

SKILLED**TRADES**^{BC}

Candidate preparation package

PROFESSIONAL COOK 2
PRACTICAL ASSESSMENT

Menu C

Candidate's Name:	
Exam Location:	Date:

Included in this package:

Information about the practical assessment.

Work plans to prepare your menu.

A practical assessment food supply requisition list.

Instructions:

1. Read all the information completely about the practical assessment so you are aware of the requirements of your menu.
2. Prepare your work plan for the day of the practical assessment according to the required components.
3. Gather and adjust the recipes needed to prepare your menu.
4. Candidates will be given an ingredient requisition list in advance and must plan their own menu and recipes according to the menu criteria provided. The required proteins will be provided.

Overview of Assessment Tasks

- You will be given a list of required menu items and asked to write your work plan.
- You will be asked to prepare, cook and present all menu items within the time limit allocated. One serving of each item is to be served unless otherwise indicated.
- The first 2 hours of the assessment are set aside for preparation – no finished dishes may be served during this time.
- After the first 2 hours of preparation, dishes may be presented according to the timeline you prepared in your work plan. Dishes must be served in the sequence of the menu. Assessors will require a minimum of 15-20 minutes between dishes being served for assessment.
- If necessary, a maximum of 30 minutes Overtime is permitted for full menu completion. **Dishes served during this time will lose the Critical Factor marks for Timing.** After Overtime, no dishes will be accepted.
- You can expect the total time of the assessment from your arrival through clean up to be approximately 6 hours.
- Safety, Sanitation, Organization, and Work Habits are assessed throughout the day.

What the Assessor will be looking for:

- Safe work practices are followed.
- Food safety practices are followed.
- Correct selection and use of tools and equipment.
- Appropriate following and adjusting of recipes.
- Proper selection, preparation and storage of ingredients and menu items.
- Correct techniques used for cooking/baking.
- Dishes presented (including garnishes, sauces and accompaniments) are to the industry standard and servable to the customer based on visual appeal, doneness, taste, texture, colour, portion size, etc.

Criteria to demonstrate competency

Competence in all 3 sections must be successfully demonstrated in order to pass the practical assessment.

Criteria for each section is as follows:

Section 1: Safety and Sanitation

- 5 of 5 *Critical Factors* **must** be demonstrated - (See *Grading Scale - AppendixA*)
 - Uses safety/personal protective equipment (PPE)
 - Follows safety procedures
 - Correct product handling and storage
 - Minimizes risk of cross contamination
 - High level of personal hygiene

Criteria to demonstrate competency, cont.

Section 2: Organization, Technical (Prep) Skills, Cooking Technique

- A minimum 5 of 8 *Critical Factors* **must** be demonstrated – (See *Grading Scale – Appendix A*)
 - Works in an organized manner
 - Works well with others
 - Demonstrates suitable knife skills
 - Follows and adjusts recipes
 - Minimizes wastage
 - Demonstrates a variety of cooking techniques (minimum 4)
 - Minimizes and rectifies faults
 - Tests for appropriate degree of doneness

Section 3: Finished Products (Dishes)

- A minimum 22 of 30 *Critical Factors* **must** be demonstrated – (See *Grading Scale – Appendix A*)
- Each of the 5 menu items will be evaluated for the following criteria:
 - Servable product – based on taste, texture, doneness, presentation, temperature, portion size, etc.
 - Served within the time limit – dishes presented within the time frame and in menu sequence

What do I need to bring?

**Come prepared with the items needed for production*

Essential

- Uniform – cook’s jacket, chef’s hat, appropriate pants (checkered, black or white), apron and CSA approved footwear.
- PPE – i.e. cut resistant gloves
- Small utensils and hand tools – see recommended list
- Knives – see recommended list
- Cloths – white kitchen towels
- Work plan and menu sheets
- Recipes for your menu (Hard copies)
- Paper and pencil/pen for writing
- Timer (Clock or Digital)

Note – small kitchen utensils and knives will not be provided at the assessment venue

Recommended knife and small tools list

- French / Chef’s knife (10” - 12”)
- Paring knife
- Sharpening steel
- Serrated bread knife
- Flexible wire whisk
- Palette knife / offset spatula
- Rubber spatula
- Plastic dough scraper
- Set of professional quality tongs
- Vegetable peeler
- Measuring spoons
- Calibrated measuring cups
- Meat thermometer
- Slotted spoon
- Small sieve

Optional items for Cook Level 2 and Level 3 only. Candidates requiring any of these items to prepare their menu may contact the assessment venue to see if the items are available for use. If not, candidates must bring their own.

