

# **CANDIDATE PREPARATION PACKAGE**

**PROFESSIONAL COOK 1**

**PRACTICAL ASSESSMENT**

**Menu B**



<b>Candidate's Name:</b>	
<b>Exam Location:</b>	<b>Date:</b>

**Included in this package:**

Information about the practical assessment.

Work plans to prepare your menu.

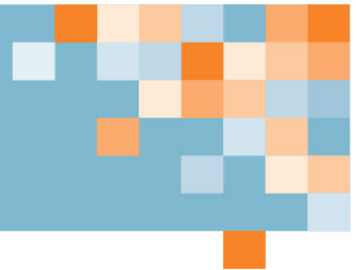
Recipes required for your menu.

**Instructions:**

1. Read all the information completely about the practical assessment so you are aware of the requirements of your menu.
2. Assemble the recipes required to prepare your menu.
3. Prepare your work plan for the day of the practical assessment according to the required components.

## 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 time line 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.
- Recipes are followed appropriately.
- 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, color, portion size, etc.

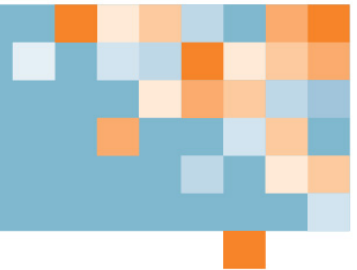
## Criteria to demonstrate competency

**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 – Appendix A*)
  - 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 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 25 of 35 *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*

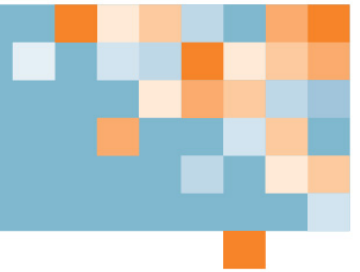
### **Essential**

- 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 reference (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***

- 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

***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
- Skewers – bamboo

***Prohibited***

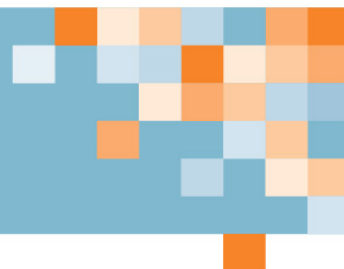
- Any outside food items or convenience products
- Any additional sources of heat or cold (portable burners, refrigerators, etc.)
- Internet connected devices – smartphones, tablets, computers, etc.

## During the Assessment

- You will have the opportunity to demonstrate your skills against the standards for Professional Cook 1.
- 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 any way.
- 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
- Have your recipes organized
- 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

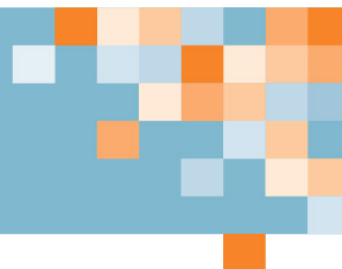
- Dishes will **not** be accepted during this time. You will be expected to clean your station and help with any common areas to return the kitchen to the state it was in before the assessment.

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.

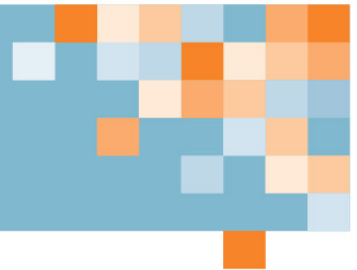




### Assessment Tasks – Menu B

- You will be preparing the menu items from the following categories:
- The recipes for this menu are included in this package.

