



# **Cook**

# **Guide to Course Content**



Online: [www.saskapprenticeship.ca](http://www.saskapprenticeship.ca)

*Recognition:*

*To promote transparency and consistency, portions of this document has been adapted from the 2020 Cook Red Seal Occupational Standard (Employment and Social Development Canada).*

*A complete version of the Occupational Standard can be found at [www.red-seal.ca](http://www.red-seal.ca).*

# STRUCTURE OF THE GUIDE TO COURSE CONTENT

To facilitate understanding of the occupation, this guide to course content contains the following sections:

**Task Matrix:** a chart which outlines graphically the major work activities, tasks and sub-tasks of this standard detailing the essential skills and the level of training where the content is covered. The Task Matrix is broken down into the following:

**Major Work Activity:** the largest division within the standard that is comprised of a distinct set of trade activities.

**Task:** distinct actions that describe the activities within a major work activity.

**Sub-task:** distinct actions that describe the activities within a task.

**Training Profile Chart:** a chart which outlines the model for Saskatchewan Apprenticeship and Trade Certification Commission (SATCC) technical training.

**Technical Training Course Content for the Cook trade:** a chart which outlines the model for SATCC technical training sequencing. For the harmonized level of training, a cross reference to the Harmonized apprenticeship technical training sequencing, at the learning outcome level, is provided.

# TRAINING REQUIREMENTS FOR THE COOK TRADE

To graduate from each level of the apprenticeship program, an apprentice must successfully complete the required technical training and compile enough on-the-job experience to total at least 1800 hours each year. Total trade time required is 5400 hours and at least 3 years in the trade.

There are three levels of hybrid (online and in-school) technical training delivered by Saskatchewan Polytechnic in Saskatoon:

Level One: 20 weeks online 75 hours practical (scheduled over 5 weekends during training)

Level Two: 20 weeks online 75 hours practical (scheduled over 5 weekends during training)

Level Three: 20 weeks online 75 hours practical (scheduled over 5 weekends during training)

The information contained in this document details the technical training delivered for each level of apprenticeship. An apprentice spends approximately 15% of their apprenticeship term in a technical training institute learning the technical and theoretical aspects of the trade. The hours and percentages of technical and practical training may vary according to class needs and progress.

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

## Entrance Requirements for Apprenticeship Training

Your grade twelve transcripts (with no modified classes) or GED 12 is your guarantee that you meet the educational entrance requirements for apprenticeship in Saskatchewan. In fact, employers prefer and recommend apprentices who have completed high school. This ensures the individual has all of the necessary skills required to successfully complete the apprenticeship program and receive journeyperson certification.

Individuals with “modified” or “general” classes in math or science do not meet our entry requirements. These individuals are required to take an entrance assessment prescribed by the SATCC.

English is the language of instruction in all apprenticeship programs and is the common language for business in Saskatchewan. Before admission, all apprentices and/or “upgraders” must be able to understand and communicate in the English language.

| Designated Trade Name                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Math Credit at the Indicated Grade Level <sup>❶</sup> | Science Credit at Grade Level |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-------------------------------|
| Cook                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Grade 10                                              | Grade 10                      |
| <p>❶ - (One of the following) WA – Workplace and Apprenticeship; or F – Foundations; or P – Pre-calculus, or a Math at the indicated grade level (Modified and General Math credits are not acceptable.).</p> <p>*Applicants who have graduated in advance of 2015-2016, or who do not have access to the revised Science curricula will require a Science at the minimum grade level indicated by trade.</p> <p>For information about high school curriculum, including Math and Science course names, please see:<br/> <a href="http://www.curriculum.gov.sk.ca">http://www.curriculum.gov.sk.ca</a></p> <p><b>Individuals not meeting the entrance requirements will be subject to an assessment and any required training</b></p> |                                                       |                               |

# COOK TASK MATRIX CHART

This chart outlines the major work activities, tasks and sub-tasks from the 2020 Cook Red Seal Occupational Standard. Each sub-task details the corresponding essential skill and level of training where the content is covered. \*

\* Sub-tasks with numbers in the boxes is where the content is delivered in training.

