



**ProChef® Certification Program
Level II Exam Study Guide**

CIA Consulting Department, Hyde Park, New York

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The Culinary Institute of America

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THE WORLD'S PREMIER
CULINARY COLLEGE

Welcome, ProChef Certification Candidate!

Congratulations on making the decision to validate the skills you've gained as a professional culinarian. You have committed to a rigorous process that offers you the opportunity to not only earn a valuable professional certification and promote yourself with a mark of accomplishment, but also help advance our industry.

The ProChef Certification exam, and the skills you practice preparing for it, will challenge you to be the very best you can be. During your time in the program, be sure to take note of all the experience has to offer. You'll want to recall these memories when sharing your knowledge with colleagues who will follow in your footsteps to gain *their* ProChef certification.

At any time in the process, please feel free to share your thoughts with me, or any of the exam evaluators and staff. We value your insight as we continually strive to offer the best, most effective certification program.

Thank you for your pride in our profession, commitment to lifelong learning, and spirit of giving back to the industry we all love. We are truly happy you have chosen to embark on this journey, and look forward to your successfully completing the program and representing the ProChef ideals as you go forward in your career.

Wishing you all the best,

A handwritten signature in black ink, appearing to read 'Brad Barnes'.

Brad Barnes, CMC
Director—CIA Consulting
845-451-1613 | b_barnes @culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world's best professional culinary education. If you would like to further support the future of food with the gift of education, please visit www.ciagiving.org.

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CIA POLICIES AND PROCEDURES

EXPECTATIONS FOR PARTICIPANTS

- ☑ Remain in attendance for the exam duration
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ No cell phone use or text messaging in the kitchen or during any exam time
- ☑ Follow all established health and safety regulations
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen
 - Keep all perishable items refrigerated until needed
 - NYS law - when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- ☑ Adhere to appropriate CIA uniform and attire standards as outlined on the following page.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
- ☑ Kitchen pants, preferably black or checked
- ☑ Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
- ☑ Neckerchief (optional)
- ☑ Toque (provided in class)
- ☑ Apron (provided in class)
- ☑ Side towel (provided in class)
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times
 - Long hair should be pinned up and worn under a hair net

*Appropriate attire for our business management classes is business or business casual.

NOTICE OF NONDISCRIMINATION

The Culinary Institute of America (CIA) is an Equal Opportunity Employer committed to the principle of equal opportunity in education and employment, in compliance with Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title VI and Title VII of the Civil Rights Act of 1964, Age Discrimination Act of 1975, and other federal, state, and local laws.

The CIA does not discriminate against individuals on the basis of race, color, sex, sexual orientation, gender identity, religion, disability, age, genetic information, marital status, veteran status, ancestry, national or ethnic origin, or any other protected group or classification under federal or state laws. These principles also apply to admissions, financial aid, academic matters, career services, counseling, housing, employment policies, scholarship programs, medical services, and all other programs and activities available at the CIA.

The Culinary Institute of America, pursuant to Title IX, Title VII, and state laws, also prohibits sexual harassment, which includes sexual assault and sexual violence.

The HR Director, Faculty Relations is designated as the Title IX Coordinator and Age Discrimination Act Coordinator for the CIA. Inquiries to the CIA concerning the application of the Age Discrimination Act and Title IX, and their implementing regulations may be referred to the Title IX and Age Discrimination Act Coordinator, or to the Office for Civil Rights (OCR) of the U.S. Department of Education. Additionally, complaints including the procedure for filing a complaint regarding this Notice of Nondiscrimination and the CIA's compliance with applicable laws, statutes, and regulations as outlined above, may also be directed to:

Civil Rights Compliance Officers:

Joseph Morano – HR Director, Faculty Relations
Title IX and Age Discrimination Act Coordinator
The Culinary Institute of America
1946 Campus Drive, Hyde Park, NY 12538
Office: Roth Hall, Room S-324
Telephone: 845-451-1314
E-mail: j_morano@culinary.edu

Maura King, Director – Compliance

504/ADA Coordinator
The Culinary Institute of America
1946 Campus Drive, Hyde Park, NY 12538
Office: Roth Hall, Room S-351
Telephone: 845-451-1429
E-mail: m_king@culinary.edu

OR

U.S. Department of Education
Office for Civil Rights
Lyndon Baines Johnson Department of Education Building
400 Maryland Avenue, SW
Washington, DC 20202-1100
Telephone: 1-800-421-3481
Fax: 202-453-6012; TDD: 1-877-521-2172
E-mail: OCR@ed.gov

The Harassment, Sexual Misconduct, and Discrimination Policy can be found at
www.ciachef.edu/consumer-information.

POLICY ON STUDENTS WITH SPECIAL NEEDS

Your ProChef advisor can provide assistance and offer suggestions regarding accommodations. If you need a reasonable accommodation, please inform the Director of Certification and Training, or the Chef Instructor coordinating the program prior to the start of the exam. Accommodations will not be provided retroactively.

Disabled student accommodations are based on individual needs and functional limitations. It is your responsibility to initiate a request for services and remain involved as a concerned student who has taken charge of your own needs. Due to confidentiality laws governing institutions of higher education, the student must personally disclose a disability and request accommodations from the instructor or administrator.

Please see next page for *Disability Services*.

DISABILITY SERVICES

The Learning Strategies Center (LSC) is the center for disability services for the CIA.

An individual who is registered with the Learning Strategies Center and has documented CIA approved accommodations is encouraged to discuss accommodations privately with his/her instructors. Failure to disclose and utilize appropriate accommodations in a timely manner may affect class performance and grades.

Please note: The Learning Strategies Center does not disclose accommodations to instructors unless directed otherwise by the student.

If you are not registered with the Learning Strategies Center and would like information, please speak to the Disability Support Specialist in The Library Learning Commons/Learning Strategies Center at one of the following campuses:

Hyde Park: Learning Strategies Center (845) 451-4631, Jodi Amato, Senior Manager, j_amato@culinary.edu

San Antonio: Learning Specialist, Mar-y-sol Salinas, (210) 554-6465, m_salina@Culinary.edu

Greystone: Learning Strategies Center - (707) 967-2406, Maria Coggiola m_coggio@culinary.edu

POLICY ON ACADEMIC HONESTY

At The Culinary Institute of America, students are expected to develop all of their own work and ideas. Borrowing original thoughts or recipes without giving credit is plagiarism; copying tests or answers from another candidate is stealing; and presenting for evaluation during practical examinations, food or drink that was prepared by someone else for evaluation is cheating. Dishonest behavior, or assisting anyone else with such behavior, represents a serious violation of professional and academic standards at the CIA and will not be tolerated. Such actions are grounds for disqualification from ProChef Certification.

OVERVIEW

PROCHEF CERTIFICATION PROGRAM

LEVEL II EXAM CERTIFICATION STUDY GUIDE

The *ProChef* Level II Exam evaluates the competency of candidates interested in achieving *ProChef* Level II Certification through The Culinary Institute of America's *ProChef* Certification Program. In addition to achieving certification, successful completion of the program entitles candidates to 4.8 C.E.U.s.

To qualify for this level of certification, candidates must demonstrate proficiency in culinary applications, leadership, and financial aptitude. Successful candidates must also display a sense of responsibility and dedication in all facets of their work. In addition to written and oral examinations, the Level II Exam consists of practical testing of the required competencies. Upon completion of the Level II Exam, the candidate will have successfully demonstrated proficiency in the following areas:

- Food Science
- Basic Baking and Pastry
- Mediterranean Cuisine
- Management Skills
- Healthy Cuisine
- Financial Skills
- Garde Manger

PROCHEF CERTIFICATION LEVEL II COMPETENCIES

The *ProChef* Certification Program divides each certification level into three competency categories – culinary, leadership, and financial. The descriptions that follow are general skills and knowledge that a Level II candidate must possess in order to achieve *ProChef* Level II Certification.

CULINARY SKILLS

- Apply nutrition concepts to menu planning and recipes in order to meet nutritional guidelines
- Apply fundamental baking techniques to produce breads, doughs, cakes and custards
- Explain cooking fundamentals to others using basic food science terminology
- Apply the fundamentals of garde manger to prepare hot or cold hors d'oeuvre, salads, forcemeat terrines, and plated appetizers
- Identify key ingredients and flavor profiles of Mediterranean Cuisine
- Prepare key dishes of Mediterranean Cuisine

LEADERSHIP SKILLS

- Apply fundamental management principles
- Demonstrate effective supervision of others in work production by providing clear instructions, effective criticism, and redirection
- Identify fundamental workplace laws and employer liability
- Prepare and conduct a performance review
- Prepare an effective work schedule taking into account multiple staff variables

FINANCIAL SKILLS

- Interpret a food operation P&L
- Apply concepts of menu mix and portion cost to produce a menu at a targeted food cost
- Detect food and labor waste issues and develop a plan of corrective action
- Use and troubleshoot a food inventory and ordering system

GENERAL EXAM INFORMATION

PRACTICAL EXAMINATIONS

The exam days are extended and will span the AM and PM class schedules. Sample schedule sheets are provided in this document, as are sample judging forms. You will have the opportunity to review your score with the testing proctor. You must bring your own knives, uniforms, and hand tools to the practical examinations.

The Level II practical examinations cover:

- Basic Baking and Pastry
- Healthy Cuisine
- Mediterranean Cuisine
- Garde Manger

For each area of concentration, we have outlined suggested courses, textbooks, videos, key terms, and competencies to help prepare for each practical examination.

WRITTEN EXAMINATIONS

All written examinations consist of 25 questions. You will receive one hour to complete each written examination. Level II written examinations cover:

- Food Science
- Basic Baking and Pastry
- Healthy Cuisine
- Management Skills
- Mediterranean Cuisine
- Financial Skills
- Garde Manger

Within this study guide, we have outlined suggested courses, textbooks, videos, key terms, and competencies to help prepare for the written examinations.

WHAT ITEMS SHOULD I BRING WITH ME TO THE EXAM?

Side towels, toques, and aprons are provided for your use and convenience. You must, however, supply the following items:

REQUIRED

- Uniforms
- Kitchen shoes
- Knives
- Hand tools that you may have used during your practice sessions
- Calculator
- Recipes

RECOMMENDED

- Terrine molds if using one for forcemeat preparation
- Pastry tips
- Laptop
- Personal reference books

REQUIREMENTS FOR CERTIFICATION

To achieve *ProChef* Certification, you must achieve a minimum total weighted score of no less than 75% for the entire assessment period. The breakdown of the total weighted score is as follows:

65% of the average of the practical examination scores

35% of the average of the written examination scores

WRITTEN EXAMINATIONS

-If you score below 65% on up to two of the written examinations, you are still considered a candidate for Certification. On the last day of the assessment, you will be given an opportunity to retake up to two of the written examinations you did not pass.

The scores for the original and make up exams will be averaged together. If the average of the two exams is below 65%, you will be ineligible for certification for the current assessment period. You may, however, reapply to take the ProChef Certification Exam.

PRACTICAL EXAMINATIONS

If you score lower than 65% on any of the practical cooking examinations, you are ineligible for certification for the current assessment period. You may, however, reapply to take the ProChef Certification Exam at a future date. To gain further experience and enhance your education, we strongly encourage you to participate in all of the practical examinations held during the remainder of the week.

ADVISORS

Each candidate is provided with an advisor who is familiar with the *ProChef* Certification process. Generally the advisors are assigned, but if you are familiar or have worked with a specific chef or instructor before, you can request that chef or instructor as your advisor.

Your advisor is available to answer any questions you may have as you prepare and study for the examination. You will be provided with that person's direct phone extension and e-mail address. After initial contact, it will be your responsibility to contact your advisor and seek advice and counsel. If you plan to take a course or visit the campus, it would also be to your advantage to schedule a meeting with your advisor at this time.

The initial discussion with your advisor will focus on reviewing your application, determining the appropriate starting level, assisting you to develop an action plan, and answering any questions. At the conclusion of this conversation, your advisor may actually recommend that you not register for the exam at that time. You cannot register for an exam without first having a conversation with your advisor.

ProChef candidates that take full advantage of the advisor process are often highly successful achieving their certification. Ultimately, it is your choice when to take the exam, but by following the recommendations of your advisor, you can ensure that you are fully prepared for the challenges of the exam.

