

# Cook – Online Upgrading

## A Guide to Course Content

*Cooks prepare, season, and cook soups, meats, fish, poultry, vegetables, and desserts. They make sauces, gravies, and salads. They perform some meat cutting, and prepare basic baked goods*

**Training Requirements:** All candidates applying for upgrading training must be eligible to challenge the Interprovincial Journeyman examination.

The information contained in this document serves as a guide for employers and apprentices. The document briefly summarizes the training provided in the online upgrading program.

This program is designed to prepare individuals to challenge the Cook Interprovincial Journeyman examination. This is a theory-based program. As there is no practical component to the upgrading training program, additional study is recommended in areas where individuals have minimal on-the-job experience.

### **Important Notes:**

The course takes place over a fifteen-to-sixteen-week period.

Participants will be required to complete multiple-choice quizzes for each of the 28 instructional sections which are delivered at the pace of two lessons per week. At the end of the course, the candidate will complete a comprehensive three-part, 300+ question exam which will help identify the student's strengths and weaknesses in their cook trade knowledge prior to challenging the Cook Interprovincial Journeyman exam.

Computers used by participants for this program must meet certain minimum technical requirements. This information will be provided upon successful application to this program.

Interested candidates must contact Saskatchewan Polytechnic, when applying for this program.

This pamphlet briefly summarizes the training delivered in the upgrading program.

The content of the technical training components is subject to change without notice.

### **Lesson 1 – General Kitchen Knowledge I**

- In this opening lesson, the following lead-in commercial cooking topics are reviewed:
  - History of Professional Cooking (a general history including early chefs Careme and Escoffier).
  - Professionalism (standards of professionalism).
  - Kitchen Organization (the brigade system).
  - Knife Handling and Types of Cuts (using a knife and various cuts).
  - Principles of Heat (heat transfer, cooking methods descriptions).

### **Lesson 2 – General Kitchen Knowledge II**

- The following topics are reviewed:
  - Sanitation and Safety (food hazards, handling, and personal hygiene, and preventing injuries).
  - Kitchen Tools and Equipment (quantity food equipment, pots and pans, hand tools, measuring devices).

### **Lesson 3 – Stocks**

- A review of stock preparation, its significance in today's commercial kitchens, key terms, recipes and techniques, reductions, and glazes.

### **Lesson 4 – Sauces**

- A look at the functions of sauces, the various sauce families, roux, and other thickeners, finishing techniques, and some key sauces.

### **Lesson 5 – Soups**

- A review of the techniques of soup preparation, including thickening, a look at the various categories of soups, and some key recipes.

### **Lesson 6 – Meat Cutting**

- An examination of the composition and structure of meats, inspection and grading, and a study of the basic cuts for beef, pork, veal, and lamb.

### **Lesson 7 – Meat Cooking and Applied Kitchen Math I**

- A review of appropriate cooking methods for meat types, doneness, and, for math, types of measurements, terms, and abbreviations.

### **Lesson 8 – Meat Cooking and Applied Kitchen Math II**

- A continuation of the review of various meats and the appropriate cooking methods. In the math section, yields and recipe conversions are explained.

### **Lesson 9 – Poultry Processing and Cooking I**

- A study of the composition and structure of poultry, inspection and grading, handling, storage, and various poultry cuts.

### **Lesson 10 – Poultry Processing and Cooking II**

- A continuation of the review of poultry cooking, including various poultry cooking methods, key recipes, and stuffings.

### **Lesson 11 – Fish and Shellfish, and Recipes and the Menu I**

- A review of various types of fin fish and shellfish, handling and storage, and appropriate cooking methods. This lesson includes Recipes and the Menu I, a look at recipe structure, types, and standardization.

### **Lesson 12 – Vegetables and Vegetable Cooking I, and Recipes and the Menu II**

- A general overview of various vegetables, handling, and storage, and controlling texture, flavor, colour, and nutrient loss in the cooking process. The section Recipes and the Menu II is a wrap-up of the preceding section on menus and focuses on the written recipe and standardization.

### **Lesson 13 – Vegetable Cooking II, and Menu Design**

- A study of specific cooking methods and issues for vegetables. In Menu Design, participants review menu forms and functions, types, and the process of building a menu.

### **Lesson 14 – Potatoes and Nutrition I**

- An examination of potato types, classifications, and cooking techniques. In Nutrition I, the focus is on nutrients, healthy cooking techniques, and the balanced meal.

### **Lesson 15 – Rice and Other Starches, and Nutrition II**

- A review of legumes, pastas, rice, grain and other starches, and various cooking methods, and, in Nutrition II, a look at the Canada Food Guide and healthy cooking in the modern kitchen.

### **Lesson 16 – Vegetarianism and Special Diets**

- A look at vegetarian diet types, recipes, and menus for vegetarians and those with special diets.

### **Lesson 17 – Garde Manger I**

- A review of salads, salad dressings (including vinaigrettes and emulsified dressings), various types of salad ingredients, and final salad presentation.

### **Lesson 18 – Garde Manger II and Food Costing I**

- A review of sandwiches, including types, breads, spreads, and fillings, and, for Food Costing I, at look at the theory and basic principles of food costing.

### **Lesson 19 – Garde Manger III, and Food Costing II**

- An overview of hors d'oeuvres, canapés, and dips. In Food Costing II, participants receive practice with food costing examples.

### **Lesson 20 – Breakfast and Dairy**

- A review of egg cookery, breakfast quick breads, cereals, breakfast meats, dairy product classifications, dairy cooking techniques, and tea and coffee products.

### **Lesson 21 – Charcuterie**

- A study of sausages, curing and smoking, and pâtés, terrines, and other cold foods.

### **Lesson 22 – Food Presentation and Garnish, and Buffet**

- A review of hot and cold food presentation, plating fundamentals, and buffet techniques, arrangement, and appearance.

### **Lesson 23 – Bakeshop Theory**

- An examination of the fundamental principles of baking, including formulas, measurements, mixing, gluten, and ingredients.

### **Lesson 24 – Yeast Breads Theory**

- A look at yeast product types, gluten development, mixing techniques, bread formulas, and rolled-in doughs.

### **Lesson 25 – Quick Breads Theory**

- A review of the types of quick breads, mixing methods, and various recipes.

### **Lesson 26 – Cake Theory**

- An examination of cake making, including types, mixing, baking procedures, formulas, and icing types and production.

### **Lesson 27 – Pie Theory**

- A look at pies and pastries, various doughs, and assembly, fillings, and baking.

### **Lesson 28 – Dessert Theory**

- A study of cookies, dessert sauces, creams, custards, and other miscellaneous dessert products.

### **Lesson 29 – Study Guide**

- A short video which introduces the student to some study techniques to prepare for the final exam.

### **Lesson 30 – FINAL EXAM**

- This course's final examination is supervised and timed. *Note: Examinations written at locations other than Saskatchewan Polytechnic or approved colleges must be approved by your instructor.*

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### **District Offices**

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