Yield | |
| 3. Describe and demonstrate the procedures used to prepare alternative proteins. | 20% |
| a. Pulses | |
| b. Grains and rice | |
| c. Nuts | |
| d. Yield | |
| e. Other (plant based) | |
| f. Finishing | |
| 4. Describe and demonstrate the procedures used to handle and store pulses, grains and nuts. | 5% |
| 5. Perform the procedures used to prepare pulses, grains and nuts. | 50% |
| a. Pulses | |

- b. Grains and rice
- c. Nuts
- d. Yield
- e. Other (plant based)
- f. Finishing

Cook

Unit: B9 Meats

Level: Two

Duration: 21 hours

Theory: 6 hours

Practical: 15 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of meats, their applications, and of the procedures used to handle, prepare and store meats.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Review terminology associated with meats. | 10% |
| 2. Review safety practices and precautions related to serving and handling meat. | 5% |
| a. Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of meats | |
| b. Cultural considerations | |
| c. Storage | |
| d. Defrosting | |
| 3. Review types of domestic meats and their characteristics and applications. | 10% |
| a. Beef | |
| b. Pork | |
| c. Veal | |
| d. Lamb | |
| e. Goat | |
| 4. Identify and describe classifications and market forms (pre-prepared and packaged) of meats, and their characteristics and applications. | 10% |
| a. Whole | |
| b. Primal | |
| c. Sub-primal | |
| d. Grading | |
| e. Aging | |
| 5. Describe and demonstrate the factors to consider when cooking meats. | 10% |
| a. Equipment | |
| b. Cut of meat | |
| c. Muscle structure and marbling | |

- d. Degree of doneness
 - e. Flavouring and seasoning
 - f. Time and temperature
 - g. Yield
 - h. Resting
 - i. Use of excess product
- 6. Describe and demonstrate methods used to cook meats, and their associated procedures. 15%**
- a. Dry heat
 - b. Moist heat
 - c. Combination
 - d. Sous vide
- 7. Describe and demonstrate the procedures used to present meats. 5%**
- a. Carving
 - b. Finishing
 - c. Plating/buffet
- 8. Perform the procedures used to store, cook and present meats. 35%**
- a. Equipment
 - b. Cut of meat
 - c. Muscle structure and marbling
 - d. Degree of doneness
 - e. Flavouring and seasoning
 - f. Time and temperature
 - g. Yield
 - h. Resting
 - i. Use of excess product
 - j. Carving
 - k. Finishing
 - l. Plating/buffet

Cook

Unit: B10 Poultry

Level: Two

Duration: 14 hours

Theory: 4 hours

Practical: 10 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of poultry, their applications, and of the procedures used to handle, prepare and store poultry.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Review terminology associated with poultry. | 5% |
| 2. Review safety practices and precautions related to handling poultry. | 5% |
| a. Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of meats | |
| b. Cultural considerations | |
| c. Storage | |
| d. Defrosting | |
| 3. Identify and describe types of poultry and their characteristics and applications. | 10% |
| a. Chicken | |
| b. Cornish hen | |
| c. Turkey | |
| d. Duck | |
| e. Specialty | |
| 4. Identify and describe classifications and market forms (pre-prepared and packaged) of poultry, and their characteristics and applications. | 10% |
| a. Whole | |
| b. Fabrication | |
| c. Age | |
| d. Grading | |
| e. Parts | |
| f. Free range | |
| 5. Describe and demonstrate the factors to consider when cooking poultry. | 10% |
| a. Equipment | |
| b. Cut of poultry | |