SAMPLE EXAM SCHEDULE

DAY ONE:

Start Time	End Time	Topic	Faculty / Staff	Location
7:30am	8:30pm	Orientation: <ul style="list-style-type: none"> • Week Assignments • Overview of Exam 		
8:30am	1:30pm	Practical Testing: Baking (9 candidates)		
1:30pm	4:00pm	Judging, Evaluation and Feedback (9 candidates)		
4:00pm	6:00pm	Written Exam: <ul style="list-style-type: none"> • Baking • Food Science 		

DAY TWO:

Start Time	End Time	Topic	Faculty / Staff	Location
6:45am -15 minute set up prior to start time -3 hours cook time plus 20 minute service		Practical Exam: Mediterranean		
10:20am		First Service Window Opens Judging, Evaluation and Feedback		
2:15pm	4:15pm	Garde Manger Prep: All Candidates		
4:30pm	6:30pm	Written Exam: <ul style="list-style-type: none"> • Mediterranean • Financial 		

DAY THREE:

Start Time	End Time	Topic	Faculty / Staff	Location
6:45am -15 minute set up prior to start time -3 hours cook time plus 20 minute service		Practical Exam: Healthy		
10:20am		First Service Window Opens Judging, Evaluation and Feedback		
2:15pm	4:15pm	Garde Manger Prep		
4:30pm	6:30pm	Written Exams: <ul style="list-style-type: none"> • Healthy • Frontline Leadership & Supervision 		Lecture Hall 1

DAY FOUR:

Start Time	End Time	Topic	Faculty / Staff	Location
7:00am	11:00am	Practical Exam: Garde Manger <ul style="list-style-type: none"> • All Candidates 		
11:00am	1:30pm	First Service Window Opens Judging, Evaluation and Feedback		
2:00pm		Written Exam: <ul style="list-style-type: none"> • Garde Manger • Make ups 		
TBD		Graduation		

FOOD ORDERING FOR PROCHEF EXAM

In order to ensure availability of the appropriate amounts of all ingredients, please submit a requisition of all items necessary to complete your production. Before you place ingredients onto your list, please make sure they are not part of the community basket

Besides items like bacon, ham prosciutto, pancetta or similar, there will be no additional protein items available beyond those listed on your assigned menu.

Please use the table format below to create and submit your food order list. The facilitator of the exam will consolidate all the participants' food orders; so it *must* be in this simplified format. Thank you for your cooperation.

Please submit a separate order list for each cuisine and label very clear which cuisine the list is for and the day you need the product.

SAMPLE REQUISITION

PARTICIPANT NAME: JOSEPH AVERAGE

ORDER FOR DAY: MEDITERRANEAN CUISINE

B: Bread and Baked Goods

D: Dairy, eggs

F: Fish and Seafood

G: Groceries general store room

M: Meat

P: Pantry and dry goods, spices, liquor, wine

C	Ingredients	Amounts	Units
D	Buttermilk	1	Pint
D	Cream, sour	1	Cup
D	Cheese, ricotta salata	2	Wt oz
G	Arugula, baby	½	Lb
G	Spinach, bunched	1	Bunch
M	Pancetta	¼	Lb
P	Oil, sesame	2	Fl oz
P	Oil, pumpkin seed	2	Fl oz
P	Spice, cardamom, ground	1	Tbsp

SERVICE WARES

Platters and serving utensils are provided; however, you must provide your own knives and hand tools.

If presenting family-style, you are responsible for selecting the appropriate individual service wares, including but not limited to plates and utensils.

The CIA has a wide variety of individual and platter service wares. Should you desire to bring your own wares, the CIA is not responsible for lost, stolen, or broken personal property.

LEVEL II PROCHEF EXAM STUDY GUIDE: SUPPORTING MATERIALS

All materials listed can be found on campus at the Hilton Library.

- All Textbooks and Workbooks can be accessed in the library.
 - “HIGHLY RECOMMENDED TEXTBOOKS AND WORKBOOKS” can also be found on www.amazon.com
- Streaming videos can be accessed and viewed via the library’s website: <http://library.culinary.edu>

HIGHLY RECOMMENDED TEXTBOOKS AND WORKBOOKS

A Mediterranean Feast: The Story of the Birth of the Celebrated Cuisines of the Mediterranean from the Merchants of Venice to the Barbary Corsairs. Wright, Clifford A. William Morrow and Company, Inc., 1999. ISBN 0-688-15305-4

Baking and Pastry: Mastering the Art and Craft, Third Edition. The Culinary Institute of America. John Wiley & Sons, Inc., 2015. ISBN 978-0-470-92865-3

Culinary Math, Fourth Edition. Blocker, Linda et al. John Wiley & Sons, Inc., 2016. ISBN 978-1-118-97272-4

Garde Manger: The Art and Craft of the Cold Kitchen, Fourth Edition. The Culinary Institute of America. John Wiley & Sons, Inc., 2012. ISBN 978-0-470-58780-5

The Professional Chef®, Ninth Edition. The Culinary Institute of America. John Wiley & Sons, Inc., 2011. ISBN 978-0-470-42135-2

The Professional Chef® Study Guide, Ninth Edition. The Culinary Institute of America. John Wiley & Sons, Inc., 2011. ISBN 978-1-118-13988-2

Techniques of Healthy Cooking, Fourth Edition. The Culinary Institute of America. John Wiley & Sons, Inc., 2013. ISBN 978-0-470-63543-8

RECOMMENDED TEXTBOOKS

American Dietetic Association Complete Food and Nutrition Guide, Fourth Edition. Roberta Larsen Duyff. John Wiley & Sons, Inc., 2012. ISBN 978-0-470-91207-2

Cookwise: The Hows and Whys of Successful Cooking. Corriher, Shirley. William Morrow, 1997. ISBN 0-688-10229-8

Couscous and Other Good Food From Morocco. Wolfert, Paula. Harper Collins, 1987. ISBN 0-060-91396-7

Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating. Willett, Walter and Patrick J. Skerrett. Free Press, 2005. ISBN 0-7432-6642-0

Flavors of the Riviera: Discovering Real Mediterranean Cooking. Andrews, Colman. Bantam Books, 1996. ISBN 0-553-09159-X

Foodservice Management – By Design. Legvold, Dee and Kristi Salisbury. Association of Nutrition and Foodservice Professionals, 2015. ISBN 978-0-982-58843-7

Foundations of Food Preparation, Sixth Edition. Freeland-Graves, Jeanne Himich and Gladys C. Peckham. Merrill/Prentice-Hall, 1996. ISBN 0-023-39641-5

Handbook of Effective Management: How to Manage or Supervise Strategically. Huffmire, Donald W. and Jane D. Holmes. Praeger. 2006. ISBN 978-0-899-30923-1

Hospitality Employee Management and Supervision: Concepts and Practical Applications. Sommerville, Kerry L. John Wiley & Sons, Inc., 2007. ISBN 978-0-471-74522-8

Human Resources Management in the Hospitality Industry, Second Edition. Hayes, David K. and Jack D. Ninemeier. John Wiley & Sons, Inc., 2016. ISBN 978-1-118-98850-3

Introduction to Management in the Hospitality Industry, Tenth Edition. Barrows, Clayton W. et al. John Wiley & Sons, Inc., 2012. ISBN 978-0-470-39974-3

Managing Behavior in Organizations, Sixth Edition. Greenberg, Jerald. Pearson/Prentice Hall, 2013. ISBN 978-0-132-72983-3

Managing Hospitality Human Resources, Fifth Edition. Woods, Robert H, Ph.D. Educational Institute, American Hotel and Lodging Association, 2012. ISBN 978-0-866-12380-8

Mediterranean Cooking. Wolfert, Paula. Ecco, 1999. ISBN 0-880-01402-4

Mediterranean the Beautiful Cookbook: Authentic Recipes from the Mediterranean Lands. Goldstein, Joyce; Peter Johnson, and Ayla Algar. Collins Publishers, 1994. ISBN 0-002-55370-8

Nutrition for Foodservice and Culinary Professionals, Ninth Edition. Drummond, Karen Eich and Lisa M. Brefere. John Wiley and Sons, 2016. ISBN 978-1-119-14849-4

On Food and Cooking: The Science and Lore of the Kitchen, Revised Edition. McGee, Harold. Scribner, 2004. ISBN 0-684-80001-2

Practical Baking, Fifth Edition. Sultan, William J. John Wiley & Sons, Inc., 1990. ISBN 0-442-31956-8

Principles of Food, Beverage, and Labor Cost Controls, Ninth Edition. Dittmer, Paul R. John Wiley & Sons, Inc., 2009. ISBN 978-0-471-78347-3

Principles of General Management: The Art and Science of Getting Results Across Organizational Boundaries. Colley, John L. et al. Yale University Press, 2007. ISBN 978-0-300-11709-7

The Baker's Manual, Fifth Edition. Amendola, Joseph and Nicole Rees. John Wiley & Sons, Inc., 2002. ISBN 0-471-40525-6

The Curious Cook: More Kitchen Science and Lore. McGee, Harold. Macmillan USA, 1992. ISBN 0-020-09801-4

The Essential Mediterranean: How Regional Cooks Transform Key Ingredients into the World's Favorite Cuisines. Jenkins, Nancy Harmon. Harper Collins, 2003. ISBN 0-060-19651-3

The New Kitchen Science: A Guide to Knowing the Hows and Whys for Fun and Success in the Kitchen. Hillman, Howard. Houghton Mifflin Co., 2003. ISBN 978-0-618-24963-3

The New Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health. Jenkins, Nancy Harmon. Bantam Books, 2009. ISBN 978-0-553-38509-0

The Science of Cooking. Barham, Peter. Springer Verlag, 2001. ISBN 978-3-540-67466-5

Time-Life Books' Foods of the World Series 1, 2, 11, 13, and 18. Editors of Time-Life Books. Time-Life Books, 1968-1988.

Understanding Baking, Third Edition. Amendola, Joseph and Nicole Rees. John Wiley & Sons, Inc., 2003. ISBN 0-471-40546-9

RECOMMENDED STREAMING VIDEOS

Streaming videos can be accessed and viewed via the library's website:

<http://library.culinary.edu/friendly.php?s=videos>

You will need the RealPlayer app on your computer to watch the following videos.

Download a free copy at: <http://www.real.com>.

Bakeshop Series

Meringues	# 2818
Vanilla Sauce and Pastry Cream	# 2754
Basic Steps of Baking Bread	# 1701

Bread and Baker: From the Source Series

Program One: Traditions of French Bread Baking	# 891
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CIA Presents

Remy Funrock	# 2687
Francois Payard	# 2882

Foie Gras Series

The Production of Foie Gras	# 1116
Preparing Foie Gras	# 1117

Garde Manger: The Art and Craft of the Cold Kitchen Series

Composed Salads	# 2664
Presenting Appetizers and Hors d'oeuvre	# 2753
Garde Manger: Condiments	# 2841

The Basics of Sauce Making Series

Emulsion Sauces	# 2471
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Aromatic and Flavoring Combinations	# 1368
Popular Cream and Filling (Les Cremes Populaire)	# 279
Recipe Costing...The Bottom Line	# 1131
Sanitation...Is not an Option	# 201

RECOMMENDED DVD

DVD can be accessed and viewed in the Hilton Library

Techniques of Healthy Cooking

The Healthy Palate	# 3831
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FOOD SCIENCE STUDY GUIDE

Use the following list of competencies, key terms, recommended reading materials, and videos to prepare for the Food Science Written Examination. The written examination will consist of 25 questions. You will have one hour to complete the examination.

FOOD SCIENCE COMPETENCIES

Successful candidates are able to...

- describe how stable emulsions are formed.
- diagram an emulsion.
- identify the continuous and dispersed (discontinuous) phases of each emulsion.
- list two types of emulsions.
- explain how emulsions are thickened and thinned.
- explain the term “emulsifying agent” and identify two major categories.
- list three reasons why emulsions break.
- identify the five main pigments found in vegetables, describing whether they are water or fat soluble.
- describe the colors typical of each vegetable pigment.
- discuss how plant pigments are affected by changes in environment (exposure to heat, sugar, salt, acids and bases).
- explain proper cooking techniques to minimize loss of texture, flavor and color in plant product
- identify the smaller chemical group that make up protein molecules.
- describe the various roles of protein in food preparation.
- diagram globular and fibrous protein.
- explain denaturation and coagulation.

- identify substances that speed and delay egg protein coagulation.
- explain the differences between a soft custard (sol) and baked custard (gel).
- list examples of fibrous protein.
- discuss three ways meat is made tender before cooking.
- explain why collagen is the most important connective tissue.
- explain why fish muscle cooks more quickly than land animal muscle tissue.
- describe maillard browning.
- discuss what happens to meat when it is heated too rapidly or for too long.
- summarize the effects of heat, acid, salt and enzymes in meat cookery.
- explain the two basic methods by which starch is cooked.
- diagram a starch granule, identifying the two starch molecules it contains.
- summarize the most important characteristics of high amylose starches.
- summarize the most important characteristics of high amylopectin starches.
- describe gelatinization, pasting, and retrogradation of starch, indicating if it involves wet or dry heat.
- discuss three elements that interfere with starch thickening.
- describe the three classes of leavening.
- explain how air and steam work to leaven baked goods.
- name the gas which is created during chemical leavening.
- identify four methods by which air is incorporated into dough and batter.
- discuss baking soda, giving the requirements for its development into gas.
- describe the effects of unreacted baking soda in baked products.
- discuss double-acting powder, giving the requirements for its reaction.
- describe the function of yeast in baking, giving three environmental conditions for its optimal development.
- describe gluten and its role in baking.
- compare high and low protein flours.