- Firm boning knife
- Flexible filleting knife
- Turning knife
- Fish tweezers
- Moulds or special baking dishes as required
- Small food processor
- Immersion blender
- Food mill
- Mandoline
- Piping bags/tips
- Wood chips for smoking
- Manual ice cream maker
- Other - Any special tools you may use for specialized tasks (sugar work, chocolate work, garnishes)

Supplied

- All food items
- Commercial kitchen equipment, stoves and ovens
- Pots and pans
- Cutting boards
- Prep area with sink
- Refrigerator (may be shared with another candidate)
- Serving plates and platters
- Tasting spoons
- Aluminum foil
- Disposable gloves
- Paper towels
- Parchment paper
- Plastic wrap

Prohibited

- Any outside food items or convenience products
- Any additional sources of heat or cold (portable burners, refrigerators, etc.)
- Internet connected devices – smartphones, tablets, computers, etc.

During the Assessment

- You will have the opportunity to demonstrate your skills against the standards for Professional Cook 2.
- You will be able to speak with your Assessor and ask for clarification. You will also need to answer questions throughout the assessment. If there are any issues with equipment or ingredients during the assessment, you must notify your Assessor immediately.
- You cannot ask other candidates for assistance or information or interrupt their assessment tasks in anyway.
- You cannot use your cell phone during the practical assessment. If you do, your assessment may be compromised.
- While you are undertaking your practical assessment, you are expected to follow personal hygiene, food safety and occupational health and safety (OH&S) requirements that apply in the workplace. This includes wearing an appropriate uniform and personal protective equipment (PPE) as required.
- It is essential that you follow all your Assessor's instructions throughout the day.
- Major violations of safety or sanitation procedures may result in termination of the assessment.

Tips for Success

- Practice the menu several times before attempting the practical assessment
- Employ the highest sanitation standards
- Manage your waste, do not toss your green waste before checking with assessor(s)
- Properly anchor cutting board and set your station
- Have a plan for dealing with your dirty dishes
- Set up a place to wash and sanitize properly, have dish soap, scouring pads and sanitizer
- Display your work-plan
- Organize and display your recipes
- Use single use tasting spoons
- Clean as you go, wash and sanitize properly, avoid cross contamination
- Have a seasoning tray
- Only have out what you need for the task at hand; everything else is clutter
- Keep high risk foods refrigerated at all times
- If something isn't going as planned, stop, re-evaluate and formulate a new plan; you can still recover

Overview of Assessment Day

Arrival and Briefing

Time

- An Assessor will brief you on the practical tasks you will be required to complete.
- You will also receive any additional instructions for your assessment.
- Assessors will be available to answer any questions you have regarding the process.
- You must sign a declaration indicating that all the above has been completed before being allowed to set up your station.

15-30 minutes

Set Up

- You will be allowed to set up your station and familiarize yourself with the location of kitchen equipment.
- You may finalize your work plan based on the menu you have to prepare.
- Your Assessor will review your work plan and recipes during the assessment.

15-30 minutes

Practical Assessment

- Your practical assessment will commence, and you will be required to complete the tasks specified in your menu within 4 hours. Preparation is 2 hours. Service of dishes is 2 hours.
- You will need to wear an appropriate uniform and personal protective equipment (PPE) and keep all relevant personal hygiene, food safety and occupational health and safety (OH&S) issues in mind.

4 hours

Overtime (if necessary)

- A maximum of 30 minutes overtime is permitted for full menu completion. **Dishes served during this time will lose the *Critical Factor* marks for Timing.** After Overtime, no dishes will be accepted.

30 minutes

Clean Up

- Dishes will **not** be accepted during this time. You will be expected to clean your station and help with any common areas to return the kitchen to the state it was in before the assessment.

