

**Course Title: Professional Cooking**

**Schools to Offer: Elko, Carlin, Jackpot, Owyhee, Spring Creek, and West Wendover.**

**Grade Levels: 11 and 12**

**District Textbook Adoption: On Cooking**

**Publisher: Pearson Education**

**Student ISBN: 0-13-045241-6**

**Student Guide ISBN: 0-13-048269-2 (required for lab work)**

**TE ISBN: 0-13-045237-8**

Course Description: This is an advanced course focusing on the food service industry. The instructor will provide both classroom instruction and supervised field experience.

Course Objectives

Food Service Industry Orientation

Identify current trends in the foodservice industry. 1.1.1

Examine the history of the foodservice industry. 1.1.2

Utilize current trends in the foodservice industry. 1.1.3

Differentiate between the job descriptions in foodservice industry. 1.2.1

Explore career opportunities in related foodservice industries within the local community and the state of Nevada. 1.2.2

List the qualities employers look for in food service employees.

Describe advantages and disadvantages of foodservice work.

Identify the organizational ladder for front of the house 11.1.1 and back of the house culinary jobs.

Wear and manage proper work attire. 1.3.1

Employ proper kitchen etiquette. 1.3.2

Standardized Recipes and Menu Planning

Utilize a standardized recipe. 6.5.2

Demonstrate correct measuring procedures.

Convert recipes from one yield to another. 6.5.1

Assess and modify existing menus. 7.1.1

Apply design principles to create a menu. 7.1.2

Identify how menu prices are created. 7.1.3

## Cost Control

Implement quality control storage procedures. 7.2.1

Complete a requisition form. 7.2.2

Cost out a recipe. 7.2.3

Identify and utilize a specification. 7.2.4

Identify the components of forecasting sales. 7.2.5

Practice inventory control. 7.2.6

Identify and demonstrate the use of technology to enhance the efficiency of the foodservice industry. 17.4.6

## Sanitation and Safety

Identify foodborne illness and their causes. 2.1.1

Practice safe food handling techniques and prevention of foodborne illnesses. 2.1.2

Practice appropriate personal hygiene and reporting methods of symptoms involving illness. 2.2.1

Demonstrate an awareness of the local health department regulations. 2.2.3

Identify and implement procedures for critical control points. 2.3.1

Follow a safe food handling flowchart. 2.3.2

Implement safe food handling procedures. 2.3.3

Apply proper equipment cleaning. 2.4.1

Identify approved chemicals and appropriate uses. 2.4.2

Practice floor sanitation. 2.4.3

Practice proper facility cleaning. 2.4.4

Comply with cleaning schedules. 2.4.5

Demonstrate waste disposal and recycling methods. 2.4.6

Simulate first aid procedures. 3.1.1

Recognize and implement universal precautions for blood borne pathogens. 3.1.2

Implement appropriate procedures and precautions to prevent accidents and injuries.

3.2.1

Recognize OSHA standards. 3.2.2

Identify tools and equipment hazards. 4.1.1

Operate equipment appropriately while recognizing OSHA standards. 4.1.2

Clean and maintain tools and equipment while recognizing OSHA standards. 4.1.3

Practice Mise en place 6.3.1

Define the term mise en place

List the five rules for mise en place.

Describe a food service kitchen and explain why it is designed as it is.

Describe the work stations and what takes place within each area.

Explain why all food service institutions do not have all stations.

Explain work flow.

List the keys to work simplification.

Prepare time schedules for food preparation.

Prepare production schedules for food preparation.

Apply computer technology for schedules.

### Salad Production

Prepare various dressings and dips. 10.1.1

Identify the three types of salad dressings.

List principles of salad dressing selection.

Define garnish.

Demonstrate creative garnishes for salads, appetizers and other dishes.

Prepare various salads.

Identify parts of a salad.

Identify common greens.

Demonstrate proper presentation. 10.1.4

Set up a production line for making salads.

Practice portion control. 10.1.3

Properly store salads. 10.1.5

### Sandwich Production

Prepare a variety of hot sandwiches. 10.2.1

Prepare a variety of cold sandwiches. 10.2.2

Distinguish appropriate accompaniments. 10.2.3.