Category:	Menu Requirements:
<b>Soup</b>	<b>Cream Soup – Boston Clam Chowder</b> <ul style="list-style-type: none"> <li>• Prepare 1 litre</li> <li>• Serve 1 portion (250 ml)</li> </ul>
<b>Egg Dish</b>	<b>Poached Eggs with Hollandaise</b> <ul style="list-style-type: none"> <li>• Prepare 2 eggs cooked medium</li> <li>• Prepare 1 serving of hollandaise</li> <li>• Prepare 1 serving of orange segments</li> </ul>
<b>Cold Dish</b>	<b>Grilled Chicken Caesar Salad Wrap with Emulsified Caesar Dressing</b> <ul style="list-style-type: none"> <li>• Prepare 1 serving chicken Caesar salad wrap (made with freshly cooked chicken breast)</li> <li>• Prepare 200 ml emulsified Caesar dressing</li> </ul>
<b>Hot Dish</b>	<b>Salmon Fillet with Tomato Vinaigrette</b> <b>Rice Pilaf</b> <b>Green Beans Amandine</b> <ul style="list-style-type: none"> <li>• Prepare 1 serving salmon fillet w/ tomato vinaigrette (made with freshly cooked salmon fillet)</li> <li>• Prepare 1 serving rice pilaf</li> <li>• Prepare 1 serving green beans amandine</li> </ul>
<b>Quick Bread</b>	<b>Blueberry Muffins</b> <ul style="list-style-type: none"> <li>• Prepare 6 and serve 6</li> </ul>



## CANDIDATE WORK PLAN

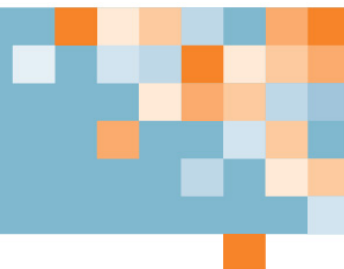
**Give this sheet to the Assessor to place on your presentation area**

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

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

<b>Candidate's Name:</b>	<b>Date:</b>
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Menu Item	Description	Service Time
<b>Soup</b>	Cream Soup – Boston Clam Chowder	
<b>Egg Dish</b>	Poached Eggs with Hollandaise	
<b>Cold Dish</b>	Grilled Chicken Caesar Salad Wrap with Emulsified Caesar Dressing	
<b>Hot Dish</b>	Salmon Fillet with Tomato Vinaigrette, Rice Pilaf, Green Beans Amandine	
<b>Quick Bread</b>	Blueberry Muffins	



## CANDIDATE DRAFT / PRACTICE WORK PLAN

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

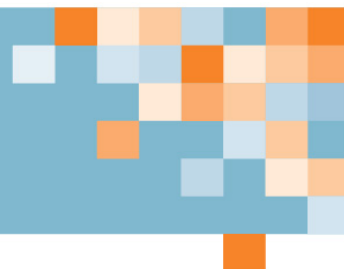
NOTE: Assessors require a minimum of 15 minutes between dishes being served for assessment

<b>Candidate's Name:</b>	<b>Date:</b>
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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) – <b>no</b> 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	Overtime – dishes accepted but Critical Factor marks for Timing <b>not</b> achieved.
	30 min	Clean up – <b>no</b> dishes are accepted

## **RECIPES - MENU B**

PROFESSIONAL COOK 1  
PRACTICAL ASSESSMENT



## CREAM SOUP:

Yield: 1 litre

### Boston Clam Chowder

Serve 1 portion (250 mL)

#### Ingredients:

75 g	Butter, whole
30 g	Bacon, uncooked, diced
40 g	Yellow onion, small dice
25 g	Celery, small dice
25 g	Carrot, small dice
25 g	Leek, small dice
40 g	Bell pepper, red, small dice
60 g	Flour, all purpose
700 mL	Fish or vegetable stock
150 mL	Clam nectar
80 g	Potato, Russet, peeled, small dice
150 mL	Whipping Cream
50 g	Baby clam meat
To taste	Salt and pepper

#### Procedure:

1. Render bacon in butter, then add onion and sweat until translucent.
2. Add celery, carrot, leek, and bell pepper. Cook gently until butter is clear.
3. Add flour to form a roux.
4. Incorporate the stock and clam nectar and bring to a simmer while soup thickens.
5. Add potato and cook until tender.
6. Finish with cream, baby clams and adjust seasoning with salt and pepper.
7. Serve in a warm soup bowl.