30 minutes

Food / Breaks

- If you require a short break during the assessment, it can be scheduled into your work plan. However, the menu still must be completed within the assigned time frame.
- Bathroom breaks may be taken at any time as long as you notify the Assessor.
- Meals are not provided. It is your responsibility to bring drinks, snacks or refreshments that you will need. Water will be available at the venue.

Assessment Tasks – Menu C

- You must create and prepare a menu that follows the menu requirements and includes all required ingredients.
- You can only use ingredients found on the provided food supply list.
- You must submit your food order and menu to the assessment venue at least 1 week prior to your practical assessment date.
- Over-ordering of ingredients will result in the loss of marks for food wastage and organization.

Category:	Menu Requirements:
Cold Canapé	<p>Required Protein: Scallops</p> <ul style="list-style-type: none"> • Prepare 6 individual bite sized toast or vegetable bases topped with a tartare or ceviche prepared using the required protein • Items must be served cold and on 1 plate
Hot Canapé	<p>Required Ingredient: Pears</p> <ul style="list-style-type: none"> • Prepare 6 individual filo pastries (2-bite size) with an ovo-lacto vegetarian filling and pears • Items must be served warm and on 1 plate
Entrée	<p>Required Protein: Lamb Rack</p> <ul style="list-style-type: none"> • Prepare and serve 1 portion of the required protein (<i>cooked mr-m</i>) • The entrée must be served with the following accompaniments: <ul style="list-style-type: none"> ◦ Gnocchi or spaetzle (<i>prepare up to 500ml, serve 1 portion</i>) ◦ 2 vegetables with different preparation methods (<i>1 must be turned</i>) ◦ Reduction sauce – demi-glace base (<i>prepare up to 250ml, serve 1 portion</i>)
Dessert	<p>Profiteroles with Pastry Cream Filling and Chocolate Sauce</p> <ul style="list-style-type: none"> • Prepare 12 small (<i>5 cm diameter</i>) profiteroles • Prepare up to 500 ml pastry cream • Serve 3 profiteroles filled with pastry cream with 1 portion of chocolate sauce and a suitable garnish
Bread	<p>Prepare and serve 1 of the following yeast breads of your choice:</p> <ul style="list-style-type: none"> • 12 dinner rolls (60g each) or • ½ tray focaccia (500g) or • 1 baguette (250 g)

CANDIDATE WORK PLAN

Give this sheet to the Assessor to place on your presentation area

Use this sheet to describe each item on your menu, and the service time.

Ensure your recipe for each menu item is displayed for the Assessor.

No dishes may be served in the first 2 hours, this time is set aside for preparation.

Candidate's Name:	Date:
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Menu Item	Description	Service Time
Cold Canapé		
Hot Canapé		
Entrée		
Dessert		
Bread		

CANDIDATE DRAFT / PRACTICE WORK PLAN

Use this sheet to plan your time to complete all menu items

NOTE: Assessors require a minimum of 15 minutes between dishes being served for assessment

Candidate's Name:	Date:
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Time am / pm	Minutes Allowed	
	15 min	Arrival and sign declaration
	15 min.	Briefing and questions
	30 min.	Gather equipment and dishware, set up station, pre-heat oven
	↓	Begin cooking (2 hours) - no dishes are served during this time
	30 min	
	30 min	
	30 min	
	30 min	
	↓	Begin Service period (2 hours) - dishes are served during this time
	30 min	
	30 min	
	30 min	
	30 min	
	30 min	
	30 min	Overtime - dishes accepted but Critical Factor marks for Timing not achieved.
	30 min	Clean up - no dishes are accepted

Practical Assessment Food Supply List

Candidate's Name:	Date:
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REQUIRED INGREDIENTS

- These items will be provided in the amounts indicated and must be used in your menu.
- You are not required to use the entire amount of the ingredient provided, but anything not used must be stored appropriately so that it can be used for another purpose and not wasted.
- Discarding of excess ingredients (unless directed to do so by the Assessor) will result in the loss of marks for food wastage.