## A – Hygiene, Sanitation and Safety

9%

|                                                   |                                                                           |                                                                    |                                 |                                   |                                 |
|---------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------|-----------------------------------|---------------------------------|
| A-1 Performs safety and hygiene-related functions | 1.01 Maintains safe work environment                                      | 1.02 Uses personal protective equipment (PPE) and safety equipment | 1.03 Maintains personal hygiene |                                   |                                 |
|                                                   | 1                                                                         | 1                                                                  | 1                               |                                   |                                 |
|                                                   |                                                                           |                                                                    |                                 |                                   |                                 |
| A-2 Practices food safety procedures              | 2.01 Maintains safe condition and temperature of raw and finished product | 2.02 Cools food rapidly                                            | 2.03 Re-thermalizes foods       | 2.04 Prevents cross-contamination | 2.05 Cleans tools and equipment |
|                                                   | 1<br>(2, 3 in context)                                                    | 1<br>(2, 3 in context)                                             | 1<br>(2, 3 in context)          | 1<br>(2, 3 in context)            | 1<br>(2, 3 in context)          |
|                                                   |                                                                           |                                                                    |                                 |                                   |                                 |
|                                                   | 2.06 Sanitizes tools and equipment                                        |                                                                    |                                 |                                   |                                 |
|                                                   | 1<br>(2, 3 in context)                                                    |                                                                    |                                 |                                   |                                 |

## B – Common Occupational Skills

7%

|                              |                  |                                    |                                    |
|------------------------------|------------------|------------------------------------|------------------------------------|
| B-3 Uses tools and equipment | 3.01 Uses knives | 3.02 Uses pots, pans, and utensils | 3.03 Uses equipment and appliances |
|                              | 1                | 1                                  | 1                                  |
|                              |                  |                                    |                                    |

|                                                                  |                                                                                   |                                                                              |                                                                        |                                                    |
|------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------|
| <b>B-4 Organizes work</b>                                        | <b>4.01 Organizes kitchen workplace</b><br><br><b>1</b>                           | <b>4.02 Schedules production</b><br><br><b>3</b>                             |                                                                        |                                                    |
| <b>B-5 Manages information</b>                                   | <b>5.01 Plans menu and mise en place</b><br><br><b>3</b>                          | <b>5.02 Uses documentation</b><br><br><b>1, 3</b>                            |                                                                        |                                                    |
| <b>B-6 Manages products</b>                                      | <b>6.01 Orders products</b><br><br><b>3</b>                                       | <b>6.02 Receives products</b><br><br><b>1</b>                                | <b>6.03 Stores products</b><br><br><b>1</b>                            | <b>6.04 Maintains inventory</b><br><br><b>1, 3</b> |
| <b>B-7 Performs trade activities</b>                             | <b>7.01 Uses recipes</b><br><br><b>1</b>                                          | <b>7.02 Performs portion control</b><br><br><b>1</b>                         | <b>7.03 Presents finished product</b><br><br><b>1, 2, 3</b>            | <b>7.04 Uses convenience foods</b><br><br><b>1</b> |
| <b>B-8 Adapts cooking practices to meet dietary requirements</b> | <b>8.01 Adapts kitchen practices to meet dietary requirements</b><br><br><b>3</b> | <b>8.02 Selects ingredients to meet dietary requirements</b><br><br><b>3</b> | <b>8.03 Prepares food to meet dietary requirements</b><br><br><b>3</b> |                                                    |
| <b>B-9 Uses communication and mentoring techniques</b>           | <b>9.01 Uses communication techniques</b><br><br><b>1</b>                         | <b>9.02 Uses mentoring techniques</b><br><br><b>3</b>                        |                                                                        |                                                    |

## C – Produce

8%

|                                |                                                     |                                                    |                                                       |                                                   |                                                      |
|--------------------------------|-----------------------------------------------------|----------------------------------------------------|-------------------------------------------------------|---------------------------------------------------|------------------------------------------------------|
| C-10 Prepares herbs and spices | 10.01 Selects herbs and spices<br><br>1             | 10.02 Cleans herbs<br><br>1                        | 10.03 Processes herbs and spices<br><br>1             |                                                   |                                                      |
| C-11 Prepares vegetables       | 11.01 Selects vegetables<br><br>1<br>(2 in context) | 11.02 Cleans vegetables<br><br>1<br>(2 in context) | 11.03 Processes vegetables<br><br>1<br>(2 in context) | 11.04 Cooks vegetables<br><br>1<br>(2 in context) | 11.05 Finishes vegetables<br><br>1<br>(2 in context) |
| C-12 Prepares fruit            | 12.01 Selects fruit<br><br>1<br>(2, 3 in context)   | 12.02 Cleans fruit<br><br>1<br>(2, 3 in context)   | 12.03 Processes fruit<br><br>1<br>(2, 3 in context)   | 12.04 Cooks fruit<br><br>1<br>(2, 3 in context)   | 12.05 Finishes fruit<br><br>1<br>(2, 3 in context)   |