- c. Muscle structure
 - d. Degree of doneness
 - e. Flavouring and seasoning
 - f. Time and temperature
 - g. Yield
 - h. Resting
 - i. Proper utilization of trim
- 6. Describe and demonstrate methods used to cook poultry and their associated procedures. 10%**
- a. Dry heat
 - b. Moist heat
 - c. Combination
 - d. Sous vide
- 7. Describe and demonstrate the procedures used to present poultry. 5%**
- a. Carving
 - b. Finishing
 - c. Plating/buffet
- 8. Perform the procedures used to store, cook and present poultry. 45%**
- a. Equipment
 - b. Cut of poultry
 - c. Muscle structure
 - d. Degree of doneness
 - e. Flavouring and seasoning
 - f. Time and temperature
 - g. Yield
 - h. Resting
 - i. Utilization of trim
 - j. Carving
 - k. Finishing
 - l. Plating/buffet

Cook

Unit: B11 Fin Fish

Level: Two

Duration: 21 hours

Theory: 6 Hours

Practical: 15 Hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of fin fish, their applications, and of the procedures used to handle, prepare and store fin fish.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Define terminology associated with fin fish. | 5% |
| 2. Describe and demonstrate safety practices and precautions related to serving and handling fin fish. | 5% |
| a. Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of fin fish | |
| b. Storage | |
| 3. Identify and describe the classifications and types of fin fish, and their characteristics and applications. | 10% |
| a. Flat | |
| b. Round | |
| c. Lean | |
| d. Fatty | |
| e. Lake | |
| f. Ocean | |
| g. Sustainability factors | |
| 4. Describe and demonstrate the procedures used to verify quality of fin fish. | 5% |
| 5. Describe the procedures used to process fin fish. | 10% |
| a. Scale | |
| b. Fillet | |
| c. Debone | |
| d. Skin | |
| e. Portion | |
| f. Trim | |

- | | |
|--|------------|
| 6. Identify and describe market forms (pre-prepared and packaged) of fin fish and their characteristics and applications. | 5% |
| 7. Identify and describe the factors to consider when cooking fin fish. | 10% |
| <ul style="list-style-type: none">a. Equipmentb. Desired degree of donenessc. Flavouring and seasoningd. Temperaturee. Cooking timef. Verification of donenessg. Finishing/plating | |
| 8. Describe and demonstrate the methods used to cook fin fish and their associated procedures. | 10% |
| <ul style="list-style-type: none">a. Dry heatb. Moist heatc. Combinationd. Sous vide | |
| 9. Perform the procedures to prepare and present fin fish using a variety of cooking methods. | 40% |
| <ul style="list-style-type: none">a. Equipmentb. Desired degree of donenessc. Flavouring and seasoningd. Temperaturee. Cooking timef. Verification of donenessg. Finishing/plating | |

Cook

Unit: B12 Seafood I

Level: Two

Duration: 14 hours

Theory: 2 Hours

Practical: 12 Hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of seafood, their applications, and of the procedures used to handle, prepare and store seafood.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|---|--|
| 1. Define terminology associated with seafood. a. Shellfish b. Crustacean c. Mollusks | 5% |
| 2. Describe and demonstrate safety practices and precautions related to serving and handling seafood. a. Canadian Food Inspection Agency (CFIA) regulations pertaining to the inspection of seafood b. Storage | 5% |
| 3. Identify and describe the classifications and types of seafood and their characteristics and applications. a. Shellfish b. Crustacean c. Mollusks d. Regional species | 10% |
| 4. Identify and describe the market forms (pre-prepared and packaged) of seafood and their characteristics and applications. | 5% |
| 5. Describe and demonstrate the procedures used to verify quality of seafood. | 5% |
| 6. Describe and demonstrate the procedures used to process seafood. a. Debeard b. Skin (if applicable) c. Shuck d. Shell e. De-vein | 15% |

- f. Clean
- g. Trim
- h. Portion
- i. Marinate
- j. Proper utilization of trim

- 7. Describe and demonstrate methods used to cook seafood and their associated procedures. 15%**
- a. Dry heat
 - b. Moist heat
 - c. Combination
 - d. Finishing/plating
- 8. Perform the procedures to prepare, process and present seafood using a variety of cooking methods. 40%**
- a. Debeard
 - b. Skin (if applicable)
 - c. Shuck
 - d. Shell
 - e. De-vein
 - f. Clean
 - g. Trim
 - h. Portion
 - i. Marinate
 - j. Utilization of trim
 - k. Dry heat
 - l. Moist heat
 - m. Combination
 - n. Finishing/plating