Item	Amount Provided	Unit
Scallops, 10-20 ct	0.200	kg
Pears	2	ea
Lamb rack, whole	1	ea

ADDITIONAL INGREDIENTS

- From the following list, place the food order for your menu items and recipes.
- Food items will only be supplied in the quantities requested in addition to the required proteins.
- On occasion, product availability may require a substitution by the venue.
- **Over-ordering of ingredients will result in the loss of marks for food wastage and organization.**
- **You must submit this form, along with your menu to the venue at least 1 week prior to the practical assessment date.**

Item	Amount Required	Unit
PROTEINS		
bacon		kg
prawns		kg
scallops		kg

Item	Amount Required	Unit
PRODUCE		
apples		ea
asparagus		lb
beets		lb
blueberries (frozen)		kg
bunch spinach		bu
butternut squash (small piece)		lb
cabbage (green)		lb
carrots		lb
cauliflower		ea
celery ribs		bu
cucumber		ea
eggplant, Japanese		lb
fennel		ea
garlic, whole		lb
ginger		lb
green beans		lb
jalapeño peppers		lb
kiwi		ea
leek		lb
lemons		ea
lettuce		ea

Item	Amount Required	Unit
PRODUCE, cont.		
lime		ea
mango		ea
mushrooms, shiitake		lb
mushrooms, white button		lb
onions		lb
oranges		ea
pears		ea
pepper (red, green and yellow)		lb
pineapple		ea
potatoes (all purpose)		lb
raspberries, frozen		kg
red cabbage		lb
shallots		lb
squash		lb
strawberries		kg
tomato (Cherry)		lb
tomatoes (Roma)		lb
turnip		lb
yams		lb
zucchini		lb

Item	Amount Required	Unit
DAIRY		
butter unsalted		lbs
cheese - Blue		kg
cheese - Cheddar		kg
cheese - Emmental		kg
cheese - Parmesan grated		kg
cream (light)		L
cream (whipping)		L
eggs (large)		ea
goat cheese		kg
milk (2%)		L
sour cream		L
yogurt		L
STOCKS & SAUCES		
brown stock		L
chicken stock		L
espagnole / demi-glace		L
vegetable stock		L
fish stock		L
HERBS FRESH		
basil		lb
chives		bu

Item	Amount Required	Unit
HERBS FRESH, cont.		
cilantro		bu
mint		lb
parsley		bu
rosemary		lb
tarragon		lb
thyme		lb
HERBS/SPICES - DRY		
assorted dry herbs/spices		
OILS		
canola		L
olive		L
sesame		L
VINEGARS		
apple cider vinegar		L
balsamic		L
rice		L
wine (red)		L
wine (white)		L
LIQUOR		
brandy		L
Madeira		L
wine (red)		L
wine (white)		L

Item	Amount Required	Unit
DRY GOODS		
almond paste		kg
almonds - slivered		kg
almonds (blanched whole)		kg
apricot glaze		kg
apricot jam		kg
baking powder		kg
baking soda		kg
barley		kg
bread crumb		kg
capers		ml
chocolate chips		kg
cocoa powder		kg
coconut milk		L
coconut, medium		kg
cornmeal		kg
cornstarch		kg
couverture (dark)		kg
couverture (white)		kg
cranberries (dried)		kg
cream of tartar		kg
dijon (grainy)		L

Item	Amount Required	Unit
DRY GOODS, cont.		
dijon (regular)		L
espresso, regular		kg
filo pastry		kg
flour (all purpose)		kg
flour (bread)		kg
flour (pastry/cake)		kg
gelatin leaves		ea
green tea		bags
hazelnuts (whole)		kg
honey liquid		kg
horseradish, prepared		L
icing sugar		kg
lentils, green		kg
maple syrup		L
mayonnaise		L
nori		ea
oats, rolled		kg
olives (black)		kg
olives (green)		kg

Item	Amount Required	Unit
DRY GOODS, cont.		
orzo		kg
panko crumbs		kg
raisins		kg
rice - long grain		kg
rice (arborio)		kg
rice (converted)		kg
rice (short grain)		kg
rice noodles		kg
sambal oelek		L
soy sauce		L
sugar (brown)		kg
sugar (white)		kg
sundried tomatoes		kg
Tabasco		ea (142 ml)
tomato paste		ea
vanilla extract (imitation)		L
wasabi powder		kg
wonton wrappers		pkg (50)
Worcestershire sauce		L
yeast (dry)		kg

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