**Assessor Notes:** Clams are provided to the candidate pre-portioned. Bacon is provided pre-weighed and raw; candidate will dice. Vegetables are provided unpeeled and unprocessed.



## EGGS:

Yield: 1 Serving

## Poached Eggs with Hollandaise Sauce

### Hollandaise:

Yield: (250 mL)

#### Ingredients:

60 mL	Vinegar, white wine
50 ml	White wine
20 g	Shallot, sliced
5	Peppercorns, cracked
25 mL	Water
2	Eggs, large
130 mL	Butter, clarified
To taste	Lemon juice, fresh
To taste	Salt and pepper
As needed	Warm water

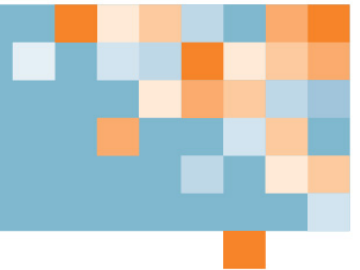
► *Make hollandaise as close to service time as possible to reduce the likelihood of food borne illnesses.*

#### Procedure:

1. Combine vinegar, white wine, shallots and peppercorns. Reduce until nearly dry (au sec), then add water and strain.
2. Separate the eggs. Reserve whites for other use.
3. Whisk yolks with reduction over a bain marie until thick and creamy.
4. Remove the bowl from heat. Add the butter gradually while whisking continuously.
5. Adjust viscosity and flavour using lemon juice, water, salt and pepper.

**NOTE: If Hollandaise splits, it can be rescued.** Try adding a small amount of water (such as 2 mL) and whisk vigorously. If this fails, start with a fresh egg yolk in a clean bowl and using the same procedure in step 4, begin emulsifying the split sauce back into the yolk as was done with clarified butter. Continue until all the sauce has been added and re-formed.

**Assessor Notes:** Clarified butter is provided to the candidate.



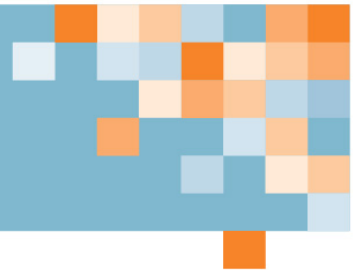
## Poached Eggs:

### Ingredients:

2	Eggs, large
2 L	Water
30 mL	Vinegar, white distilled
1	Orange, segmented

### Procedure:

1. Combine water and vinegar. Bring to a simmer and reduce heat.
2. Poach the eggs just below simmer until medium.
3. Serve eggs nappé with Hollandaise sauce (Remaining Hollandaise to be presented on the side).
4. Serve orange segments in a side dish with the eggs.



## **COLD DISH:**

Yield: 1 Serving

### **Grilled Chicken Caesar Salad Wrap**

#### **Ingredients:**

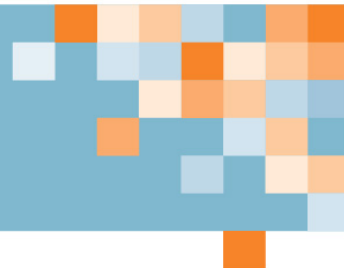
1	12-inch flour tortilla
120 g	Chicken breast; boneless, skinless and raw
30 mL	Caesar dressing (see recipe)
250 mL	Lettuce, Romaine, cut
15 mL	Grated Parmesan cheese

#### **Procedure:**

1. Pan fry or grill chicken until done; finish in oven if necessary.
2. Chill chicken in refrigerator.
3. Cut lettuce to appropriate size.
4. Dice chicken to appropriate size.
5. Combine chicken, lettuce, dressing, parmesan, and toss gently in a bowl.
6. Place Caesar salad on center of tortilla.
7. Fold sides of tortilla in and roll up.
8. Serve wrap cut on the bias.

**Assessor Notes:** One portion of boneless, skinless chicken breast is pre-weighed and provided to the candidate raw.  
Lettuce is pre- washed and dried for the candidate.