Cook

Unit: B13 Marinades, Rubs and Brines

Level: Two

Duration: 7 hours

Theory: 2 hours

Practical: 5 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of marinades, rubs and brines, their applications, and of the procedures used to prepare marinades, rubs and brines.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Define terminology associated with marinades, rubs and brines. | 10% |
| 2. Identify and describe the types of marinades, rubs and brines, and their characteristics, applications and procedures for use. | 20% |
| a. Selection of ingredients | |
| b. Ratios | |
| c. Preparation procedures | |
| d. Finishing | |
| 3. Describe and demonstrate the procedures used to prepare marinates, rubs and brines. | 20% |
| a. Selection of ingredients | |
| b. Ratios | |
| c. Preparation procedures | |
| d. Finishing | |
| 4. Describe the procedures used to handle and store marinades, rubs and brines. | 10% |
| 5. Perform the procedures used to prepare marinades, rubs and brines. | 40% |
| a. Selection of ingredients | |
| b. Ratios | |
| c. Preparation procedures | |
| d. Finishing | |

Cook

Unit: B14 Cakes and Tortes I

Level: Two

Duration: 14 hours

Theory: 3 hours

Practical: 11 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of cakes and tortes, their applications, and of the procedures used to prepare cakes and tortes.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Define terminology associated with cakes and tortes. | 5% |
| 2. Identify and describe ingredients used in cakes and tortes, and their characteristics and applications. | 10% |
| a. Flour | |
| b. Fats/shortening | |
| c. Sweeteners | |
| d. Liquids | |
| e. Leavening agents | |
| f. Dairy products | |
| g. Flavourings and seasonings | |
| h. Chocolate | |
| i. Specialty products | |
| 3. Identify the factors to consider when selecting ingredients for cakes and tortes. | 10% |
| a. Toughners | |
| b. Tenderizers | |
| c. Moisteners | |
| d. Driers | |
| e. Leaveners | |
| f. Flavouring | |
| 4. Calculate formulas and bakers percentages for cakes and tortes. | 5% |
| 5. Describe types of cakes and tortes, and their respective mixing methods, and their preparation procedures. | 10% |
| a. High ratio | |
| • Creaming | |

- Two-stage
 - b. Foam
 - Chiffon
 - Sponge
 - Angel food
 - Genoise
 - c. Cheesecake
 - d. Specialty
6. **Describe and demonstrate the procedures used to assemble and decorate cakes and tortes.** **10%**
 - a. Finishing techniques
 - b. Plating/buffet
 7. **Describe and demonstrate the procedures used to handle and store cakes and tortes.** **5%**
 8. **Identify market forms (pre-prepared and packaged) of cakes and tortes, and describe their characteristics and applications.** **5%**
 9. **Perform the procedures used to prepare cakes and tortes.** **40%**
 - a. Selection of ingredients
 - b. Apply formulas and bakers percentages
 - c. Preparation
 - d. Baking methods
 - e. Finishing techniques
 - f. Plating/buffet

Cook

Unit: B15 Creams, Fillings and Icings

Level: Two

Duration: 14 hours

Theory: 2 hours

Practical: 12 hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of creams, fillings and icings, their applications, and of the procedures used to prepare creams, fillings and icings.