KEY TERMS

Acid
Albumin
Baking powder
Brine
Carbohydrate
Carry-over cooking
Cellulose
Chlorophyll
Coagulation
Connective tissue
Denaturation
Double-acting baking powder
Emulsifier
Enzyme
Fibrous protein
Gelatin
Gliadin
Glucose
Glutenin
Hydrophobic
Hypothesis
Lactase
Leavener
Lipid
Maltose
Modified starch
Oil-in-water emulsion
Osmosis
Permanent emulsion
Phenolase
Pigment
Protein
Semi-permanent emulsion
Slurry
Solubility
Starch
Suspension
Temper
Viscosity
Yeast

Actin
Amino acid
Base
Caramelization
Carotenoids
Casein
Chemical leavener
Chromoplast
Collagen
Control
Dextrin
Dry yeast
Emulsion
Fermentation
Flocculation
Gelatinization
Globular protein
Gluten
Hydrophilic
Hygroscopicity
Invert sugars
Lactose
Lecithin
Maillard reaction
Mechanical leavener
Myoglobin
Organic leavening
Oxidation
pH
Photosynthesis
Proofing
Retrogradation
Single-acting baking powder
Sol
Solute
Sucrose
Syneresis
Temporary emulsion
Water-in-oil emulsion

HIGHLY RECOMMENDED READING

On Food and Cooking: The Science and Lore of the Kitchen, Revised Edition

RECOMMENDED READING

Cookwise: The Hows and Whys of Successful Cooking

Foundations of Food Preparation, Sixth Edition

The Curious Cook: More Kitchen Science and Lore

The New Kitchen Science: A Guide to Knowing the Hows and Whys for Fun
and Success in the Kitchen

The Science of Cooking

RECOMMENDED STREAMING VIDEO

The Basics of Sauce Making Series

Emulsion Sauces

2471

BASIC BAKING AND PASTRY

STUDY GUIDE

Use the following list of competencies, key terms, recommended reading materials, and videos to prepare for both the Baking and Pastry Written and Practical Examinations.

The written examination will consist of 25 questions. You will have one hour to complete the written examination.

The practical examination will take five hours to complete. Please refer to the guidelines and quality standards outlined in the following pages for more detailed information. An instructor will contact you one week prior to the exam to inform you of your assigned items.

BASIC BAKING AND PASTRY COMPETENCIES

Successful candidates are able to...

- prepare basic breads.
- prepare basic pastry batters.
- prepare basic cakes.
- prepare pie dough.
- prepare custards.
- identify key ingredients and equipment in the bakeshop.
- accurately scale recipes up or down.
- demonstrate the use of baking and pastry equipment.
- demonstrate accuracy in weights and measures.
- demonstrate the use of baker's percent.
- categorize baking ingredients as liquefiers or stabilizers.
- explain the functions of basic baking ingredients.

- list the steps of the creaming, foaming, straight and cut-in mixing methods.
- list the steps of the bread making process.
- name and describe three techniques for making a meringue.
- compare and contrast the three different types of leaveners.
- describe the differences between flaky dough and mealy dough.
- identify the ratios and/or formulas for pie dough, cookie dough, pastry cream, pâte à choux and genoise.
- compare and contrast rich doughs and lean doughs.

KEY TERMS

1-2-3 dough / Cookie dough	Active dry yeast
Baking blind	Batter
Basic pie dough (3-2-1 dough) / Pâte brisée	
Bavarian cream / Bavaroise	Bench rest
Bench scraper	Biga
Bloom	Buttercream
Cake flour	Caramelization
Carbon dioxide	Chemical leavener
Clear flour	Coagulation
Convection oven	Conventional oven
Cream puffs	Creaming method
Crumb	Custard
Deck oven	Denaturation
Docking	Drum sieve / Tamis
Éclairs	Egg wash
Fermentation	Flaky
Foaming method	Fondant
Ganache	Gelatin
Gelatinization	Genoise
Gliadin	Gluten
Glutenin	Hard/Soft wheat
Hearth oven	High-ratio cakes
Instant dry yeast	Kneading
Lame	Lean dough
Leaveners	Liaison
Mealy	Meringue
Mise en place	Mousse
Nappé	Organic leavener
Parchment paper	Pastry cream / Crème patisserie

Pastry flour	Pâte à choux
Pâte sucrée	Patent flour
Peel	Physical leavener
Precooked batter	Pre-ferment
Profiteroles	Proof
Rest	Retrogradation
Rich dough	Rubbed-dough method
Scaling	Scoring
Sifting	Sweeteners
Shorteners	Simple syrup
Sourdough	Sponge
Straight mixing method	Stabilizer
Steam-injected oven	Sweeteners
Temper	Tenderizer
Thickeners	Two-stage method
Vanilla sauce / Crème Anglaise	Yeast

HIGHLY RECOMMENDED READING

<u>Baking and Pastry: Mastering the Art and Craft, Third Edition</u>	
<u>Culinary Math, Fourth Edition</u>	Ch. 1 - 2, 13 pp. 162 - 168
<u>The Professional Chef®, Ninth Edition</u>	Ch. 31-36

RECOMMENDED READING

<u>Practical Baking, Fifth Edition</u>	Ch. 3, 5, 7 - 10, 14
<u>The Baker's Manual, Fifth Edition</u>	Ch. 2, 4 - 6, 12
<u>Understanding Baking, Third Edition</u>	Ch. 12, 14 - 16

RECOMMENDED STREAMING VIDEOS

<i>The Bakeshop Series</i>	
Meringues	# 2818
Vanilla Sauce and Pastry Cream	# 2754
Basic Steps of Baking Bread	# 1701
 <i>Bread and Baker: From the Source Series</i>	
Program One: Traditions of French Bread Baking	# 891

BASIC BAKING AND PASTRY

PRACTICAL EXAMINATION GUIDELINES

For this practical examination, you will have five hours to prepare the following items from each of the categories found below. You must use the formulas from The Professional Chef®, Ninth Edition for all of the items. Platters and serving utensils are provided; however, you must provide your own knives, hand tools and copies of the required recipes.

DOUGH

SOFT ROLL DOUGH (p. 1026-1046)

- 5-lb. Soft Rolls mixed, fermented, formed into a minimum of three (3) different shapes of rolls (knots, pan rolls, etc.), proofed, and baked
- You must present 12, 2 oz. roll of each shape for a total of 36 pieces

PIE DOUGH (p. 1070)

- 3-lb. Pie Dough made into two 10-inch blind baked shells

CUSTARDS

- 1-quart Vanilla Pastry Cream (p.1098)

BASIC PASTRY BATTERS

PÂTE À CHOUX (p. 1062-1065, 1084)

- 3-lb. Pâte à Choux piped into two shapes. One of the shapes must be éclairs. The other shape is your choice. You must present 12 of each shape for a total of 24 pieces.
- Fill baked éclairs with pastry cream. The other shape does not have to be filled or glazed.
- Finish éclairs with your choice of ganache (p. 1128), fondant (p. 1119-1121, tempering)

CAKE – ASSIGNED BY INSTRUCTOR

- 2 each 10-inch round Vanilla Sponge Cakes (Genoise) (p. 1083)
- **-or-**
- 2 each 2-lb. or 4 each 1-lb. Pound Cakes baked in loaf pans (p. 1081)

BAKING AND PASTRY: GUIDELINES AND JUDGING FORM FOR FLOOR SCORE SHEETS

FOOD IS SERVABLE (Y/N)

This criteria is judged strictly on a yes/no basis, either the food is safe/servable or it is not.

Food deemed un-servable will not be evaluated by the Tasting Judge. **The candidate will receive a tasting score of zero for that food item.**

- **Un-Servable Food:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness.

MISE EN PLACE, ORGANIZATION, AND CLEANLINESS (5 PTS)

Timely Menu Submission: **(1 pt)**

- Candidate submits *two* neatly typed menus to the Floor Judge each day before the start of the exam.

Timeline/Game Plan Preparation: **(1 pt)**

- Candidate prepares a timeline/game plan and references it throughout the day's production.

Workspace Organization/Cleanliness: **(3 pts)**

- Candidate has out only the food, tools, and equipment necessary for the current preparation. The workspace remains free of clutter.
- Candidate's workspace is free of spills, crumbs, scraps, etc.
- Candidate's workspace is contained to designated area; it does not impede the work of others.
- Candidate works in an organized, methodical manner transitioning smoothly between tasks.
- Candidate exits the exam leaving his/her workspace neat and clean.
- Candidate's knife kit/ toolbox is clean and sanitary inside.
- Candidate contributes to the overall cleanliness and organization of the kitchen including the refrigerators, dish area, and the floors.

SAFETY (5 PTS)

Demeanor/Equipment Operation/Knife Usage

- Candidate moves safely around the kitchen (i.e. alerts other candidates when he/she is behind them or is close to them with knives and/or hot items).
- Candidate safely operates equipment.

SANITATION PROCEDURE (1 PT EACH = 5 PTS)

Candidate Enters Exam Wearing the Proper Uniform:

- Non-slip kitchen shoes (ie. Kitchen Clogs), Chef's Pants, Chef's Coat, Toque*, Apron*, Side Towel*, Pen, and Thermometer.
 - *(Toque, Apron, and Side Towel are provided by the CIA)
- Candidate's uniform is clean and properly maintained.
- Candidate wears uniform at all times in the kitchen.

Appropriate Use of Gloves:

- Candidate wears gloves when handling food items that are ready to eat, according to CIA policy.
- Candidate wears gloves when plating food.

Avoids Cross-Contamination:

- Candidate washes hands, cutting boards, knives, etc. when transitioning from fish to meat to vegetable or dairy preparation.
- Candidate keeps all finished products away from raw ingredients.
- Candidate uses a clean tasting spoon every time – no "double-dipping"

Maintains Proper Food Temperatures:

- Candidate stores products properly and at the right temperatures according to ServSafe standards.

Proper Recycling:

- Candidate uses the proper receptacles for the various types of waste.

BAKING TECHNIQUES, SKILLS, AND FUNDAMENTALS (10 PTS)

Equipment Usage (2 pts)

- Candidate Candidate selects and uses appropriate equipment.

Ingredient Measurement (3 pts)

- Candidate uses the proper measuring device for each ingredient.
- Candidate measures all ingredients accurately.

Baking Techniques (5 pts)

- Candidate successfully executes the proper technique for each item.

INGREDIENT UTILIZATION/WASTE AND YIELD (2.5 PTS EACH = 5 PTS)

Usable TrimIngredient Utilization/Waste:

- Candidate appropriately controls the amount of waste generated during production.

Accurate Production Quantity/Yield:

- Candidate produces the quantities of product required without excessive waste.

TIMING OF SERVICE (-5 PTS TO 5 PTS)

Candidate completes and presents all items within the 5 hour time limit.

- After the five hours, the candidate will be deducted 1 point per minute until all items have been served. This can result in a negative score.

DEDUCTIONS

Candidates are allowed to remake recipes if the final product was not successful.

However, 2 pts will be deducted from the total Floor Score for every remake.

PRACTICAL EXAMINATION

KITCHEN FLOOR SCORE SHEET: BAKING AND PASTRY

Candidate: _____

Judge: _____

Food is Servable: Y / N

Any food deemed **un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that food item.

Criteria	Scores	Total
Mise en Place, Organization, and Cleanliness		
Timely Menu Submission (1 pt)		/5
Timeline/Game Plan Preparation (1 pt)		
Workspace Organization/Cleanliness (3 pts)		
Safety		
Demeanor/Equipment Operation/Knife Usage (5 pts)		/5
Sanitation Procedure		
Proper Uniform (1 pt)		/5
Appropriate Use of Gloves (1 pt)		
Avoids Cross-Contamination (1 pt)		
Maintains Proper Food Temperatures (1 pt)		
Proper Recycling (1 pt)		
Baking Techniques, Skills, and Fundamentals		
Equipment Usage (2 pts)		/10
Ingredient Measurement (3 pts)		
Baking Techniques (5 pts)		
Ingredient Utilization/Waste and Yield		
Ingredient Utilization/ Waste (2.5 pts)		/5
Accurate Production Quantity/Yield (2.5 pts)		
Timing of Service		
All food served within allotted 5 hours** (5 pts)		/5
Subtotal		/35
Deductions		
2 pts will be deducted each time a recipe must be redone		
Total Score		/35

Important Notes:

***Un-Servable:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness

**After the five hours, you will be deducted 1 point per minute until all of your items have been served. This can result in a negative score.