## Caesar Salad Dressing:

Yield: (200 mL)

### Ingredients:

1	Egg, large
1	Garlic clove, minced
1	Anchovy fillet, minced
3 mL	Capers, chopped
2 mL	Mustard, dry
30 mL	Lemon juice
150 mL	Oil, olive
30 g	Grated Parmesan cheese
To taste	Salt and pepper

### Procedure:

1. Separate the egg. Reserve whites for other use.
2. Mince garlic, anchovy and capers.
3. Place the egg yolks in a bowl with the garlic, anchovy, capers, mustard, lemon juice and beat until well mixed.
4. Add the oil gradually while whisking continuously. Once the emulsion forms, add the oil slightly faster.
5. Once the dressing reaches desired consistency, fold in the parmesan.
6. Adjust the tartness and consistency with extra lemon juice as needed.
7. Finish with salt and pepper.

**Note: If the Caesar dressing breaks, it can be rescued.** Start with a fresh egg yolk and using the same procedure in step 4, begin emulsifying the broken dressing back into the yolk as was done with olive oil. Continue until all the dressing has been added and re- formed.



## HOT DISH:

Yield: 1 Serving

### Salmon Fillet with Tomato Vinaigrette

(Plated with Rice and Green Beans)

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#### Tomato Vinaigrette:

##### Ingredients:

125 g	Roma tomato, concassé
15 mL	Basil, fresh, chiffonade or torn
15 g	Red Onion, brunoise
5 mL	Vinegar, balsamic
15 mL	Oil, olive
To taste	Salt and pepper

##### Procedure:

1. Combine ingredients in a small bowl. Season with salt and pepper.

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#### Salmon Fillet:

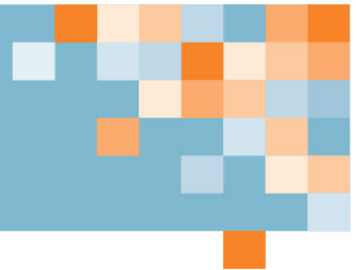
##### Ingredients:

120 g	Salmon fillet; boneless, skinless and raw
15 mL	Oil, vegetable
	Salt and pepper

##### Procedure:

1. Season the presentation side of the salmon with salt and pepper.
2. Sear the presentation side of the salmon in oil using a non-stick or well-seasoned skillet.
3. Turn the salmon over and finish in a conventional oven as needed.
4. Place salmon on paper towel to absorb excess oil.
5. Serve salmon and tomato vinaigrette with rice and vegetable on a warm plate.

**Assessor Notes:** One portion of boneless, skinless Salmon fillet is pre-weighed and provided to the candidate raw.



## **STARCH - SIDE:**

Yield: 5 Servings

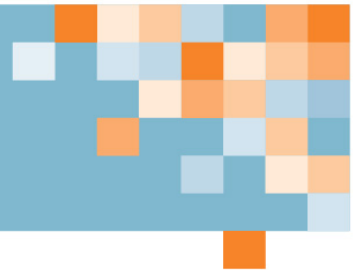
### **Rice Pilaf**

#### Ingredients:

25 g	Yellow Onion, fine dice
15 g	Butter, whole
190 g	Rice, converted
375 mL	Chicken stock
1/2	Bay leaf
To taste	Salt and pepper

#### Procedure:

1. Sweat the onion in the butter until translucent.
2. Add the rice and stir to coat.
3. Add the stock and bay leaf. Bring to a simmer.
4. Cover tightly and place in a 350°F/175°C conventional oven for 18-20 minutes.
5. Remove from oven and let stand covered for 8-10 minutes. Keep warm in the pot.
6. Remove the bay leaf and season with salt and pepper.



