

12.0500 - Cooking and Related Culinary Arts (2013)

SEGMENT FIVE (5) Basic Cooking

Technical - ServSafe

Technical - ProStart

- I
 - ProStart Level 1
 - E
 - Kitchen Essentials 2 - Equipment and Techniques
 - 10 Explain the difference between seasoning and flavoring.
 - 11 Describe and demonstration basic pre-preparation techniques.
 - 12 List and explain how the three types of cooking work.

 - 13 Describe dry-heat cooking methods and list the foods to which they are suited.

 - 14 Describe moist-heat cooking methods and list the foods to which they are suited.
Describe combination-heat cooking methods and list the foods to which they are suited.
 - 15
 - 16 Identify ways to determine if a food is done cooking.
 - 17 List guidelines for plating or storing food that has finished cooking.
 - F
 - Stocks, Sauces, and Soups
 - 1 Identify the four essential parts of stock and the proper ingredients for each.
 - 2 List and explain the various types of stock and their ingredients.
 - 3 Demonstrate three methods for preparing bones for stock.
 - 4 Prepare the ingredients for and cook several kinds of stocks.
 - 5 Explain how and why to degrease stock.
 - 6 List the ways to cool stock properly.
 - 7 Identify the grand sauces and describe other sauces made from them.
 - 8 List the proper ingredients for sauces.
 - 9 Prepare several kinds of sauces.
 - 10 Match sauces to appropriate food.
 - 11 Identify the two basic kinds of soups and give examples of each.
Explain the preparation of the basic ingredients for broth, consommé, purée, clear, and cream soups.
 - 12
 - 13 Prepare several kinds of soups
 - I
 - Fruits and Vegetables
 - 6 Match and cook fruit to appropriate methods.
 - 10 Match and cook vegetables to appropriate methods.
 - K
 - Potatoes and Grains
 - 1 Identify and describe different types of potatoes.
 - 2 Outline methods to select, receive, and store potatoes.
 - 3 Using a variety of recipes and cooking methods, prepare potatoes.
 - 4 Identify and describe different types of grains and legumes.
 - 5 Using a variety of recipes and cooking methods, prepare grains and legumes.
 - 6 Outline methods to select, receive, and store grains.
 - 7 Identify and describe different types of pasta.
 - 8 Using a variety of recipes and cooking methods, prepare pasta.
 - 9 Describe and prepare dumplings.
- II
 - A
 - ProStart Level 2
 - Breakfast Food and Sandwiches
 - 1 List the characteristics of milk and identify ways to keep it safe.
 - 2 Identify the different forms of cream and their fat contents.
Differentiate between butter and butter substitutes and recognize the characteristics of each.
 - 3

- 4 Identify the different types of cheese and give examples of each.
- 5 List the characteristics of eggs and identify ways to keep them safe.
- 6 Prepare and serve eggs using a variety of cooking methods.
- 7 Prepare pancakes, crêpes, waffles, and French toast.
- 8 Prepare ham, hash, grits, cold cereals, oatmeal, and sausage.
- 9 Prepare coffee, tea, and cocoa.
Give examples of different types of sandwiches, including simple hot, open-faced,
- 10 hors d'oeuvres, grilled, deep-fried, and simple cold.

- 11 Explain the roles of the three components of a sandwich: bread, spread, and filling.
- 12 Prepare common sandwich spreads and fillings.

- 13 List the necessary tools and equipment to make sandwiches at a sandwich station.
- 14 Demonstrate preparation of several types of sandwiches.

Pathway

Cluster

Career Ready Practices