## D – Stocks, Broths and Soups

8%

|                                 |                                                              |                                                                |                                                 |                                                    |
|---------------------------------|--------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------|----------------------------------------------------|
| D-13 Prepares stocks and broths | 13.01 Selects stock and broth ingredients<br><br>1, 2        | 13.02 Processes stock and broth ingredients<br><br>1, 2        | 13.03 Cooks stocks and broths<br><br>1, 2       |                                                    |
| D-14 Prepares soups             | 14.01 Selects soup Ingredients<br><br>1, 2<br>(3 In Context) | 14.02 Processes soup ingredients<br><br>1, 2<br>(3 In Context) | 14.03 Cooks soups<br><br>1, 2<br>(3 In Context) | 14.04 Finishes soups<br><br>1, 2<br>(3 In Context) |

## E – Sauces

9%

|                                             |                                                                                |                                                                                  |                                |                                   |
|---------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------|-----------------------------------|
| E-15 Prepares thickening and binding agents | 15.01 Selects thickening and binding ingredients<br><br>1, 2<br>(3 in context) | 15.02 Processes thickening and binding ingredients<br><br>1, 2<br>(3 in context) |                                |                                   |
| E-16 Prepares sauces                        | 16.01 Selects sauce ingredients<br><br>2                                       | 16.02 Processes sauce ingredients<br><br>2, 3                                    | 16.03 Cooks sauces<br><br>2, 3 | 16.04 Finishes sauces<br><br>2, 3 |

## F – Cheese, Dairy, Plant-Based Dairy Alternatives, Eggs and Egg Products

7%

|                                                                             |                                                                                        |                                                                                          |                                                                                      |                                                   |
|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------|
| F-17 Uses cheese, dairy products and plant-based dairy alternative products | 17.01 Selects cheese, dairy, and plant-based dairy alternative ingredients<br><br>1, 3 | 17.02 Processes cheese, dairy, and plant-based dairy alternative ingredients<br><br>1, 3 | 17.03 Finishes cheese, dairy, and plant-based dairy alternative ingredients<br><br>3 |                                                   |
| F-18 Prepares eggs and egg-based dishes                                     | 18.01 Selects ingredients for eggs and egg-based dishes<br><br>1                       | 18.02 Processes ingredients for eggs and egg-based dishes<br><br>1                       | 18.03 Cooks eggs and egg-related dishes<br><br>1                                     | 18.04 Finishes eggs and egg-based dishes<br><br>1 |

## G – Pastas, Noodles, Stuffed Pastas and Dumplings

7%

|                                  |                                                        |                                                |                                            |                                               |
|----------------------------------|--------------------------------------------------------|------------------------------------------------|--------------------------------------------|-----------------------------------------------|
| G-19 Prepares pastas and noodles | 19.01 Selects pasta and noodle ingredients<br><br>1, 2 | 19.02 Processes pastas and noodles<br><br>1, 2 | 19.03 Cooks pastas and noodles<br><br>1, 2 | 19.04 Finishes pastas and noodles<br><br>1, 2 |
|----------------------------------|--------------------------------------------------------|------------------------------------------------|--------------------------------------------|-----------------------------------------------|

|                                                   |                                                             |                                                     |                                                 |                                                    |
|---------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------|----------------------------------------------------|
| <b>G-20 Prepares stuffed pastas and dumplings</b> | <b>20.01 Selects stuffed pasta and dumpling ingredients</b> | <b>20.02 Processes stuffed pastas and dumplings</b> | <b>20.03 Cooks stuffed pastas and dumplings</b> | <b>20.04 Finishes stuffed pastas and dumplings</b> |
|                                                   | 2                                                           | 2                                                   | 2                                               | 2                                                  |