## VEGETABLE - SIDE:

Yield: 1 Serving

### Green Beans Amandine

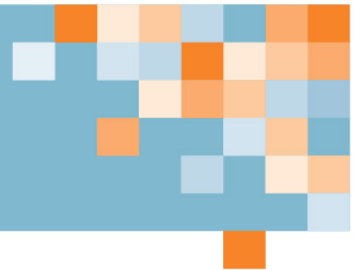
#### Ingredients:

70 g	Green beans, trimmed
20 g	Butter, whole
10 g	Almonds, sliced, toasted
To taste	Salt and pepper

#### Procedure:

1. Blanch and refresh the beans.
2. Refrigerate until serving time.
3. Re-heat in boiling salted water.
4. Sauté beans in butter until nicely coated and season with salt and pepper
5. Toss with the toasted almonds.

**Assessor Notes:** Almonds are sliced and toasted, pre-portioned and provided to the candidate.



## QUICK BREAD:

Yield: 6 Muffins

### Blueberry Muffins

#### Ingredients:

150 g	Flour, all purpose
110 g	Sugar, granulated
6 g	Baking powder
3 g	Salt
90 g	Milk
55 g	Eggs, beaten
60 g	Oil, vegetable
100 g	Blueberries, frozen (remain frozen until use)

#### Procedure:

1. Sift together dry ingredients.
2. Separately combine wet ingredients.
3. Mix together using the muffin method.
4. Fold in blueberries.
5. Bake at 375°F/190°C in a conventional oven until light brown and center is cooked (15-20 minutes).
6. Serve all 6 muffins.

# GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

Level 1    Level 2    Level 3

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
<b>Accompaniments</b>	<ul style="list-style-type: none"> <li>Complement and enhance main item</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Complement main item</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Quality acceptable, but does not complement main item</li> <li>Some adjustments recommended but not critical</li> </ul>	<ul style="list-style-type: none"> <li>Quality lacking, but still servable</li> <li>Adjustments definitely needed</li> </ul>	<ul style="list-style-type: none"> <li>Detracts from other items on plate</li> <li>Item would be sent back</li> </ul>
<b>Balance</b>	<ul style="list-style-type: none"> <li>Perfect balance between items on plate</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Good balance between items on plate</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Overall balance between items on plate acceptable.</li> <li>Minor number of components on plate need adjustment</li> </ul>	<ul style="list-style-type: none"> <li>Major components on plate are slightly tough or too firm or soft, but still servable</li> </ul>	<ul style="list-style-type: none"> <li>Some products on plate inedible</li> <li>Unpleasant texture, would be sent back</li> </ul>
<b>Baking (Colour)</b>	<ul style="list-style-type: none"> <li>Perfectly even colour and sheen</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Even colour</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Mostly even colour</li> <li>Minor adjustments are recommended</li> </ul>	<ul style="list-style-type: none"> <li>Pale or dark, but not under done or burnt</li> <li>Adjustments definitely needed</li> </ul>	<ul style="list-style-type: none"> <li>Burnt or extremely pale</li> <li>Not sellable or edible</li> </ul>