Comments (on back):

**BAKING AND PASTRY:
GUIDELINES AND JUDGING FORM FOR
TASTING AND SKILL EVALUATION SCORE SHEET**

BASIC BREAD (13 PTS)

Execution (2 pts)

- Washing
- Consistency
 - Size and Shape

Proper Volume (2 pts)

- Fermentation

Color (2 pts)

Crumb (2 pts)

Flavor (5 pts)

CUSTARD (13 PTS)

Color (2 pts)

Viscosity (3 pts)

Texture (3 pts)

Flavor (5 pts)

PÂTÉ À CHOUX (13 PTS)

Color (2 pts)

Consistency of size and shape (3 pts)

Execution (2 pts)

- Properly baked, hollow

Filling (2 pts)

Glazing (2 pts)

Flavor (2 pts)

BASIC CAKE (SPONGE AND POUND) (13 PTS)

Color (2 pts)

Crumb (3 pts)

Volume (3 pts)

Flavor (5 pts)

PIE CRUST (13 PTS)

Color (2 pts)

Properly Baked (3 pts)

Flake (3 pts)

Flavor (5 pts)

PRACTICAL EXAMINATION TASTING AND SKILL EVALUATION SHEET: BAKING AND PASTRY

Candidate: _____ Judge: _____

Criteria	Scores	Total
Basic Bread		
Execution: Washing, Consistency of Size and Shape (2 pts)		/13
Proper Volume: Fermentation (2 pts)		
Color (2 pts)		
Crumb (2 pts)		
Flavor (5 pts)		
Custard		
Color (2 pts)		/13
Viscosity (3 pt)		
Texture (3 pts)		
Flavor (5 pts)		
Pâté à Choux		
Color (2 pts)		/13
Consistency of Size and Shape (3 pts)		
Execution: Properly Baked - Hollow (2 pts)		
Filling (2 pt)		
Glazing (2 pts)		
Flavor (2 pts)		
Basic Cake		
Color (2 pts)		/13
Crumb (3 pts)		
Volume (3 pts)		
Flavor (5 pts)		
Pie Crust		
Color (2 pts)		/13
Properly Baked (3 pts)		
Flake (3 pts)		
Flavor (5 pts)		
Total Score		/65

Important Notes:

Any food deemed *un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that food item.

MEDITERRANEAN CUISINE

STUDY GUIDE

Use the following list of competencies, key terms, and recommended reading materials to prepare for both the Mediterranean Cuisine Written and Practical Examinations. You must exhibit an understanding of the flavor, cooking methods, ingredients, and techniques involved in the various regional and ethnic cuisines of the Mediterranean. Successful completion of the Mediterranean Cuisine segment is based on a combination of scores received during the written examination, kitchen practical, and product evaluation.

The written examination will consist of 25 questions. You will have one hour to complete the written examination.

You will have three hours to complete the practical examination, with a 20 minutes service window to plate your food. Please refer to the guidelines and quality standards outlined in the following pages for more detailed information. An instructor will contact you two weeks prior to the exam to inform you of your menus and/or protein items. Following the receipt of your assignments you will have to provide a properly prepared food order using the following document.

MEDITERRANEAN CUISINE COMPETENCIES

Successful candidates are able to...

- list the countries of the Mediterranean.
- define the Mediterranean diet.
- describe the role and use of olive oil in the Mediterranean diet.
- describe the role of mezze in the northern and eastern Mediterranean.
- list the Arab influences on the cuisines of Spain and Southern Italy.
- describe some of the characteristics of the food from Provence.
- explain the role of harissa in the foods of North Africa.

- list three basic Spanish sauces and their application in the cuisine.
- demonstrate the use and application of rice and rice dishes of the region.
- demonstrate proper execution and production of mezze.
- execute proper production of paella.
- execute proper production of tagines.
- execute proper production of couscous.
- demonstrate proper execution and production of various spreads, dips, and sauces of the region.
- demonstrate proper execution and production of various fish dishes of the region.
- execute proper production of pasta and grain dishes typical of the region.
- demonstrate proper execution and production of various vegetable preparation of the region.
- demonstrate proper execution and production of various braises and stews of the region.

KEY TERMS

Agrodolce	Aïoli
Antipasti	Avgolemono
Baba ganouj	Basil
Bastilla	Borek
Bouillabaisse	Brik
Bulgur	Couscous
Couscoussière	Dolma
Feta	Harissa
Hors d'oeuvre	Hummus
Jamón serrano	Kebab
Kefta	Manchego
Mezze	Olive oil
Orzo	Paella
Phyllo	Pilaf
Pistou	Preserved lemons
Ratatouille	Saffron
Saganaki	Semolina
Sofrito	Tabil
Tagine	Tapas
Tapenade	Tzatziki

HIGHLY RECOMMENDED READING

[A Mediterranean Feast: The Story of the Birth of the Celebrated Cuisines of the Mediterranean from the Merchants of Venice to the Barbary Corsairs](#)

RECOMMENDED READING

[Couscous and Other Good Food From Morocco](#)

[Flavors of the Riviera: Discovering Real Mediterranean Cooking](#)

[Mediterranean Cooking](#)

[The Essential Mediterranean: How Regional Cooks Transform Key Ingredients into the World's Favorite Cuisines](#)

[The New Mediterranean Diet Cookbook](#)

[Mediterranean the Beautiful Cookbook: Authentic Recipes from the Mediterranean Lands](#)

[Time-Life Books' Foods of the World Series 1, 2, 11, 13, and 18](#)

MEDITERRANEAN CUISINE

PRACTICAL EXAMINATION GUIDELINES

You will be assigned one of the following five regions: Spain, Italy, Greece and Turkey, North Africa, or French Provence. Along with the specific region, you will be assigned a cooking method such as grilling or stewing, and a piece of equipment such as a tagine or paella pan. In addition to the cooking method and equipment, you will be assigned selected dishes along with accompanying meats, seafood, and grocery items to support these dishes. Examples might include a lamb tagine, assorted salads, and brik pastry for North Africa, or an onion tart, stuffed vegetables, and bouillabaisse for France. It is your responsibility to develop these dishes into three items that showcase the assigned region's cooking methods, equipment, and style.

In addition, you must submit a typed menu and food order list for **ANY** additional products needed to support your menu (except proteins and other items which have been assigned). You should consider using seasonal items as you build your menu, realizing that substitutions may be necessary. You will have three hours for production and 20 minutes for service.

Platters and serving utensils are provided; however, you must provide your own knives and hand tools. See the Overview section of this Study Guide.

MEDITERRANEAN CUISINE: GUIDELINES AND JUDGING FORM FOR FLOOR SCORE SHEETS

FOOD IS SERVABLE (Y/N)

This criteria is judged strictly on a yes/no basis, either the food is safe/servable or it is not.

The Floor Judge will determine if any food is **un-servable**. Food deemed un-servable will not be evaluated by the Tasting Judge. **The candidate will receive a tasting score of zero for that menu segment.** Points may still be awarded for the communication piece.

- **Un-Servable Food:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness.

MISE EN PLACE, ORGANIZATION, AND CLEANLINESS (5 PTS)

Timely Menu Submission: **(1 pt)**

- Candidate submits *two* neatly typed menus to the Floor Judge each day before the start of the exam.

Timeline/Game Plan Preparation: **(1 pt)**

- Candidate prepares a timeline/game plan and references it throughout

Workspace Organization/Cleanliness: **(3 pts)**

- Candidate has out only the food, tools, and equipment necessary for the current preparation. The station remains free of clutter.
- Candidate's station is free of spills, crumbs, scraps, etc.
- Candidate's station is contained to designated area; it does not impede the work of others.
- Candidate works in an organized, methodical manner transitioning smoothly between tasks.
- Candidate exits the exam leaving his/her station neat and clean.
- Candidate's knife kit/ toolbox is clean and sanitary inside.

SAFETY (3 PTS)

Demeanor/Equipment Operation/Knife Usage

- Candidate moves safely around the kitchen (i.e. alerts other candidates when he/she is behind them or is close to them with knives and/or hot items).
- Candidate safely operates equipment.
- Candidate contributes to the overall cleanliness and organization of the kitchen including the refrigerators, dish area, and the floors.

SANITATION PROCEDURE (1 PT EACH = 5 PTS)

Candidate Enters Exam Wearing the Proper Uniform:

- Non-slip kitchen shoes (ie. Kitchen Clogs), Chef's Pants, Chef's Coat, Toque*, Apron*, Side Towel*, Pen, and Thermometer.
 - *(Toque, Apron, and Side Towel are provided by the CIA)
- Candidate's uniform is clean and properly maintained.
- Candidate wears uniform at all times in the kitchen.

Appropriate Use of Gloves:

- Candidate wears gloves when handling food items that are ready to eat, according to CIA policy.
- Candidate wears gloves when plating food.

Avoids Cross-Contamination:

- Candidate washes hands, cutting boards, knives, etc. when transitioning from fish to meat to vegetable or dairy preparation.
- Candidate keeps all finished products away from raw ingredients.
- Candidate uses a clean tasting spoon every time – no "double-dipping"

Maintains Proper Food Temperatures:

- Candidate stores products properly and at the right temperatures according to ServSafe standards.

Proper Recycling:

- Candidate uses the proper receptacles for the various types of waste.

COOKING TECHNIQUES, SKILLS, AND FUNDAMENTALS (13 PTS)

Equipment Usage (1 pt)

- Candidate selects and uses appropriate equipment.

Knife Skills (2 pts)

- 's knife cuts are precise and consistent. Candidate demonstrates the proper cutting technique for each task.

Cooking Fundamentals/Techniques (10 pts)

- Candidate successfully executes regionally appropriate cooking techniques where applicable.
- Candidate successfully executes all cooking fundamentals.

INGREDIENT UTILIZATION, STORAGE, AND PRODUCTION (4 PTS)

Usable Trim Ingredient Utilization/Waste: (1 pt)

- Candidate appropriately controls the amount of waste generated during production.

Proper Storage: (1 pt)

- Candidate properly stores all food items. Food should be:
 - Wrapped
 - Labeled
 - Dated
 - Properly Shelved

Accurate Production Quantity/Yield (2 pt)

- Candidate produces the quantities of product required without excessive waste.

TIMING OF SERVICE (-5 PTS TO 5 PTS)

Candidate serves all items/courses within allotted 15 minute window.

- After the window closes, the candidate will have an additional 10 minute grace period to serve his/her food. However, 1 point per minute will be deducted, which can result in a negative score of -5 pts. If you miss both the 15 minute window and the 10 minute grace period, your food will not be tasted until all other candidates have been evaluated.

PRACTICAL EXAMINATION

KITCHEN FLOOR SCORE SHEET: MEDITERRANEAN CUISINE

Candidate: _____ Judge: _____

Food is Servable: Y / N

Any food deemed **un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that menu segment.

Criteria	Scores	Total
Mise en Place, Organization, and Cleanliness		
Timely Menu Submission (1 pt)		/5
Timeline/Game Plan Preparation (1 pt)		
Workspace Organization/Cleanliness (3 pts)		
Safety		
Demeanor/Equipment Operation/Knife Usage (3 pts)		/3
Sanitation Procedure		
Proper Uniform (1 pt)		/5
Appropriate Use of Gloves (1 pt)		
Avoids Cross-Contamination (1 pt)		
Maintains Proper Food Temperatures (1 pt)		
Proper Recycling (1 pt)		
Cooking Techniques, Skills, and Fundamentals		
Equipment Usage (1 pt)		/13
Knife Skills (2 pts)		
Cooking Fundamentals/Technique (10 pts)		
Ingredient Utilization, Storage, and Production		
Ingredient Utilization/Waste (1 pt)		/4
Proper Storage (1 pt)		
Accurate Production Quantity/Yield (2 pts)		
Timing of Service		
All food served within 15 min. window** (-5 pts to 5 pts)		/5
Total Score		/35

Important Notes:

***Un-Servable:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness

******After your window closes, you will have an additional 10 minutes to serve your food. However, you will be deducted 1 point per minute, which can result in a negative score of -5 pts. If you miss both the 15 minute window and the 10 minute grace period, your food will not be tasted until all other candidates have been evaluated.