## H – Grains, Pulses, Seeds, Nuts and Alternative Proteins

**7%**

|                                           |                                           |                                             |                                         |
|-------------------------------------------|-------------------------------------------|---------------------------------------------|-----------------------------------------|
| <b>H-21 Prepares grains and pulses</b>    | <b>21.01 Selects grains and pulses</b>    | <b>21.02 Processes grains and pulses</b>    | <b>21.03 Cooks grains and pulses</b>    |
|                                           | 1                                         | 1                                           | 1                                       |
| <b>H-22 Prepares seeds and nuts</b>       | <b>22.01 Selects seeds and nuts</b>       | <b>22.02 Processes seeds and nuts</b>       | <b>22.03 Cooks seeds and nuts</b>       |
|                                           | 1                                         | 1                                           | 1                                       |
| <b>H-23 Prepares alternative proteins</b> | <b>23.01 Selects alternative proteins</b> | <b>23.02 Processes alternative proteins</b> | <b>23.03 Cooks alternative proteins</b> |
|                                           | 2, 3                                      | 3                                           | 3                                       |

## I – Meats, Game, Poultry, Game Birds and Variety Meats

**11%**

|                                          |                                          |                                             |                                         |                                            |
|------------------------------------------|------------------------------------------|---------------------------------------------|-----------------------------------------|--------------------------------------------|
| <b>I-24 Prepares meat and game meats</b> | <b>24.01 Selects meats and game meat</b> | <b>24.02 Processes meats and game meats</b> | <b>24.03 Cooks meats and game meats</b> | <b>24.04 Finishes meats and game meats</b> |
|                                          | 1, 2, 3                                  | 1, 2, 3                                     | 1, 2, 3                                 | 1, 2, 3                                    |

|                                             |                                                            |                                                              |                                                          |                                                             |
|---------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------|
| <b>I-25 Prepares poultry and game birds</b> | <b>25.01 Selects poultry and game birds</b><br><br>1, 2, 3 | <b>25.02 Processes poultry and game birds</b><br><br>1, 2, 3 | <b>25.03 Cooks poultry and game birds</b><br><br>1, 2, 3 | <b>25.04 Finishes poultry and game birds</b><br><br>1, 2, 3 |
| <b>I-26 Prepares variety meats</b>          | <b>26.01 Selects variety meats</b><br><br>3                | <b>26.02 Processes variety meats</b><br><br>3                | <b>26.03 Cooks variety meats</b><br><br>3                | <b>26.04 Finishes variety meats</b><br><br>3                |

## J – Fish and Seafood

**10%**

|                               |                                           |                                             |                                         |                                            |
|-------------------------------|-------------------------------------------|---------------------------------------------|-----------------------------------------|--------------------------------------------|
| <b>J-27 Prepares fin fish</b> | <b>27.01 Selects fin fish</b><br><br>1, 2 | <b>27.02 Processes fin fish</b><br><br>1, 2 | <b>27.03 Cooks fin fish</b><br><br>1, 2 | <b>27.04 Finishes fin fish</b><br><br>1, 2 |
| <b>J-28 Prepares seafood</b>  | <b>28.01 Selects seafood</b><br><br>2, 3  | <b>28.02 Processes seafood</b><br><br>2, 3  | <b>28.03 Cooks seafood</b><br><br>2, 3  | <b>28.04 Finishes seafood</b><br><br>2, 3  |

## K – Salads and Sandwiches

**6%**

|                                 |                                                    |                                                      |                                            |                                        |
|---------------------------------|----------------------------------------------------|------------------------------------------------------|--------------------------------------------|----------------------------------------|
| <b>K-29 Prepares sandwiches</b> | <b>29.01 Selects sandwich ingredients</b><br><br>1 | <b>29.02 Processes sandwich ingredients</b><br><br>1 | <b>29.03 Assembles sandwiches</b><br><br>1 | <b>29.04 Cooks sandwiches</b><br><br>1 |
| <b>K-30 Prepares salads</b>     | <b>30.01 Selects salad ingredients</b><br><br>1    | <b>30.02 Processes salad ingredients</b><br><br>1    | <b>30.03 Finishes salad</b><br><br>1       |                                        |

|                                                          |                                                                          |                                                                        |
|----------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>K-31 Prepares condiments, preserves and dressings</b> | <b>31.01 Selects ingredients for condiments, preserves and dressings</b> | <b>31.02 Processes ingredients for condiments, preserves dressings</b> |
|                                                          | 1, 3                                                                     | 1, 3                                                                   |