<b>Baking (Size/Shape)</b>	<ul style="list-style-type: none"> <li>Perfect size and shape, as per recipe</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Even size and shape</li> <li>May be slightly larger or smaller than recipe yield</li> </ul>	<ul style="list-style-type: none"> <li>Slightly inconsistent size and shape</li> <li>Within range of recipe yield</li> </ul>	<ul style="list-style-type: none"> <li>Uneven size and shape</li> <li>Still within servable range</li> </ul>	<ul style="list-style-type: none"> <li>Shape and size unacceptable</li> <li>Too small or large to serve</li> </ul>
<b>Consistency (Soup)</b>	<ul style="list-style-type: none"> <li>Perfect texture and viscosity</li> <li>Degreased perfectly</li> <li>Ideal amount and quality of garnish</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Overall good texture and viscosity</li> <li>Mostly degreased, is suitable</li> <li>Reasonable amount of garnish; garnish good quality</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Texture or viscosity needs adjustment</li> <li>Degreased somewhat, could use a little more.</li> <li>Lacking or too much garnish, but garnish still good quality</li> </ul>	<ul style="list-style-type: none"> <li>Texture and viscosity definitely needs adjustment</li> <li>Marginally degreased,</li> <li>Garnish lacking or of poor quality, but still servable</li> </ul>	<ul style="list-style-type: none"> <li>Unpleasant texture or viscosity</li> <li>Degreased poorly or not at all</li> <li>Garnish inedible</li> <li>Would be sent back</li> </ul>
<b>Cooking Technique</b>	<ul style="list-style-type: none"> <li>Cooking techniques demonstrated properly</li> <li>Regular monitoring of food with superior results</li> </ul>	<ul style="list-style-type: none"> <li>Cooking techniques demonstrated properly</li> <li>Regular monitoring of food with expected results</li> </ul>	<ul style="list-style-type: none"> <li>Cooking techniques generally demonstrated properly, but may lack production speed</li> <li>Occasional monitoring of food with small minor errors in results</li> </ul>	<ul style="list-style-type: none"> <li>Cooking techniques not always demonstrated properly, or lacking production speed</li> <li>Food not monitored while cooking, but still results in a servable product</li> </ul>	<ul style="list-style-type: none"> <li>Techniques not demonstrated or demonstrated incorrectly with major faults in outcome</li> <li>Food not monitored while cooking resulting in a non-servable product</li> </ul>
<b>Doneness</b>	<ul style="list-style-type: none"> <li>All components cooked perfectly</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Most components cooked to ideal doneness</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Minor components slightly over or undercooked</li> <li>Some adjustments are recommended, but not critical</li> </ul>	<ul style="list-style-type: none"> <li>Major components somewhat over or undercooked, but still moist and tender</li> <li>Adjustments definitely needed</li> </ul>	<ul style="list-style-type: none"> <li>Items extremely over or undercooked</li> <li>Item would be sent back</li> <li>Food safety concern with doneness</li> </ul>