MEDITERRANEAN CUISINE: GUIDELINES AND JUDGING FORM FOR TASTING SCORE SHEETS

PRESENTATION (7 PTS)

Appropriate to Region (2 pts)

- Candidate's presentation is authentic and appropriate to the assigned region.

Visual Appeal (2 pts)

- Unity: Candidate's plate presents a cohesive unit.
- Focus: Candidate's plate has an identifiable focal point.
- Flow: Candidate's plate demonstrates flow from item to item.

Plate Cleanliness (1 pt)

- Candidate's plate should have nothing on the rim.

Consistency of Plating (1 pt)

- Candidate's final products are consistent across the plates.

Plate Temperature (1 pt)

- Candidate should plate hot food on hot plates and cold food on cold plates.

TASTE (30 PTS)

Temperature (5 pts)

- Candidate's food items are at the appropriate temperature:

Texture (5 pts)

- Candidate's dish has the appropriate texture.

Aroma/Flavor Development (5 pts)

- Candidate's dish has an appealing aroma that stimulates the appetite.
- Candidate's dish exhibits full flavor development through proper execution of cooking techniques.

Seasoning (5 pts)

- Candidate's dish is flavorful and properly seasoned.

Flavor Profile Authenticity (10 pts)

- Flavor profiles of dishes are appropriate to assigned region/country.
- Candidate chose appropriate ingredients to represent the assigned region.

EXECUTION (23 PTS)

Execution of Competency (10 pts)

- Candidate authentically and successfully executed the assigned regional competency.

Cooking Fundamentals (10 pts)

- Candidate properly and successfully executed all supporting cooking techniques and fundamentals.

Portion Size (3 pt)

- Candidate served the appropriate amount of the dish.

COMMUNICATION (2.5 PTS EACH = 5 PTS)

Discuss Region and Culture

- Candidate is able to intelligently discuss the food culture of assigned region.

Discuss Positives/Negatives of Execution

- Candidate is able to discuss the positive and negative aspects of his/her experience in the kitchen for the day.

PRACTICAL EXAMINATION TASTING AND SKILL EVALUATION SHEET: MEDITERRANEAN CUISINE

Candidate: _____

Judge: _____

Region: _____

Competency: _____

Criteria	Score			Avg.
Presentation	1 st Course	2 nd Course	3 rd Course	
Appropriate to Region (2 pts)				
Visual Appeal (2 pts)				
Plate Cleanliness (1 pt)				
Consistency of Plating (1 pt)				
Plate Temperature (1 pt)				
Totals:	/7	/7	/7	/7
Taste	1 st Course	2 nd Course	3 rd Course	
Temperature (5 pts)				
Texture (5 pts)				
Aroma/Flavor Development (5 pts)				
Seasoning (5 pts)				
Flavor Profile Authenticity (10 pts)				
Totals:	/30	/30	/30	/30
Execution	1 st Course	2 nd Course	3 rd Course	
Execution of Assigned Competency (10 pts)				
Cooking Fundamentals (10 pts)				
Portion Size (3 pt)				
Totals:	/23	/23	/23	/23
Communication	1 st Course	2 nd Course	3 rd Course	
Discuss Region/Culture (2.5 pts)				
Discuss Pos./Neg. of Exec. (2.5 pts)				
Totals:	/5	/5	/5	/5
Total Scores:	/65	/65	/65	/65

Important Notes: Any food deemed *un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that menu segment. Points may still be awarded for the communication piece.

PERSONNEL MANAGEMENT

STUDY GUIDE

Use the following list of competencies, key terms, and recommended reading materials to prepare for the Personnel Management Written Examination. The written examination will consist of 25 questions. You will have one hour to complete the examination.

PERSONNEL MANAGEMENT COMPETENCIES

Successful candidates are able to...

- describe functions of supervision.
- explain various theories on leadership and motivation.
- identify the culture and style of an organization.
- determine the role of leadership and supervision in an organization.
- explain the model for interpersonal skill improvement.
- describe the communication process.
- state the legal issues associated with staffing an organization.
- list factors that help people learn.
- explain the training cycle – needs assessment, design, delivery, evaluation.
- explain the components of an effective orientation process.
- identify legal issues associated with performance management and discipline.
- outline the steps to the performance review process.
- establish performance expectations using the SMART Method.

KEY TERMS

Accommodation	Active Listening
Adult learning theory	Affirmative Action Plan
Age Discrimination in Employment Act	
Americans with Disabilities Act	Appraisal interview
BFOQ	Case study
Civil Rights Act of 1964, Title VII	Coaching
Communication	Communication barriers
Conceptual skills	Controlling
Counseling	Course outline
Culture	Delegating
Demographics	Discipline
Discrimination	Disparate Impact
Disparate Treatment	Diversity
Employee Referral Programs	Employee self-appraisal
Equal Employment Opportunity Commission	Equal Employment Opportunity
Evaluation form	Evaluating
Feedback	Family and Medical Leave Act of 1993
Human skill	Halo effect
Internal recruiting	Immigration Reform and Control Act
Interview	Interpersonal communication
Just cause termination	Job specifications
Labor market	KSA (knowledge, skills and abilities)
Management by objective	Learning
Management grid	Management by walking around
Needs assessment	Managing
Nonverbal communication	Negligent hiring
Organizing	On the job training (OJT)
Performance appraisal	Orientation
Pre and post tests	Planning
Progressive discipline	Pregnancy Discrimination Act of 1978
Reasonable accommodation	Promotion from within
Responsibility	Recruiting
Situational Leadership	Role playing
Supervising	Stereotype
Technical skills	Teaching methods
Training objectives	Training evaluations
	Training plan

RECOMMENDED READING

Foodservice Management – By Design.

Managing Behavior in Organizations, Sixth Edition.

Managing Hospitality Human Resources, Fifth Edition.

Handbook of Effective Management: How to Manage or Supervise Strategically.

Hospitality Employee Management and Supervision: Concepts and Practical Applications.
Human Resources Management in the Hospitality Industry, Second Edition.
Introduction to Management in the Hospitality Industry, Tenth Edition.
Principles of General Management: The Art and Science of Getting Results Across Organizational Boundaries.

HEALTHY CUISINE STUDY GUIDE

THE IMPORTANCE OF NUTRITION

There are many factors that contribute to a healthy diet. For example, the proportion of macronutrients (carbohydrate, protein and fat) that make up a meal can have an impact on satiety, blood sugar levels and weight control.

As a chef, it is important that you understand the main concepts of nutrition. Today's consumers are aware of the food-health connection and expect the chefs that prepare their food to be knowledgeable on the subject as well. Not only must you understand how the foods we eat affect our health, you must also be able to use this information when creating recipes and preparing menu items.

YOUR RESPONSIBILITIES

Use the following list of competencies, key terms, recommended reading materials, and videos to prepare for both the Healthy Cuisine Written and Practical Examinations. Successful completion of the Healthy Cuisine segment is based on a combination of scores received from the written examination, menu development, nutritional analysis, kitchen performance, and verbal confirmation of the required competencies for healthy cuisine.

The written examination will consist of 25 questions. You will have one hour to complete the written examination. The exam will require critical thinking skills and will focus on more in-depth nutrition issues such as nutrition labels, particular dietary needs, and recipe modification to achieve nutrition goals.

You will have three hours to complete the practical. You will be required to exhibit an understanding of flavor, presentation, proper cooking techniques, menu analysis, and proper kitchen work habits as they relate to healthy cooking. Please refer to the guidelines and quality standards outlined in the following pages for more detailed information.

HEALTHY CUISINE COMPETENCIES

Successful candidates are able to...

- list at least three nutrient content claims that may be found on food labels.
- give the number of calories used when determining the Daily Values.
- name the sweetest natural sugar.
- name at least two sugar alcohols.
- calculate the percent of calories that come from fat.
- name the fatty acids that increase LDL.
- list at least two negative health effects of trans fats
- give at least two health benefits of including omega-3 fatty acids in the diet.
- list at least two food sources of omega-3 fatty acids.
- list at three sources of complete proteins
- give at least two examples of complementary proteins
- give the amount of cooked dry beans that is equivalent to 1 ounce of meat
- name three antioxidants.
- name four food sources of phytochemicals.
- list at least 2 vitamins that are easily destroyed during the preparation/cooking process.
- list at least three ways to prepare and/or cook fruits and vegetables that will minimize the loss of vitamins..
- explain whether minerals are stable during the cooking process.
- list and describe four healthy cooking methods.

- explain at least two considerations when modifying recipes.
- give 2 ways to decrease fat in a recipe.
- list at least three menu ideas that could lower cancer risk.
- name the four nutrients that may be a problem for vegans.
- list at least three health benefits of a vegetarian diet.
- give the amount of cooked vegetables, as listed on the choosemyplate.gov, that is necessary to meet the needs of an adult consuming a 2000 calorie diet.
- give the minimum amount of cooked whole grains necessary to meet the recommendations of the choosemyplate.gov for an adult consuming a 2000 calorie diet.
- list at least 4 grains that a person with Celiac Disease could safely consume.
- provide information that pertains to the Level I Nutrition Competency.

KEY TERMS

Antioxidant	Atherosclerosis
Celiac Disease	Complementary Proteins
Complete Protein	Diabetes
Daily Value	Dietary Reference Intake
Essential Amino Acids	Glycemic Index
High Fructose Corn Syrup	Incomplete Protein
Lacto-ovo Vegetarian	Lactose Intolerance
Omega-3 Fatty Acids	Phytochemicals
Vegan	

RECOMMENDED READING

American Dietetic Association Complete Food and Nutrition Guide, Fourth Edition.
Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating.
Nutrition for Foodservice and Culinary Professionals, Ninth Edition.

RECOMMENDED DVD

Techniques of Healthy Cooking
 The Healthy Palate

OTHER HELPFUL MATERIALS AND WEBSITES

<https://www.choosemyplate.gov>

<http://www.hsph.harvard.edu/nutritionsource/>

<http://www.healthierus.gov/dietaryguidelines/>

NUTRITIONAL ANALYSIS SOFTWARE

www.mastercook.com/

www.esha.com/

HEALTHY CUISINE

PRACTICAL EXAMINATION GUIDELINES

For the practical examination, you must design a three-course menu that consists of a first course, entrée, and dessert. Your menu must follow the recommended guidelines described in this document.

It is your responsibility to submit a food order list for all products needed for your menu (except for meat, poultry or fish), as discussed by the chef instructor and according to the weekly schedule. You should consider seasonality issues as you build your menu.

On the day of the practical, you must produce four plated portions of each course. You will have three hours for production and 20 minutes for service. In addition, you must present a nutritional analysis and a menu to the proctor prior to production of the menu. Platters and serving utensils will be provided; however, you must use your own knives and hand tools.

You will be randomly assigned one meat and one fish. **It is not mandatory that you use the proteins in your menu.** You may choose to use only plant-based protein sources in your menu.

HEALTHY CUISINE MENU DESIGN GUIDELINES

Listed below are the recommended guidelines to follow when developing your three-course menu (first course, entrée, and dessert) and recipes for the Healthy Cuisine Practical Examination. You must follow the nutritional guidelines (2015) as outlined by the USDA and choosemyplate.gov for preparation of all your menu items and recipes. Refer to the following pages for the specific nutritional information.

GUIDELINES

Your total menu, consisting of a first course, entrée, and dessert, must total no more than 1200 calories.

You will be assigned one animal protein that can be used in your first course or entrée. You are not required to use this animal protein item; you may design a plant-based entrée instead.

10 - 35% of your menu's calories should consist of protein. Your menu can include animal sources of protein, but you must also give strong consideration to plant-based proteins as well.

45 - 65% of your menu's calories should consist of carbohydrates, with an emphasis on whole grains. Try to limit added sugar, relying on the natural sugars in fruit, for example, for sweetening.

20 - 35% of your menu's calories should consist of fat. Less is not necessarily better, especially if you are selecting "good" sources of fat. Monounsaturated and polyunsaturated fats should total at least 65% of the total fat percentage. Less than 10% of the remaining fat calories should be saturated fat. The use of trans fats should be limited or avoided (read product labels).

Your menu should provide at least 12 grams of fiber.

Your menu should provide a maximum of 1500 mg. of sodium.

Your menu should provide 1 ½ cups of vegetables, ½ cup of fruit, and 1 oz. of whole grains (* 1 serving of legumes is optional).

Be prepared to discuss your menu and explain how it reflects the principles of the choosemyplate.gov, Harvard's Healthy Eating Plate and USDA (2015) Dietary Guidelines.