## L – Specialty Preparation

5%

|                                                            |                                                                            |                                                                              |                                                              |                                                          |                                                             |
|------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------|
| <b>L-32 Prepares hors d'oeuvres and other finger foods</b> | <b>32.01 Selects ingredients for hors d'oeuvres and other finger foods</b> | <b>32.02 Processes ingredients for hors d'oeuvres and other finger foods</b> | <b>32.03 Assembles hors d'oeuvres and other finger foods</b> | <b>32.04 Cooks hors d'oeuvres and other finger foods</b> | <b>32.05 Finishes hors d'oeuvres and other finger foods</b> |
|                                                            | 3                                                                          | 3                                                                            | 3                                                            | 3                                                        | 3                                                           |
| <b>L-33 Prepares charcuterie and cured products</b>        | <b>33.01 Selects ingredients for charcuterie and cured products</b>        | <b>33.02 Processes ingredients for charcuterie and cured products</b>        | <b>33.03 Cooks charcuterie and cured products</b>            | <b>33.04 Finishes charcuterie and cured products</b>     |                                                             |
|                                                            | 3                                                                          | 3                                                                            | 3                                                            | 3                                                        |                                                             |
| <b>L-34 Prepares gels and glazes</b>                       | <b>34.01 Selects ingredients for gels and glazes</b>                       | <b>34.02 Processes ingredients for gels and glazes</b>                       | <b>34.03 Finishes gels and glazes</b>                        |                                                          |                                                             |
|                                                            | 3                                                                          | 3                                                                            | 3                                                            |                                                          |                                                             |
| <b>L-35 Prepares marinades, rubs, and brines</b>           | <b>35.01 Selects marinade, rub and brine ingredients</b>                   | <b>35.02 Processes marinade, rub and brine ingredients</b>                   |                                                              |                                                          |                                                             |
|                                                            | 2                                                                          | 2                                                                            |                                                              |                                                          |                                                             |

## M – Sweet and Savoury Baked Goods and Desserts

6%

|                                                                                                   |                                                                                                                               |                                                                                                                                 |                                                                                                                |                                                                       |
|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| <b>M-36 Prepares dough-based products</b>                                                         | <b>36.01 Selects ingredients for dough</b><br><br>1, 2, 3                                                                     | <b>36.02 Processes ingredients for dough</b><br><br>1, 2, 3                                                                     | <b>36.03 Cooks dough-based products</b><br><br>1, 2, 3                                                         | <b>36.04 Finishes dough-based products</b><br><br>1, 2, 3             |
| <b>M-37 Prepares batter-based products</b>                                                        | <b>37.01 Selects ingredients for batters</b><br><br>1, 2, 3                                                                   | <b>37.02 Processes ingredients for batters</b><br><br>1, 2, 3                                                                   | <b>37.03 Cooks batter-based products</b><br><br>1, 2, 3                                                        | <b>37.04 Finishes batter-based products</b><br><br>1, 2, 3            |
| <b>M-38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings and sugar works</b> | <b>38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works</b><br><br>2, 3 | <b>38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works</b><br><br>2, 3 | <b>38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings and sugar works</b><br><br>2, 3 |                                                                       |
| <b>M-39 Assembles cakes</b>                                                                       | <b>39.01 Selects cake components for assembly</b><br><br>2<br>(3 In Context)                                                  | <b>39.02 Finishes cakes</b><br><br>2<br>(3 In Context)                                                                          |                                                                                                                |                                                                       |
| <b>M-40 Prepares savoury and sweet pastries and pies</b>                                          | <b>40.01 Selects ingredients for savoury and sweet pastries and pies</b><br><br>2, 3                                          | <b>40.02 Assembles savoury and sweet pastries and pies</b><br><br>2, 3                                                          | <b>40.03 Cooks savoury and sweet pastries and pies</b><br><br>2, 3                                             | <b>40.04 Finishes savoury and sweet pastries and pies</b><br><br>2, 3 |
| <b>M-41 Prepares chocolate</b>                                                                    | <b>41.01 Selects chocolate and ingredients</b><br><br>3                                                                       | <b>41.02 Processes chocolate</b><br><br>3                                                                                       | <b>41.03 Finishes chocolate</b><br><br>3                                                                       |                                                                       |

# TRAINING PROFILE CHART

This Training Profile Chart represents Saskatchewan Apprenticeship and Trade Certification Commission (SATCC) technical training at the topic level.