Note: Any *Borderline* or *Unacceptable* mark selected for a *Critical Factor* **will not be** included when calculating the final mark.

## GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

### Level 1    Level 2    Level 3

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
<b>Organization</b>	<ul style="list-style-type: none"> <li>Well-constructed work plan</li> <li>Organized station, no clutter</li> <li>Timelines accurate and followed</li> </ul>	<ul style="list-style-type: none"> <li>Well-constructed work plan</li> <li>Organized station, minimal clutter</li> <li>Timelines mostly accurate and followed</li> </ul>	<ul style="list-style-type: none"> <li>Basic work plan</li> <li>Generally organized station, some clutter</li> <li>Timelines somewhat accurate and followed</li> </ul>	<ul style="list-style-type: none"> <li>No work plan</li> <li>Some disorganization and clutter on station</li> <li>Timelines not followed, but tasks still completed within required parameters</li> </ul>	<ul style="list-style-type: none"> <li>No work plan</li> <li>Completely disorganized station and loss of composure</li> </ul>
<b>Presentation / Menu Requirements Met</b>	<ul style="list-style-type: none"> <li>Presented appropriately</li> <li>Portion sizes perfect</li> <li>Menu requirements accurately met</li> <li>Ideal balance of shapes and colours</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Plate attractively presented</li> <li>Portion size within recommended range</li> <li>Menu requirements mostly met</li> <li>Range of shapes and colours</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Plates clean, not sloppy</li> <li>Portion sizes need some adjustment, but minor</li> <li>Menu requirements are just met</li> <li>May be lacking some colour</li> <li>Some minor adjustments are recommended</li> </ul>	<ul style="list-style-type: none"> <li>Plates lacking visual interest or colour</li> <li>Portion sizes too large or small</li> <li>Menu requirements under acceptable level.</li> <li>Somewhat difficult to eat</li> </ul>	<ul style="list-style-type: none"> <li>Extremely sloppy plates</li> <li>Unappealing colour (grey, burnt, etc.)</li> <li>Portion sizes far too large or small</li> <li>Menu requirements not evident at all</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>Perfect doneness and tenderness</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Doneness close to accurate, but not perfect</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Slightly over or undercooked</li> <li>Some adjustments are recommended but not critical</li> </ul>	<ul style="list-style-type: none"> <li>Somewhat over or undercooked, but still moist and tender</li> <li>Adjustments definitely needed</li> </ul>	<ul style="list-style-type: none"> <li>Extremely over or undercooked</li> <li>Plate would be sent back</li> </ul>
<b>Safety</b>	<ul style="list-style-type: none"> <li>Exceptional safety practices</li> <li>Calm and organized throughout the day</li> <li>Any hazards addressed immediately</li> </ul>	<ul style="list-style-type: none"> <li>Strong safety practices</li> <li>Calm and organized throughout the day</li> <li>Any hazards addressed in a timely manner</li> </ul>	<ul style="list-style-type: none"> <li>Generally strong safety practices</li> <li>Generally calm and organized throughout the day</li> <li>Any hazards addressed, but not always in the timeliest manner</li> </ul>	<ul style="list-style-type: none"> <li>Some questionable safety practices or minor infractions</li> <li>No major safety risks or hazards</li> <li>Any hazards addressed, but not always in the timeliest manner</li> </ul>	<ul style="list-style-type: none"> <li>Questionable safety practices</li> <li>Major safety risk or hazard</li> <li>Hazards not addressed</li> </ul>
<b>Sanitation</b>	<ul style="list-style-type: none"> <li>Exceptional sanitation practices</li> <li>No errors of any kind</li> <li>All food stored and handled appropriately</li> </ul>	<ul style="list-style-type: none"> <li>Consistent sanitation practices</li> <li>Occasional minor errors, but not presenting any risk</li> <li>All food stored and handled appropriately</li> </ul>	<ul style="list-style-type: none"> <li>Consistent sanitation practices</li> <li>Occasional minor errors, but not presenting any risk</li> <li>Most food stored and handled appropriately, but any errors not to the point of presenting risk</li> </ul>	<ul style="list-style-type: none"> <li>Inconsistent sanitation practices</li> <li>Occasional errors, but not presenting any risk</li> <li>Most food stored and handled appropriately, but any errors not to the point of presenting risk</li> </ul>	<ul style="list-style-type: none"> <li>Poor sanitation practices</li> <li>Major food safety risk or hazard</li> <li>Food cross contaminated and not servable</li> </ul>
<b>Sauce</b>	<ul style="list-style-type: none"> <li>Exceptional body and texture</li> <li>Complements and enhances main item</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Good body and texture</li> <li>Complements main item</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Reasonable body and texture</li> <li>Marginally complements main item</li> <li>Some adjustments are recommended, but not critical</li> </ul>	<ul style="list-style-type: none"> <li>Quality lacking, but still servable</li> <li>Does not complement main item</li> <li>Adjustments definitely needed</li> </ul>	<ul style="list-style-type: none"> <li>Detracts from other items on plate</li> <li>Plate would be sent back</li> </ul>

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# GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