RESOURCES:
THE 2015 DIETARY GUIDELINES
FOR AMERICANS OUTLINED BY
THE USDA'S
CHOOSEMYPLATE.GOV



- Total number of calories consumed per day is based on a variety of factors including age, sex, height, weight, and level of physical activity
- Average caloric intake per day = 2,000-2,500
- Daily caloric intake ranges from 1,000-3,200 calories:
 1,000/1,200/1,400 = age 2-8
 1,600 and greater = age 9 and older

A Healthy Eating Pattern...

Includes	Limits
A variety of vegetables from all subgroups (dark-green, red & orange, legumes, starchy, other)	Saturated fats - should consume at less than 10% of total calories/day
(Whole) fruit	Trans fats
Grains, at least 50% of which are whole grains	Added sugars - should consume at less than 10% of total calories/day
Fat-free or low-fat dairy	Sodium - should consum less than 2,300 mg/day
A variety of protein items	
Oils	

- Alcohol for those who are 21 years of age or older should be consumed in moderation:
 - Women = 1 drink/day
 - Men = 2 drinks/day
- Each day, an individual should aim to source their food from a variety of food groups based on a 2,000 calorie daily intake:
 - fruits 2 cups
 - vegetables 2 ½ cups
 - grains 6 oz. (at least 3 oz. being whole grains)
 - protein 5 ½ oz.
 - dairy 3 cups

- Other Dietary Components include added sugars, saturated fats, trans fats, cholesterol, sodium, alcohol, and caffeine; food items sourced from this food group should be quantified/limited:
 - calories from added sugars should not exceed 10% per day
 - calories from saturated fats should be limited to less than 10% per day
 - trans fats can be limited by limiting foods that contain synthetic sources of trans fat (ex: partially hydrogenated oils, margarine) and limiting solid fats from a diet
 - cholesterol consumption should be limited to 300 mg per day
 - sodium consumption should be limited to 2,300 mg per day

- Everything that one person eats and drinks matters:
 - Focus on variety, amount, and nutrition*
 - food and beverage choices should be from all 5 food groups: fruits, vegetables, grains, proteins, and dairy
 - people are recommended to eat the appropriate amount of calories for themselves based on age, sex, weight, and physical activity level

 - Choosing foods and beverages with less saturated fat, sodium, and added sugars*
 - reading nutrition facts labels and ingredient lists are helpful to find amounts of fat, sodium, and added sugars in food and drink choices
 - helps manage calories and prevents one to become overweight or obese
 - can reduce the risk of high blood sugar

 - Start with small changes to build a healthier lifestyle*
 - half of the plate fruits and veggies; focus on whole fruit and varying vegetables
 - half of grain consumption should be whole grains
 - type of protein consumed should vary
 - the appropriate amounts of food and beverages should be consumed based on one's age, sex, weight, and physical activity level

- **Food Selection Tips:**
 - **PROTEIN**
 - Choose lean or low-fat meat and poultry
 - Calories from solid fats and/or added sugars count against the maximum limit for empty calorie consumption (i.e. – regular ground beef, meat or poultry with skin, cooking protein with solid fats)
 - Select some seafood that is rich in omega-3 fatty acids: salmon, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel
 - To limit sodium intake:
 - limit processed meats (ham, sausage, deli meat)
 - Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as “self-basting” or “contains up to __% of __”, which mean that a sodium-containing solution has been added to the product
 - Choose unsalted nuts and seeds to keep sodium intake low

DAIRY

- choose fat-free or low-fat milk, yogurt, and cheese (non fat-free items consumed add to the maximum limit for “empty calories”)
- sweetened milk products (flavored milk, yogurt, drinkable yogurt, desserts) contain added sugars that count to the maximum limit for “empty calorie” consumption
- for those who are lactose-intolerant: 4 fl. oz. milk may be well tolerated
- for those who cannot consume dairy products, alternative food items include:
 - kale leaves
 - calcium fortified food products (juice, cereals, breads, rice/almond milk)
 - canned fish (sardines, salmon with bones)
 - soybeans and other soy products (tofu made with calcium-sulfate, soy yogurt, tempeh)

***ALL CHARTS ADAPTED BY INFORMATION PROVIDED BY
CHOOSEMYPLATE.GOV***

Daily Recommended Food Intake for Men and Women (age 18 and older)

Food Item	Men	Women
Fruit	2 cups	1 ½ - 2 cups
Vegetables	2 - 2½ cups	2 ½ - 3 cups
Grains	5-6 oz.	6-8 oz.
Protein Foods	5 - 5 ½ oz.	5 ½ - 6 ½ oz.
Dairy	3 cups	3 cups
Oils	5-6 Tbsp.	6-7 Tbsp.

1 Cup Equivalents of Fruit

Fruit	1 cup equals...	Fruit	1 cup equals...
Apple	½ large (3.25" diameter) 1 small (2.5" diameter)	Peach	1 large (2¾" diameter) 2 halves, canned
Banana	1 large (8-9" long)	Pear	1 medium (2.5 per lb.)
Grapes	32 seedless grapes	Plum	3 medium or 2 large
Grapefruit	1 medium (4" diameter)	Strawberry	about 8 large berries
Orange	1 large (3" diameter)	Dried Fruit	½ cup raisins, prunes, or dried apricots

1 Cup Equivalents of Vegetables

Vegetable	1 cup equals...	Vegetable	1 cup equals...
Broccoli	3 spears, 5" long	Corn, yellow or white	1 large ear (8-9" long)
Spinach	2 cups raw or 1 cup cooked	white potatoes	1 medium, boiled or baked (2 ½ - 3" diameter) 20 French fries
Raw leafy greens	2 cups	Celery	2 large stalks (11-12" long)
Carrot	2 medium, about 12 baby carrots	Green pepper	1 large pepper (3" diameter, 3 ¾ " long)
Pumpkin	1 cup mashed, cooked	Lettuce	2 cups, raw
Red Peppers	1 large pepper (3" diameter, 3 ¾" long)	Sweet Potato	1 large, baked (2 ¼" or more diameter)
Tomatoes	1 large, raw whole (3")		

1 Ounce Equivalents of Grains (with noted whole grain *WG and refined grain types)

Grain	Whole Grain/Refined Grain	1 ounce equals...
Bagel	whole wheat/plain, egg	1" mini bagel
Biscuit	RF: baking powder, buttermilk	1 small (2" diameter)
Bread	100% whole wheat/white, wheat, French, sourdough	1 regular slice 1 small slice, French 4 snack-sized slices, rye
Bulger	WG: cracked wheat	½ cup, cooked
Cornbread	RG	1 small piece (2 ½" x 1 ¼" x 1 ¼")
Crackers	100% whole wheat, rye/saltines, snack crackers	5 whole wheat crackers 2 rye crispbreads 7 square or round crackers
English muffins	whole wheat/plain, raisin	½ muffin
Oatmeal	WG	½ cup, cooked 1 packet, instant ⅓ cup, dry
Pancakes	whole wheat, buckwheat/buttermilk, plain	1 pancake (4 ½" diameter) 2 small pancakes (3" diameter)
Popcorn	WG	3 cups, popped
Ready-to-eat breakfast cereal	toasted oat, whole wheat flakes/corn flakes, puffed rice	1 cup flakes or rounds 1 ¼ cup puffed
Rice	brown rice/enriched, white, polished	½ cup cooked 1 oz. dry
Pasta	whole wheat/enriched, durum	½ cup cooked 1 oz. dry

Tortillas	whole wheat, whole grain/flour, corn	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)
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Ounce Equivalents of Protein Foods

Protein Food Group	1 ounce equals...	Common Portions & Ounce-Equivalents
Meats	1 oz. cooked lean beef 1 oz. cooked lean pork or ham	1 small steak = 3 ½-4 oz. 1 small lean hamburger = 2-3 oz.
Poultry	1 oz. cooked chicken or turkey, no skin 1 sandwich slice of turkey (4 1/2" x 2 1/2" x 1/8")	½ small chicken breast = 3 oz. ½ Cornish game hen = 4 oz.
Seafood	1 oz. cooked fish/shellfish	1 can of tuna, drained = 3-4 oz. 1 salmon steak = 4-6 oz. 1 small trout = 3 oz.
Eggs	1 egg	3 egg whites = 2 oz. 3 egg yolks = 1 oz.
Nuts and Seeds	24 almonds 48 pistachios 14 walnut halves 1 Tbsp. peanut/almond butter	1 oz. nuts AND seeds = 2 oz.
Beans and Peas	¼ cup cooked beans cooked peas baked/refried beans tofu roasted soybeans 1 oz. tempeh 1 falafel patty (2 ¼", 4 oz) 2 Tbsp. hummus	1 cup split pea soup = 2 oz. 1 cup lentil soup = 2 oz. 1 cup bean soup = 2 oz. 1 soy/bean burger patty = 2 oz.

1 Cup Equivalents of Dairy

Dairy Product	1 cup equals...	Common Portions and Cup Equivalents
Milk	1 cup milk ½ pint milk ½ cup evaporated milk	
Yogurt	8 oz. container	6 oz. = ¾ cup 4 oz. = ½ cup
Cheese	1 ½ oz. hard cheese ⅓ cup shredded cheese 2 oz. American cheese ½ cup ricotta cheese 2 cups cottage cheese	1 slice hard cheese = ½ cup milk 1 slice American cheese = ⅓ cup milk ½ cup cottage cheese = ¼ cup milk
Milk-based Desserts	1 cup pudding (made with milk) 1 cup frozen yogurt 1 ½ cups ice cream	1 scoop ice cream = ⅓ cup milk
Soy milk	1 cup calcium-fortified soy milk ½ pint container calcium-fortified soy milk	

Amount and Calorie Equivalents of Oils & Food with Oils

	Amount of Food	Amount of Oil (tsp./g)	Calories from Oil	Total Calories
Oil:				
Vegetable oil	1 Tbsp.	3 tsp./14 g	120	120
Foods rich in oils:				
Margarine, soft	1 Tbsp.	2 ½ Tbsp./11 g	100	100
Mayonnaise	1 Tbsp.	2 ½ Tbsp./11 g	100	100
Mayonnaise-type salad dressing	1 Tbsp.	1 tsp./5 g	45	55
Italian Dressing	2 Tbsp.	2 tsp./8 g	75	85
Thousand Island Dressing	2 Tbsp.	2 1.2 tsp./11 g	100	120
Olives, ripe, canned	4 large	½ tsp./2 g	15	20
Avocado	½ medium	3 tsp./15 g	130	160
Peanut Butter	2 Tbsp.	4 tsp./16 g	140	160
	1 oz.	3 tsp./14 g	120	165
Peanuts, dry roasted				
Mixed nuts, dry roasted	1 oz.	3 tsp./15 g	130	170
Cashews, dry roasted	1 oz.	3 tsp./13 g	115	165
Almonds, dry roasted	1 oz.	3 tsp./15 g	130	170
Hazelnuts	1 oz.	4 tsp./18 g	160	185
Sunflower Seeds	1 oz.	3 tsp./14 g	120	165

HEALTHY CUISINE PRACTICAL EXAMINATION STANDARDS OF QUALITY

OVERALL QUALITY OF EACH DISH WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Knowledge of culinary skills and fundamentals
- Proper use of ingredients and application of cooking techniques
- Flavor
- Presentation
- Balance
- Menu analysis
- Ability to discuss and explain the menu from a health viewpoint

HEALTHY CUISINE: GUIDELINES AND JUDGING FORM FOR FLOOR SCORE SHEETS

FOOD IS SERVABLE (Y/N)

This criteria is judged strictly on a yes/no basis, either the food is safe/servable or it is not.

The Floor Judge will determine if any food is **un-servable**. Food deemed un-servable will not be evaluated by the Tasting Judge. **The candidate will receive a tasting score of zero for that menu segment.** Points may still be awarded for the communication piece.

- **Un-Servable Food:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness.

MISE EN PLACE, ORGANIZATION, AND CLEANLINESS (5 PTS)

Timely Menu Submission: **(1 pt)**

- Candidate submits *two* neatly typed menus to the Floor Judge each day before the start of the exam.

Timeline/Game Plan Preparation: **(1 pt)**

- Candidate prepares a timeline/game plan and references it throughout

Workspace Organization/Cleanliness: **(3 pts)**

- Candidate has out only the food, tools, and equipment necessary for the current preparation. The station remains free of clutter.
- Candidate's station is free of spills, crumbs, scraps, etc.
- Candidate's station is contained to designated area; it does not impede the work of others.
- Candidate works in an organized, methodical manner transitioning smoothly between tasks.
- Candidate exits the exam leaving his/her station neat and clean.
- Candidate's knife kit/ toolbox is clean and sanitary inside.

SAFETY (3 PTS)

Demeanor/Equipment Operation/Knife Usage

- Candidate moves safely around the kitchen (i.e. alerts other candidates when he/she is behind them or is close to them with knives and/or hot items).
- Candidate safely operates equipment.