| Level One                                                                    | Transcript Code      | Hours |
|------------------------------------------------------------------------------|----------------------|-------|
| Baked Goods and Desserts                                                     | CKNG 124 – Theory    | 23    |
|                                                                              | CKNG 125 – Practical | 8     |
| Cheese, Dairy and Plant Based Dairy Alternatives (Egg, and Egg Based Dishes) | CKNG 126 – Theory    | 20    |
|                                                                              | CKNG 127 – Practical | 7     |
| Fish and Shellfish                                                           | CKNG 120 – Theory    | 16    |
|                                                                              | CKNG 121 – Practical | 9     |
| Garde Manger                                                                 | CKNG 128 – Theory    | 17    |
|                                                                              | CKNG 129 – Practical | 7     |
| Meats and Poultry                                                            | CKNG 134 – Theory    | 20    |
|                                                                              | CKNG 135 – Practical | 8     |
| Occupational Skills                                                          | CKNG 136 – Theory    | 15    |
| Starches and Legumes                                                         | CKNG 130 – Theory    | 17    |
|                                                                              | CKNG 131 – Practical | 6     |
| Stocks, Sauces and Soups                                                     | CKNG 132 – Theory    | 20    |
|                                                                              | CKNG 133 – Practical | 7     |
| Trade Mathematics (Exceeds)                                                  | MATH 135 – Practical | 6     |
| Vegetables and Fruits                                                        | CKNG 122 – Theory    | 17    |
|                                                                              | CKNG 123 – Practical | 17    |
|                                                                              |                      | 240   |

| Level Two                                  | Transcript Code      | Hours |
|--------------------------------------------|----------------------|-------|
| Baked Goods and Desserts                   | CKNG 202 – Theory    | 38    |
|                                            | CKNG 203 – Practical | 29    |
| Fish and Seafood                           | CKNG 214 – Theory    | 28    |
|                                            | CKNG 215 – Practical | 8     |
| Meats and Poultry and Alternative Proteins | CKNG 212 – Theory    | 33    |
|                                            | CKNG 213 – Practical | 7     |
| Occupational Skills                        | CKNG 216 – Theory    | 15    |
| Pastas and Dumplings                       | CKNG 208 – Theory    | 28    |
|                                            | CKNG 209 – Practical | 16    |
| Stocks, Sauces and Soups                   | CKNG 210 – Theory    | 23    |
|                                            | CKNG 211 – Practical | 15    |
|                                            |                      | 240   |

| Level Three                                   | Transcript Code      | Hours |
|-----------------------------------------------|----------------------|-------|
| Baked Goods and Desserts                      | CKNG 302 – Theory    | 40    |
|                                               | CKNG 303 – Practical | 23    |
| Cheese, Dairy, Plant-Based Dairy Alternatives | CKNG 304 – Theory    | 20    |
|                                               | CKNG 305 – Practical | 7     |
| Game, Variety Meats and Alternative Proteins  | CKNG 312 – Theory    | 25    |
|                                               | CKNG 313 – Practical | 15    |
| Garde Mange                                   | CKNG 306 – Theory    | 26    |
|                                               | CKNG 307 – Practical | 15    |
| Occupational Skills                           | CKNG 316 – Theory    | 14    |
| Sauces                                        | CKNG 310 – Theory    | 20    |
|                                               | CKNG 311 – Practical | 8     |
| Seafood                                       | CKNG 314 – Theory    | 20    |
|                                               | CKNG 315 – Practical | 7     |
|                                               |                      | 240   |

# TECHNICAL TRAINING COURSE CONTENT

This chart outlines the model for Saskatchewan Apprenticeship and Trade Certification Commission (SATCC) technical training sequencing. For the harmonized level of training, a cross reference to the Red Seal Occupational Standard (RSOS) apprenticeship technical training sequencing, at the learning outcome level, is provided.

