

12.0500 - Cooking and Related Culinary Arts (2013)
SEGMENT NINE (9) Advanced Cooking
Technical - ServSafe

Technical - ProStart

- II ProStart Level 2
 - F Meat, Poultry, and Seafood
 - 1 Outline the federal grading systems for meat.
 - 2 Describe the various kinds of meat.
 - 3 Identify the proper purchasing and storing procedures for meat.
 - 4 List factors that affect purchasing decisions for meat.
 - 5 Outline basic techniques for cooking meat.
 - 6 Match various cooking methods with different forms of meat.
 - 7 Outline the federal grading systems for poultry.
 - 8 Describe the various kinds of poultry.
 - 9 Identify the proper purchasing and storing procedures for poultry.
 - 10 List factors that affect purchasing decisions for poultry.
 - 11 Outline basic techniques for cooking poultry.
 - 12 Match various cooking methods with different forms of poultry.
 - 13 Outline the federal grading systems for seafood.
 - 14 Describe the various kinds of seafood.
 - 15 Identify the proper purchasing and storing procedures for seafood.
 - 16 List factors that affect purchasing decisions for seafood.
 - 17 Outline basic techniques for cooking seafood.
 - 18 Match various cooking methods with different forms of seafood.
 - 19 Identify and describe different types of charcuterie.
 - 20 Explain garde manger and how it relates to charcuterie.
 - J Global Cuisine 1: The Americas
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 1 Northeastern American cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 2 Midwestern American cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 3 Southern American cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 4 Southwestern American cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 5 Pacific Coast/Rim cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 6 Mexican cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 7 Central American cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 8 Caribbean cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 9 Brazilian cuisine.
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 10 Bolivian cuisine.
 - K Global Cuisine 2: Europe, the Mediterranean, the Middle East, and Asia
 - Identify the major influences, ingredients, flavors, and cooking techniques of
 - 1 French cuisine.

- 2 Identify the major influences, ingredients, flavors, and cooking techniques of Italian cuisine.
- 3 Identify the major influences, ingredients, flavors, and cooking techniques of Spanish cuisine.
- 4 Identify the major influences, ingredients, flavors, and cooking techniques of Moroccan cuisine.
- 5 Identify the major influences, ingredients, flavors, and cooking techniques of Greek cuisine.
- 6 Identify the major influences, ingredients, flavors, and cooking techniques of Tunisian cuisine.
- 7 Identify the major influences, ingredients, flavors, and cooking techniques of Egyptian cuisine.
- 8 Identify the major influences, ingredients, flavors, and cooking techniques of Iranian cuisine.
- 9 Identify the major influences, ingredients, flavors, and cooking techniques of Saudi Arabian cuisine.
- 10 Identify the major influences, ingredients, flavors, and cooking techniques of Chinese cuisine.
- 11 Identify the major influences, ingredients, flavors, and cooking techniques of Japanese cuisine.
- 12 Identify the major influences, ingredients, flavors, and cooking techniques of Indian cuisine.

Pathway

- I Restaurants and Food/Beverage Services
 - D Use information from cultural and geographical studies to guide customer service decisions in food and beverage service facilities.
 - 1 Utilize facts and statistics retrieved from ethnic and geographical studies in a service environment.
 - H Utilize technical resources for food services and beverage operations to update or enhance present practice.
 - 5 Evaluate types of kitchen equipment to match the correct cooking methodology.

Cluster

Career Ready Practices