Candidate contributes to the overall cleanliness and organization of the kitchen including the refrigerators, dish area, and the floors.

SANITATION PROCEDURE (1 PT EACH = 5 PTS)

Candidate Enters Exam Wearing the Proper Uniform:

- Non-slip kitchen shoes (ie. Kitchen Clogs), Chef's Pants, Chef's Coat, Toque*, Apron*, Side Towel*, Pen, and Thermometer.
 - *(Toque, Apron, and Side Towel are provided by the CIA)
- Candidate's uniform is clean and properly maintained.
- Candidate wears uniform at all times in the kitchen.

Appropriate Use of Gloves:

- Candidate wears gloves when handling food items that are ready to eat, according to CIA policy.
- Candidate wears gloves when plating food.

Avoids Cross-Contamination:

- Candidate washes hands, cutting boards, knives, etc. when transitioning from fish to meat to vegetable or dairy preparation.
- Candidate keeps all finished products away from raw ingredients.
- Candidate uses a clean tasting spoon every time – no "double-dipping"

Maintains Proper Food Temperatures:

- Candidate stores products properly and at the right temperatures according to ServSafe standards.

Proper Recycling:

- Candidate uses the proper receptacles for the various types of waste.

COOKING TECHNIQUES, SKILLS, AND FUNDAMENTALS (13 PTS)

Equipment Usage (1 pt)

- Candidate selects and uses appropriate equipment.

Knife Skills (2 pts)

- Candidate's knife cuts are precise and consistent.

Accuracy of Measuring (5 pts)

- Candidate accurately measures all ingredients.

Cooking Fundamentals/Techniques (5 pts)

- Candidate successfully executes regionally appropriate cooking techniques where applicable.
- Candidate successfully executes all cooking fundamentals.

PRACTICAL EXAMINATION

KITCHEN FLOOR SCORE SHEET: HEALTHY CUISINE

Candidate: _____ Judge: _____

Food is Servable: Y / N

Any food deemed **un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that menu segment.

Criteria	Scores	Total
Mise en Place, Organization, and Cleanliness		
Timely Menu Submission (1 pt)		/5
Timeline/Game Plan Preparation (1 pt)		
Workspace Organization/Cleanliness (3 pts)		
Safety		
Demeanor/Equipment Operation/Knife Usage (3 pts)		/3
Sanitation Procedure		
Proper Uniform (1 pt)		/5
Appropriate Use of Gloves (1 pt)		
Avoids Cross-Contamination (1 pt)		
Maintains Proper Food Temperatures (1 pt)		
Proper Recycling (1 pt)		
Cooking Techniques, Skills, and Fundamentals		
Equipment Usage (1 pt)		/13
Knife Skills (2 pts)		
Accuracy of Measuring (5 pts)		
Cooking Fundamentals/Technique (5 pts)		
Ingredient Utilization, Storage, and Production		
Ingredient Utilization/Waste (1 pt)		/4
Proper Storage (1 pt)		
Accurate Production Quantity/Yield (2 pts)		
Timing of Service		
All food served within 15 min. window** (-5 pts to 5 pts)		/5
Total Score		/35

Important Notes:

***Un-Servable:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness

**After your window closes, you will have an additional 10 minutes to serve your food. However, you will be deducted 1 point per minute, which can result in a negative score of -5 pts. If you miss both the 15 minute window and the 10 minute grace period, your food will not be tasted until all other candidates have been evaluated.

HEALTHY CUISINE: GUIDELINES AND JUDGING FORM FOR TASTING SCORE SHEETS

PRESENTATION (5 PTS)

Visual Appeal (2 pts)

- Unity: Candidate's plate presents a cohesive unit.
- Focus: Candidate's plate has an identifiable focal point.
- Flow: Candidate's plate demonstrates flow from item to item.

Plate Cleanliness (1 pt)

- Candidate's plate should have nothing on the rim.

Consistency of Plating (1 pt)

- Candidate's final products are consistent across the plates.

Plate Temperature (1 pt)

- Candidate should plate hot food on hot plates and cold food on cold plates.

TASTE (30 PTS)

Temperature (5 pts)

- Candidate's food items are at the appropriate temperature:

Texture (5 pts)

- Candidate's dish has the appropriate texture.

Aroma/Flavor Development (15 pts)

- Candidate's dish has an appealing aroma that stimulates the appetite.
- Candidate's dish exhibits full flavor development through proper execution of cooking techniques.

Seasoning (5 pts)

- Candidate's dish is flavorful and properly seasoned.

EXECUTION (25 PTS)

Accurate Menu Nutritional Analysis (9 pts)

- Candidate has properly and accurately computed the nutritional analysis of their menu.
- Their Candidate's menu meets CIA ProChef Certification nutrition standards.

Dishes Accurately Reflect Analysis (8 pts)

- Candidates' final dishes accurately reflect the prepared nutritional analysis.

Cooking Fundamentals (8 pts)

- Candidate properly executes all fundamental cooking techniques.

COMMUNICATION (2.5 PTS EACH = 5 PTS)

Discuss Menu Nutrition

- Candidate is able to intelligently discuss the menu's nutrition.

Discuss Positives/Negatives of Execution

- Candidate is able to discuss the positive and negative aspects of his/her experience in the kitchen for the day.

PRACTICAL EXAMINATION

TASTING AND SKILL EVALUATION SHEET: HEALTHY CUISINE

Candidate: _____

Judge: _____

Criteria	Score			Avg.
Presentation	1 st Course	2 nd Course	3 rd Course	
Visual Appeal (2 pt)				
Plate Cleanliness (1 pt)				
Consistency of Plating (1 pt)				
Plate Temperature (1 pt)				
Totals:	/5	/5	/5	/5
Taste	1 st Course	2 nd Course	3 rd Course	
Temperature (5 pts)				
Texture (5 pts)				
Aroma/Flavor Development (15 pts)				
Seasoning (5 pts)				
Totals:	/30	/30	/30	/30
Execution	1 st Course	2 nd Course	3 rd Course	
Accurate Menu Nutritional Analysis (9 pts)				
Dishes Accurately Reflect Analysis (8 pts)				
Cooking Fundamentals (8 pts)				
Totals:	/25	/25	/25	/25
Communication	1 st Course	2 nd Course	3 rd Course	
Discuss Menu Nutrition (2.5 pts)				
Discuss Pos./Neg. of Exec. (2.5 pts)				
Totals:	/5	/5	/5	/5
Total Scores:	/65	/65	/65	/65

Important Notes: Any food deemed *un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that menu segment. Points may still be awarded for the communication piece.

Comments:

FINANCIAL SKILLS STUDY GUIDE

Use the following list of competencies, key terms, and recommended reading materials to prepare for the Financial Skills Written Examination. The written examination will consist of 25 questions. You will have one hour to complete the examination.

FINANCIAL SKILLS COMPETENCIES

Successful candidates are able to...

- interpret a food operation profit and loss statement.
- apply concepts of menu mix and portion cost to produce a menu at a targeted food cost.
- detect food and labor waste issues and develop a plan of corrective action.
- use and troubleshoot a food inventory and ordering system.

KEY TERMS

Beverage cost	Break-even point
Budgeted cost	Contribution margin
Contribution rate	Controllable cost
Cost	Cost control
Cost percent	Cost-to-sales ratio
Fixed cost	Food cost
Labor cost	Menu mix
Non-controllable cost	Overhead cost
Planned cost	Portion cost
Prime cost	Profit
Profit and loss statement	Sales
Sales mix	Sales price
Total cost	Total sales
Unit cost	Variable cost
Variable rate	

RECOMMENDED READING

Principles of Food, Beverage, and Labor Cost Controls, Ninth Edition

GARDE MANGER STUDY GUIDE

Use the following list of competencies, key terms, recommended reading materials, and videos to prepare for both the Garde Manger Written and Practical Examinations. You will be required to exhibit an understanding of ingredients; flavor and flavor development; presentation techniques; cold food preparations; grinding techniques; forcemeat production; and curing, brining, and smoking. Successful completion of the Garde Manger segment is based on a combination of scores received during the written examination, kitchen practical, and product evaluation.

The written examination will consist of 25 questions. You will have one hour to complete the written examination.

You will have four hours to complete the practical examination. In addition to this four-hour period, you will also be provided two separate two-hour time segments for Garde Manger pre-preparation to accomplish butchery, brines, cures, and other items requiring advanced preparation. Please refer to the guidelines and quality standards outlined in the following pages for more detailed information. An instructor will contact you one week prior to the exam to inform you of your protein items.

GARDE MANGER COMPETENCIES

Successful candidates are able to...

- list several acceptable methods of controlling trichinosis and salmonella in the garde manger kitchen.
- explain the functions of the major ingredients in charcuterie.
- identify a hank and 4 types of natural casings and demonstrate proper techniques regarding filling, fermentation, and/or smoking or cooking.
- produce forcemeat products using the straight, emulsion, and mousseline methods.
- prepare cures, brines, marinades and dry rubs and apply them to selected products.

- explain and demonstrate the fundamental concepts involved in preparing meats and fish for hot and cold smoking.
- demonstrate the use and application of powdered and/or sheet gelatin.
- define and produce various types of canapés, tapas, antojitos, antipasti, mezze and hors d'oeuvre.
- describe and prepare various types of cold sauces.

KEY TERMS

75% meat 25% fat	Acidification
Amuse gueule	Antipasti
Appetizer	Aspic gelée
Ballotine	Basic grind method
Bloom	Botulism
Brine	Canapés
Casing	Caviar
Certified pork	Charcuterie
Cold smoking	Confit
Country-style forcemeat	Curing salt
Dehydration	Denature
Dextrose	Dry cure
Dry rub	E.Coli 0157:H7
Emulsified forcemeat	(5/4/3 forcemeat)
Fatback	Fermentation
Fermento	Foie gras
Forcemeat	Fresh sausage
Galantine	Gelatin
Gratin forcemeat	Hank
Hors d'oeuvre	Hot smoking
Marinades	Meat grinder
Mousse	Mousseline forcemeat
Myoglobin	Nitrates
Oxidation	Panada
Pâté	Pellicle
pH	Prague powder
Progressive grinding	Quenelle
Rillettes	Roulade
Salmonella	Salt (sodium chloride)
Sausage	Sausage
Syringe pump	Tapas
Temperature danger zone	Tinted cure mix (TCM)
Trichinosis	

HIGHLY RECOMMENDED READING

Garde Manger: The Art and Craft of the Cold Kitchen,
Fourth Edition

Ch. 2 - 3,
5 - 7,
9 -10

The Professional Chef[®], Ninth Edition

Ch. 27-30

RECOMMENDED STREAMING VIDEOS

Foie Gras Series

The Production of Foie Gras

1116

Preparing Foie Gras

1117

Garde Manger: The Art and Craft of the Cold Kitchen Series

Composed Salads

2664

Presenting Appetizers and Hors d'oeuvre

2753

Garde Manger: Condiments

2841

Sanitation...Is Not an Option

201

GARDE MANGER PRACTICAL EXAMINATION GUIDELINES

It is your responsibility to submit a typed menu to the faculty member (in a timely manner discussed by Chef-Instructor and according to weekly schedule). In addition to your menu, you must also submit a detailed, typed food order list that contains **ALL** of the products that you will need for completion of the Garde Manger section. Please note that no additional protein items may be ordered. You should consider using seasonal products and realize that substitutions may occur.

Your menu needs to address all of the competencies listed on the following page and must consist of:

- One type of hot or cold hors d'oeuvre of your choice
- One salad using products other than salad greens
- One forcemeat terrine with appropriate accompaniments
- One plated appetizer

You are responsible for multitasking and organizing your time throughout the week to complete the final Garde Manger Practical Examination. You will have four hours to complete your final production and thirty minutes for service. Platters and serving utensils are provided; however, it is up to you to gather your platters, plates, and serving utensils needed for your presentations. Your final menu should be presented to the kitchen judge for evaluation based on the guidelines and quality standards outlined in the following pages.

GARDE MANGER PRACTICAL EXAMINATION COMPETENCIES

All of the following competencies must be demonstrated in the menu and the final practical examination of each candidate.

- You must demonstrate the use and application of gelatin, that is appropriate for today's service
- You must demonstrate proper use of a cure and/or brine.
- You must demonstrate proper smoking technique.
- You must demonstrate proper salad production using products other than salad greens.
- You must execute proper production of either hot or cold hors d'oeuvre The hors d'oeuvre is the only part of your total Garde Manger that can be hot or cold. All other food must be served cold.
- You must demonstrate proper execution and production of a forcemeat
- You must develop a plated appetizer.
- You must demonstrate and execute proper accompaniments appropriate to the above listed items.