Sub-tasks listed are the minimum to be covered in a topic. Related sub-tasks not listed may be used as a reference and taught “in context” in other topics.

| <b>Hybrid Level One</b>                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>20 weeks<br/>and 75 hours<br/>practical in-class<br/>training</b> | <b>10 Online<br/>Modules<br/>240 hours</b> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------|
| <b>Baked Goods and Desserts – Theory</b>                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                      | <b>23 hours</b>                            |
| <ul style="list-style-type: none"> <li>describe the basic principles of baking</li> <li>describe the functions and characteristics of commonly used baking ingredients</li> <li>describe the classification/procedures in the preparation of dough-based products</li> <li>describe the classification/procedures in the preparation of batter-based quick breads</li> <li>identify convenience products and their functions in bakery production</li> </ul> |                                                                      |                                            |
| <b>Baked Goods and Desserts – Practical</b>                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                      | <b>8 hours</b>                             |
| <ul style="list-style-type: none"> <li>apply the principles of baking</li> <li>apply the functions of ingredients</li> <li>prepare dough and batter classifications by applying the appropriate procedures for processing, mixing and make-up</li> <li>demonstrate the procedures for assembling, baking, serving, and storing batter-based quick breads</li> <li>identify convenience products and their functions in bakery production</li> </ul>          |                                                                      |                                            |
| <b>RSOS topics covered in this section of training:</b>                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                      |                                            |
| <b>M-36 Prepares dough-based products</b>                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                      |                                            |
| M-36.01 Selects ingredients for dough                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                      |                                            |
| M-36.02 Processes ingredients for dough                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                      |                                            |
| M-36.03 Cooks dough-based products                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                      |                                            |
| M-36.04 Finishes dough-based products                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                      |                                            |
| <b>M-37 Prepares batter-based products</b>                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                      |                                            |
| M-37.01 Selects ingredients for batters                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                      |                                            |
| M-37.02 Processes ingredients for batters                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                      |                                            |
| M-37.03 Cooks batter-based products                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                      |                                            |
| M-37.04 Finishes batter-based products                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                      |                                            |

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|                                                                                          |                 |
|------------------------------------------------------------------------------------------|-----------------|
| <b>Cheese, Dairy, Plant-based Dairy Alternatives (Egg and Egg Based Dishes) – Theory</b> | <b>20 hours</b> |
|------------------------------------------------------------------------------------------|-----------------|

- describe the composition, market forms and grades of eggs
- describe the principles and procedures for cooking and serving eggs
- describe the categories of breakfast potatoes, quick breads, cereals and meats
- describe convenience products that can be used as a substitution for breakfast foods
- describe the composition, varieties, and serving and storage of cheese
- describe proper selection and use of common plant-based dairy alternatives

|                                                                                             |                |
|---------------------------------------------------------------------------------------------|----------------|
| <b>Cheese, Dairy, Plant-based Dairy Alternatives (Egg and Egg Based Dishes) – Practical</b> | <b>7 hours</b> |
|---------------------------------------------------------------------------------------------|----------------|

- apply the principles and procedures for cooking and serving eggs
- demonstrate the procedures for preparing quick breads, breakfast potatoes, cereals, and meats
- demonstrate the procedures for selecting, serving, and storing varieties of cheeses

**RSOS topics covered in this section of training:**

**A-1 Performs safety and hygiene-related functions**

A-1.01 Maintains safe work environment

**F-17 Uses cheese, dairy products, and plant-based dairy alternative products**

F-17.01 Selects cheese, dairy, and plant-based dairy alternative ingredients

F-17.02 Processes cheese, dairy, and plant-based dairy alternative ingredients

**F-18 Prepares eggs and egg-based dishes**

F-18.01 Selects ingredients for eggs and egg-based dishes

F-18.02 Processes ingredients for eggs and egg-based dishes

F-18.03 Cooks eggs and egg-based dishes

F-18.04 Finishes eggs and egg-based dishes

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|                                    |                 |
|------------------------------------|-----------------|
| <b>Fish and Shellfish – Theory</b> | <b>16 hours</b> |
|------------------------------------|-----------------|

- list common varieties of saltwater and freshwater fin fish
- list the basic market forms of fish
- explain the effects of cooking on the composition and structure of fish
- identify the characteristics of fresh fish
- list the procedures for cooking, storing and handling fish and fish products

|                                       |                |
|---------------------------------------|----------------|
| <b>Fish and Shellfish – Practical</b> | <b>9 hours</b> |
|---------------------------------------|----------------|

- identify common variety of saltwater and freshwater fin fish
- demonstrate the proper techniques for handling and storing of fish and fish products
- dress and fillet round fish and flatfish
- cook fish using various cooking methods
- demonstrate the proper guidelines for handling, preparing, and serving of raw fish products