Practice portion control. 10.2.4

Demonstrate proper presentation. 10.2.5

Properly store sandwiches. 10.2.6

### Beef and Pork Production

Identify appropriate cuts for intended uses. 12.5.1

Identify cost control methods in production. 12.5.2

Describe proper procedures for purchasing, storing and fabricating meat. 12.5.3

Identify butchering methods of meat. 12.5.4

Identify uses of animal by products. 12.5.5

Understand federal grading systems. 12.5.6

Utilize a specification sheet. 12.5.7

Prepare a variety of meats. 13.5.1

Utilize cost control methods in production. 13.5.2

Incorporate portion control. 13.5.3

Demonstrate a variety of cooking methods for meats. 13.5.4

### Poultry Production

Select appropriate cuts for intended uses. 12.6.1

Identify cost control methods in production. 12.6.2

Describe proper procedures for purchasing, storing and fabricating poultry. 12.6.3

Identify appropriate butchering methods of poultry. 12.6.4

Identify uses of poultry by products. 12.6.5

Outline federal grading systems. 12.6.6

Prepare a variety of poultry. 13.6.1

Utilize cost control methods in production. 13.6.2

Incorporate portion control. 13.6.3

Demonstrate a variety of cooking methods for poultry. 13.6.4

### Fish and Shellfish Production

Identify appropriate market forms for intended uses. 12.7.1

Identify cost control methods in production. 12.7.2

Describe proper procedures for purchasing, storing and fabricating fish and shellfish.

12.7.3

Identify appropriate butchering methods of fish and shellfish. 12.7.4

Identify uses of fish and shellfish by products. 12.7.5

Identify quality and freshness characteristics of whole and fabricated fish and shellfish.

12.7.6

Prepare a variety of fish and shellfish. 13.7.1

Utilize cost control methods in production. 13.7.2

Incorporate portion control. 13.7.3

Demonstrate a variety of cooking methods for fish and shellfish. 13.7.4

### Vegetable Production

Select appropriate vegetables for intended uses. 12.3.1

Utilize a specification sheet. 12.3.2

Prepare a variety of vegetables. 13.3.1

Utilize cost control methods in preparation. 13.3.2

Incorporate portion control. 13.3.3

Demonstrate a variety of cooking methods for vegetables. 13.3.4

### Cereal, Rice and Pasta Production

Select appropriate starches and grains for intended uses. 12.2.1

Utilize a specification sheet. 12.2.2

Compare properties of cereals, rice and pasta

Summarize the principles of starch cookery.

Identify and explain how cereals are cooked.

List different kinds of rice.

Prepare a variety of starches and grains. 13.2.1

Describe the two methods of cooking rice.

Define pasta and describe the four general types.

Define al dente.

Describe uses for pasta as an entrée.

Describe proper care and storage of cereals, rice and pasta.

Utilize cost control methods in production. 13.2.2

Incorporate portion control. 13.2.3

Demonstrate a variety of cooking methods for starches and grains. 13.2.4

## Sauce Production

Prepare the five grand sauces. 14.2.1

Prepare derivative sauces. 14.2.2

Prepare small sauces. 14.2.3

Prepare a variety of thickening methods/agents. 14.2.4

Utilize cost control methods in production. 14.2.5

Incorporate portion control. 14.2.6

Properly cool and store sauces. 14.2.7

## Stock and Soup Production

Prepare a variety of stocks. 14.1.1

Utilize cost control methods in production. 14.1.2

Incorporate portion control. 14.1.3

Demonstrate a variety of cooking methods for stocks. 14.1.4

Properly cool and store stocks. 14.1.5

Prepare a variety of clear soups. 14.3.1

Prepare a variety of thick soups. 14.3.2

Prepare a variety of specialty soups. 14.3.2

Utilize cost control methods in production. 14.3.4

Demonstrate a variety of cooking methods for soups. 14.3.6

Properly cool and store soups. 14.3.7

### Appetizer and Hors d'oeuvres Production

Prepare a variety of appetizers. 10.3.1

Prepare a variety of hors d'oeuvres. 10.3.2

A. Practice portion control. 10.3.3

B. Demonstrate proper presentation. 10.3.4

C. Properly store appetizers and hors d'oeuvres. 10.3.5

### Bake Shop Production

Identify and use common baking ingredients. 9.1.1

Prepare quick breads. 9.1.3

Prepare yeast breads. 9.1.2

Prepare hard, soft and sweet rolls.

Adapt recipes for altitude. 9.1.4

Utilize portion control. 9.1.5

Properly store bread. 9.1.6

Prepare a variety of pies. 9.2.1

Utilize laminated dough in a variety of products. 9.2.2

Prepare a variety of cakes. 9.1.3

Prepare a variety of icings and fillings. 9.2.4

Prepare a variety of cookies. 9.2.5

Adapt recipes for high altitude. 9.2.6

Practice portion control. 9.2.7

Demonstrate proper presentation. 9.2.8

Properly store pastries. 9.2.9

### Beverage Production

Prepare a variety of hot beverages. 11.2.1

Prepare a variety of cold beverages. 11.2.2

Properly serve a variety of hot and cold beverages. 11.2.3

Apply mise en place for beverage service. 11.2.4

Utilize portion control. 11.2.5

Properly store beverages. 11.2.6