MENU PRESENTATION GUIDELINES

PLATTER PRESENTATION: PREPARE 9 PORTIONS TOTAL

- Display 6 portions on a platter
- Prepare 2 plated presentation of the platter for judge's evaluation
- Prepare 1 show plate
- The platter must contain one forcemeat item, one whole solid meat item
- Prepare at least one standing garnish
- Prepare at least one sauce

PLATED APPETIZER PRESENTATION: PREPARE 4 PORTIONS TOTAL THE APPETIZER MUST BE DIFFERENT FROM YOUR PLATTER PRESENTATION

- Prepare 2 plated presentations for the judge's evaluation
- Prepare 2 plated presentation for display

HORS D'OEUVRE PRESENTATION: PREPARE 6 PORTIONS TOTAL

- Prepare 6 portions for the judge's evaluation
- Prepare 6 portions for display

GARDE MANGER PRACTICAL EXAMINATION STANDARDS OF QUALITY

WORKMANSHIP OF THE PRODUCTS WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Knowledge of culinary skills and fundamentals
- Proper use of ingredients and application of knife skills
- Display of various technique

TERRINES WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Flavor and seasoning
- Texture
- Consistency
- Emulsion
- Garnishes
- Proper cooking techniques

HORS D'OEUVRE WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Flavor
- Craftsmanship
- Appropriate use of accompaniments and or sauces
- Texture
- Presentation
- Size

SALADS WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Flavor
- Appropriate use of ingredients
- Balance and amount of vinaigrette or dressing
- Texture
- Presentation
- Variety

SAUCES, DRESSINGS AND ACCOMPANIMENTS WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Flavor and balance
- Consistency
- Craftsmanship
- Harmony
- Contrast
- Menu statement

PRESENTATION WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Flow
- Focal point
- Balance
- Craftsmanship
- Serviceability
- Temperature
- Creativity

APPETIZERS WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Flavor
- Craftsmanship
- Portion size
- Balance of main item to accompaniments

CURING, BRINING, AND SMOKING WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Proper use of brines or cures
- Balance between brines, cures, and smoke
- Flavor
- Cooking techniques

GELATIN WILL BE EVALUATED ON THE FOLLOWING CRITERIA

- Proper use of the product
- Consistency and clarity
- Texture
- Flavor
- Consistency

KITCHEN OBSERVATION AND EVALUATION WILL BE BASED ON THE FOLLOWING CRITERIA

- Food waste
- Station cleanliness
- Sanitation
- Station organization
- Cooking and production fundamentals
- Product Utilization
- Strategy
- Workflow

GARDE MANGER: GUIDELINES AND JUDGING FORM FOR FLOOR SCORE SHEETS

FOOD IS SERVABLE (Y/N)

This criteria is judged strictly on a yes/no basis, either the food is safe/servable or it is not.

The Floor Judge will determine if any food is **un-servable**. Food deemed un-servable will not be evaluated by the Tasting Judge. **The candidate will receive a tasting score of zero for that menu segment.** Points may still be awarded for the communication piece.

- **Un-Servable Food:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness.

MISE EN PLACE, ORGANIZATION, AND CLEANLINESS (3 PTS)

Timely Menu Submission: **(1 pt)**

- Candidate submits *two* neatly typed menus to the Floor Judge each day before the start of the exam.

Timeline/Game Plan Preparation: **(1 pt)**

- Candidate prepares a timeline/game plan and references it throughout

Workspace Organization/Cleanliness: **(1 pts)**

- Candidate has out only the food, tools, and equipment necessary for the current preparation. The station remains free of clutter.
- Candidate's station is free of spills, crumbs, scraps, etc.
- Candidate's station is contained to designated area; it does not impede the work of others.
- Candidate works in an organized, methodical manner transitioning smoothly between tasks.
- Candidate exits the exam leaving his/her station neat and clean.
- Candidate's knife kit/ toolbox is clean and sanitary inside.
- Candidate contributes to the overall cleanliness and organization of the kitchen including the refrigerators, dish area, and the floors.

SAFETY (3 PTS)

Demeanor/Equipment Operation/Knife Usage

- Candidate moves safely around the kitchen (i.e. alerts other candidates when he/she is behind them or is close to them with knives and/or hot items).
- Candidate safely operates equipment.

SANITATION PROCEDURE (8 PTS)

Candidate Enters Exam Wearing the Proper Uniform: (1 pt)

- Non-slip kitchen shoes (ie. Kitchen Clogs), Chef's Pants, Chef's Coat, Toque*, Apron*, Side Towel*, Pen, and Thermometer.
 - *(Toque, Apron, and Side Towel are provided by the CIA)
- Candidate's uniform is clean and properly maintained.
- Candidate wears uniform at all times in the kitchen.

Appropriate Use of Gloves: (1 pt)

- Candidate wears gloves when handling food items that are ready to eat, according to CIA policy.
- Candidate wears gloves when plating food.

Avoids Cross-Contamination: (1 pt)

- Candidate washes hands, cutting boards, knives, etc. when transitioning from fish to meat to vegetable or dairy preparation.
- Candidate keeps all finished products away from raw ingredients.
- Candidate uses a clean tasting spoon every time – no “double-dipping”

Maintains Proper Food Temperatures: (4 pts)

- Candidate stores products properly and at the right temperatures according to ServSafe standards.

Proper Recycling: (1 pt)

- Candidate uses the proper receptacles for the various types of waste.

COOKING TECHNIQUES, SKILLS, AND FUNDAMENTALS (13 PTS)

Knife Skills (2 pts)

- Candidate's knife cuts are precise and consistent.

Equipment Usage (1 pts)

- Candidate selects and uses appropriate equipment.

Execution of Competencies (5 pts)

- Candidate properly executes all competencies.

Cooking Fundamentals/Techniques (5 pts)

- Candidate successfully executes regionally appropriate cooking techniques where applicable.
- Candidate successfully executes all cooking fundamentals.

PRACTICAL EXAMINATION

KITCHEN FLOOR SCORE SHEET: GARDE MANGER

(DAY ONE AND TWO)

Candidate: _____ Judge: _____

Competencies: Brining/Curing, Smoking, Gelatin Use, Forcemeat

Food is Servable: Y / N

Any food deemed **un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that menu segment.

Criteria	Scores	Total
Mise en Place, Organization, and Cleanliness		
Timeline/Game Plan Preparation (1 pt)		/3
Workspace Organization/Cleanliness (2 pts)		
Safety		
Demeanor/Equipment Operation/Knife Usage (3 pts)		/3
Sanitation Procedure		
Proper Uniform (1 pt)		/8
Appropriate Use of Gloves (1 pt)		
Avoids Cross-Contamination (1 pt)		
Maintains Proper Food Temperatures (4 pts)		
Proper Recycling (1 pt)		
Cooking Techniques, Skills, and Fundamentals		
Knife Skills (2 pts)		/14
Equipment Usage (2 pts)		
Cooking Fundamentals/Techniques (10 pts)		
Ingredient Utilization, Storage, and Production		
Ingredient Utilization/Waste (1 pt)		/2
Proper Storage (1 pt)		
Timing of Service		
Time Management (5 pts)		/5
Total Score		/35

Important Notes:

**Un-Servable:* Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness

Comments (on back):

PRACTICAL EXAMINATION

KITCHEN FLOOR SCORE SHEET: GARDE MANGER

Candidate: _____ Judge: _____

Competencies: Brining/Curing, Smoking, Gelatin Use, Forcemeat

Food is Servable: Y / N

Any food deemed **un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that menu segment.

Criteria	Scores	Total
Mise en Place, Organization, and Cleanliness		
Timely Menu Submission (1 pt)		/3
Timeline/Game Plan Preparation (1 pt)		
Workspace Organization/Cleanliness (1 pt)		
Safety		
Demeanor/Equipment Operation/Knife Usage (3 pts)		/3
Sanitation Procedure		
Proper Uniform (1 pt)		/8
Appropriate Use of Gloves (1 pt)		
Avoids Cross-Contamination (1 pt)		
Maintains Proper Food Temperatures (4 pts)		
Proper Recycling (1 pt)		
Cooking Techniques, Skills, and Fundamentals		
Knife Skills (2 pts)		/13
Equipment Usage (1 pt)		
Execution of Competencies (5 pts)		
Cooking Fundamentals/Techniques (5 pts)		
Ingredient Utilization, Storage, and Production		
Usable Trim/Ingredient Utilization/Waste (1 pt)		/3
Proper Storage (1 pt)		
Accurate Production Quantity/Yield(1 pt)		
Timing of Service		
All food served within 15 min. window** (-5 pts to 5 pts)		/5
Total Score		/35

Important Notes:

***Un-Servable:** Food that is unfit for human consumption due to cross-contamination, under-cooking, or other mishandling/abuse that could cause illness

******After your window closes, you will have an additional 10 minutes to serve your food. However, you will be deducted 1 point per minute, which can result in a negative score of -5 pts. If you miss both the 15 minute window and the 10 minute grace period, your food will not be tasted until all other candidates have been evaluated.

Comments (on back):

GARDE MANGER: GUIDELINES AND JUDGING FORM FOR TASTING SCORE SHEETS

PRESENTATION (20 PTS)

Functional Garnish (2 pts)

- Candidate uses a garnish that is appropriate to the dish and is edible.

Balance (7 pts)

- Candidate's choice of ingredients and cooking techniques are complementary to the dish.

Visual Appeal (8 pts)

- Unity: Candidate's plate presents a cohesive unit.
- Focus: Candidate's plate has an identifiable focal point.
- Flow: Candidate's plate demonstrates flow from item to item.

Consistency of Plating (1 pt)

- Candidate's final products are consistent across the plates.

Plate Cleanliness (2 pts)

- Candidate's plate should have nothing on the rim.

TASTE (20 PTS)

Appropriate Temperature (2 pts)

- Candidate's food items and plate are at the appropriate temperature:

Texture (3 pts)

- Candidate's dish has the appropriate texture.

Aroma/Flavor Development (10 pts)

- Candidate's dish has an appealing aroma that stimulates the appetite.
- Candidate's dish exhibits full flavor development through proper execution of cooking techniques.

Seasoning (5 pts)

- Candidate's dish is flavorful and properly seasoned.

EXECUTION (20 PTS)

Ingredient Selection (1 pt)

- Candidate selects appropriate ingredients.

Knife Cuts (4 pts)

- Candidate's knife cuts are of the appropriate size and shape.
- All items are sliced appropriately (if applicable).

Portion Size (1 pt)

- Candidate serves the appropriate amount of the dish.

Culinary Fundamentals and/or Competency (14 pts)

- Candidate successfully applies appropriate cooking methods to all items.

COMMUNICATION (2.5 PTS EACH = 5 PTS)

Menu Discussion

- Candidate is able to intelligently and concisely describe and discuss the items on the menu.

Discuss Positives/Negatives of Execution

- Candidate is able to discuss the positive and negative aspects of his/her experience in the kitchen for the day.

PRACTICAL EXAMINATION TASTING AND SKILL EVALUATION SHEET: GARDE MANGER

Candidate: _____ Judge: _____

Competencies: Brining/Curing, Smoking, Gelatin Use, Forcemeat

Criteria	Score			Avg.
Presentation	Hors D'oeuvre	Plated Appetizer	Platter	
Functional Garnish (2 pts)				
Balance (7 pts)				
Visual Appeal (8 pts)				
Consistency of Plating (1 pt)				
Plate Cleanliness (2 pts)				
Totals:	/20	/20	/20	/20
Taste	Hors D'oeuvre	Plated Appetizer	Platter	
Appropriate Temperature (2 pts)				
Texture (3 pts)				
Aroma/Flavor Development (10 pts)				
Seasoning (5 pts)				
Totals:	/20	/20	/20	
Execution	Hors D'oeuvre	Plated Appetizer	Platter	
Ingredient Selection (1 pt)				
Knife Cuts (4 pts)				
Portion Size (1 pt)				
Culinary Fundamentals and/or Competencies (14 pts)				
Totals:	/20	/20	/20	
Communication	Hors D'oeuvre	Plated Appetizer	Platter	
Menu Discussion (2.5 pts)				
Discuss Pos./Neg. of Exec. (2.5 pts)				
Totals:	/5	/5	/5	
Total Scores:	/65	/65	/65	/65

Important Notes: Any food deemed *un-servable* by the Floor Judge will not be evaluated by the Tasting Judge. Candidate will receive a tasting score of **zero** for that menu segment. Points may still be awarded for the communication piece.

Comments:

These materials were developed as a team effort using the resources of The Culinary Institute of America.

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