| Objectives and Content: | Percent of Unit Mark (%) |
|---|-----------------------------|
| 1. Define terminology associated with creams, fillings and icings. | 5% |
| 2. Identify and describe ingredients used in creams, fillings and icings, and their characteristics and applications. a. Starches b. Fats/shortening c. Sweeteners d. Liquids e. Leavening agents f. Dairy products g. Flavourings and seasonings h. Chocolate i. Specialty products | 10% |
| 3. Identify and describe the types of creams, fillings and icings, and their characteristics. a. Cream-based b. Sugar-based c. Fruit-based | 10% |
| 4. Calculate formulas and bakers percentages for creams, fillings and icings. | 5% |
| 5. Describe and demonstrate the types of creams, fillings and icings, and their respective preparation procedures. a. Selection of ingredients b. Equipment c. Finishing d. Applications | 10% |

- | | |
|---|------------|
| 6. Describe market forms (pre-prepared and packaged) of creams, fillings and icings, and their characteristics and applications. | 5% |
| 7. Describe and demonstrate the procedures used to handle and store creams, fillings and icings. | 5% |
| 8. Perform the procedures used to prepare creams, fillings and icings. | 50% |
| a. Equipment | |
| b. Selection of ingredients | |
| c. Apply formulas and bakers percentages | |
| d. Finishing | |
| e. Applications | |

Cook

Unit: B16 Pies and Pastries I

Level: Two

Duration: 14 hours

Theory: 2 Hours

Practical: 12 Hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of pies and pastries, their applications, and of the procedures used to prepare pies and pastries.

| Objectives and Content: | <u>Percent of Unit Mark (%)</u> |
|--|--|
| 1. Define terminology associated with pies and pastries. | 5% |
| 2. Identify and describe the types of pies and pastries, and their characteristics and applications. | 10% |
| a. Type of dough | |
| • Mealy | |
| • Flaky | |
| • Short | |
| • Sweet | |
| b. Choux paste | |
| 3. Identify the factors to consider when selecting ingredients for pies and pastries. | 10% |
| a. Sweet | |
| b. Savoury | |
| c. Service | |
| 4. Calculate formulas and bakers percentages for pies and pastries. | 5% |
| 5. Describe the procedures used to prepare pies and pastries. | 10% |
| a. Equipment | |
| b. Selection of ingredients | |
| c. Finishing | |
| d. Applications | |
| 6. Describe market forms (pre-prepared and packaged) of pies and pastries, and their characteristics and applications. | 5% |

7. **Describe and demonstrate the procedures used to handle and store pies and pastries.** **5%**
8. **Demonstrate the procedures used to prepare pies and pastries.** **50%**
- a. Equipment
 - b. Selection of ingredients
 - c. Apply formulas and baker percentages
 - d. Finishing
 - e. Applications

Cook

Unit: B17 Baking II: Breads

Level: Two

Duration: 28 hours

Theory: 6 Hours

Practical: 22 Hours

Overview:

Upon completion of this unit of instruction, the apprentice will demonstrate knowledge of bakeshop ingredients and their applications, and of baking formulas and measurements.

| Objectives and Content: | Percent of Unit Mark (%) |
|---|-----------------------------|
| 1. Define terminology associated with bakeshop ingredients. a. Breads | 5% |
| 2. Identify bakeshop tools and equipment and describe their applications. | 5% |
| 3. Identify and describe bakeshop ingredients and their characteristics, applications and factors to consider when selecting ingredients. a. Flour b. Fats/shortening c. Sweeteners d. Liquids e. Leavening agents f. Flavourings g. Dairy products h. Specialty products | 15% |
| 4. Describe the procedures used to handle and store bakeshop ingredients and products. a. Breads | 10% |
| 5. Calculate formulas and bakers percentages for breads. | 5% |
| 6. Describe and demonstrate the types and characteristics of breads, and baking methods used to prepare them. a. Breads b. Prepare dough c. Manage dough temperature d. Resting | 20% |

- e. Portioning
- f. Shaping
- g. Pans
- h. Monitors
- i. Bake
- j. Deep-fried

7. Identify and describe the types of pies and pastries, and their characteristics and applications 40%

- a. Breads
 - Applications
 - Selection of ingredients
 - Apply formulas and bakers percentages for breads.
 - Preparation procedures