## Level 1    Level 2    Level 3

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
<b>Starch</b>	<ul style="list-style-type: none"> <li>Perfect doneness and texture</li> <li>Complements and enhances main item</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Slightly over or undercooked</li> <li>Texture not quite perfect</li> <li>Complements main item</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Slightly over or undercooked</li> <li>Texture needs adjustments</li> <li>Marginally complements main item</li> <li>Some adjustments are recommended, but not critical</li> </ul>	<ul style="list-style-type: none"> <li>Somewhat over or undercooked</li> <li>Quality lacking, but still servable</li> <li>Does not complement main item</li> <li>Adjustments definitely needed</li> </ul>	<ul style="list-style-type: none"> <li>Extremely over or undercooked</li> <li>Detracts from other items on plate</li> <li>Plate would be sent back</li> </ul>
<b>Taste</b>	<ul style="list-style-type: none"> <li>Outstanding flavour</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Overall pleasant flavour</li> <li>Minor improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Flavour needs some enhancement</li> <li>Neutral flavour; somewhat bland</li> </ul>	<ul style="list-style-type: none"> <li>Highly over or under seasoned, but not to the extent that it would be sent back</li> <li>Too spicy or salty for some tastes</li> </ul>	<ul style="list-style-type: none"> <li>Far over or under seasoned</li> <li>Unpleasant flavour or smell</li> </ul>
<b>Technical Skills</b>	<ul style="list-style-type: none"> <li>Higher level of skill for program level</li> <li>Accurate and even knife work</li> <li>Efficient use of ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Expected level of skill for program level</li> <li>Accurate and even knife work</li> <li>Efficient use of ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Average level of skill for program level</li> <li>Mostly accurate and even knife work, but may lack production speed</li> <li>Generally good use of ingredients, but some waste</li> </ul>	<ul style="list-style-type: none"> <li>Below average level of skill for program level</li> <li>Some inaccurate or uneven knife work; may lack production speed</li> <li>Minor errors in recipe outcome or excessive waste</li> </ul>	<ul style="list-style-type: none"> <li>Skills not demonstrated or very poor skill level demonstrated</li> <li>Major errors in recipe outcome or extreme waste</li> </ul>
<b>Temperature</b>	<ul style="list-style-type: none"> <li>All food items on plate at ideal temperature</li> <li>Serving dishes at appropriate temperature (hot plates for hot food, cold plates for cold food)</li> </ul>	<ul style="list-style-type: none"> <li>Food on plate at appropriate temperature</li> <li>Serving dishes may need minor adjustments to temperature (too hot or cold)</li> </ul>	<ul style="list-style-type: none"> <li>Food on plate mostly at adequate temperature</li> <li>Serving dishes do need minor adjustments to temperature</li> </ul>	<ul style="list-style-type: none"> <li>Food a bit too cool or warm</li> <li>Hot food on cold dishes; cold food on hot dishes</li> <li>Adjustments definitely needed</li> </ul>	<ul style="list-style-type: none"> <li>Food served at incorrect temperature</li> <li>Plates too hot to touch</li> </ul>
<b>Texture</b>	<ul style="list-style-type: none"> <li>Perfect texture and balance between items on plate</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Overall good texture of major components</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Minor number of components on the plate need adjustments</li> <li>Some minor adjustments are recommended</li> </ul>	<ul style="list-style-type: none"> <li>Major components on the plate slightly tough or too firm or soft, but still servable</li> </ul>	<ul style="list-style-type: none"> <li>Some products on plate inedible</li> <li>Unpleasant texture, would be sent back</li> </ul>
<b>Timing</b>	<ul style="list-style-type: none"> <li>Items presented in menu order and within 5 minutes of candidate work plan</li> </ul>	<ul style="list-style-type: none"> <li>Items presented in menu order and within 30 minutes of candidate work plan</li> </ul>	<ul style="list-style-type: none"> <li>Items presented in menu order; more than 30 minutes of candidate work plan, but within 2 hour time limit</li> </ul>	<ul style="list-style-type: none"> <li>Item(s) presented during the 30 minute overtime</li> <li>Loses the Critical Factor for Timing</li> </ul>	<ul style="list-style-type: none"> <li>Item(s) presented after the 30 minute overtime, or not presented at all</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Perfect doneness, colour and tenderness</li> <li>Complements and enhances main item</li> <li>All cuts meet the specifications</li> <li>No improvements suggested</li> </ul>	<ul style="list-style-type: none"> <li>Slightly over or undercooked</li> <li>Complements main item</li> <li>Most cuts meet the specifications</li> <li>Some minor adjustments may be recommended</li> </ul>	<ul style="list-style-type: none"> <li>Somewhat over or undercooked</li> <li>Marginally complements main item</li> <li>Some cuts done to specifications</li> <li>Some adjustments are recommended, but not critical</li> </ul>	<ul style="list-style-type: none"> <li>Over or undercooked</li> <li>Quality lacking, but still servable</li> <li>Very few cuts made to specifications</li> <li>Adjustments definitely needed</li> </ul>	<ul style="list-style-type: none"> <li>Extremely over or undercooked</li> <li>Not cut to specifications</li> <li>Detracts from other items on plate</li> <li>Plate would be sent back</li> </ul>

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