**RSOS topics covered in this section of training:**

**J-27 Prepares fin fish**

J-27.01 Selects fin fish

J-27.02 Processes fin fish

J-27.03 Cooks fin fish

J-27.04 Finishes fin fish

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## **Garde Manger – Theory**

**17 hours**

- describe the classifications of salads, salad dressings, and sandwiches
- describe the common salad ingredients and procedures used for evaluating and preparing salad ingredients
- describe the common ingredients used in salad dressings and sandwiches
- describe the guidelines and principles for serving salads and sandwiches
- describe convenience products that can be substituted in salads, salad dressings, and sandwiches

## **Garde Manger – Practical**

**7 hours**

- identify the classifications of salads, salad dressings, and sandwiches
- identify the common salad ingredients and procedures used for evaluating and preparing salad ingredients
- identify convenience products that can substituted in salads, salad dressings, and sandwiches

### **RSOS topics covered in this section of training:**

#### **C-10 Prepares herbs and spices**

C-10.01 Selects herbs and spices

C-10.02 Cleans herbs

C-10.03 Processes herbs and spices

#### **C-11 Prepares vegetables**

C-11.01 Selects vegetables

C-11.02 Cleans vegetables

C-11.03 Processes vegetables

C-11.04 Cooks vegetables

C-11.05 Finishes vegetables

#### **C-12 Prepares Fruit**

C-12.01 Selects fruit

C-12.02 Cleans fruit

C-12.03 Processes fruit

C-12.04 Cooks fruit

C-12.05 Finishes fruit

#### **K-29 Prepares sandwiches**

K-29.01 Selects sandwich ingredients

K-29.02 Processes sandwich ingredients

K-29.03 Assembles sandwiches

K-29.04 Cooks sandwiches

#### **K-30 Prepares salads**

K-30.01 Selects salad ingredients

K-30.02 Processes salad ingredients

K-30.03 Finishes salad

#### **K-31 Prepares condiments, preserves and dressings**

K-31.01 Selects ingredients for condiments, preserves and dressings

K-31.02 Processes ingredients for condiments, preserves and dressings

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## **Meats and Poultry – Theory**

**20 hours**

- describe the composition and structure of meat and explain how they relate to meat selection and cooking methods
- explain the use of the federal meat inspection and grading system in selecting and purchasing meats
- explain the effect that aging has on meat and identify the two primary aging methods
- identify the primal cuts of beef, and pork and list the major fabricated cuts obtained from each of them
- identify classifications and market forms of poultry
- describe appropriate cooking methods for various cuts of meat
- describe the storage of fresh and frozen meats and poultry

## **Meats and Poultry – Practical**

**8 hours**

- process beef
- process pork
- process poultry
- cook meat using various cooking methods
- determine doneness in cooked meats
- store fresh meat and frozen meat

### **RSOS topics covered in this section of training:**

#### **I-24 Prepares meats and game meats**

- I-24.01 Selects meats and game meats
- I-24.02 Processes meats and game meats
- I-24.03 Cooks meats and game meats
- I-24.04 Finishes meats and game meats

#### **I-25 Prepares poultry and game birds**

- I-25.01 Selects poultry and game birds
- I-25.02 Processes poultry and game birds
- I-25.03 Cooks poultry and game birds
- I-25.04 Finishes poultry and game birds

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## **Occupational Skills**

**15 hours**

- describe the procedures for observing sanitation in the kitchen
- describe the procedures for working safely in the kitchen
- describe the procedure of proper food safety
- describe the procedures for using knives, hand tools and small equipment
- describe kitchen tools and equipment operation
- describe the functions and use of information management in a kitchen
- explain the procedures of trade activities in a kitchen
- describe WHMIS in the kitchen

### **RSOS topics covered in this section of training:**

#### **A-1 Performs safety related functions**

- A-1.01 Maintains safe work environment
- A-1.02 Uses personal and protective equipment (PPE) and safety equipment
- A-1.03 Maintains personal hygiene

**A-2 Practices food safety procedures**

A-2.01 Maintains safe condition and temperature of raw and finished product

A-2.02 Cools food rapidly

A-2.03 Re-thermalizes foods

A-2.04 Prevents cross-contamination

A-2.05 Cleans tools and equipment

A-2.06 Sanitizes tools and equipment

**B-3 Uses tools and equipment**

B-3.01 Uses knives

B-3.02 Uses pots, pans, and utensils

B-3.03 Uses equipment and appliances

**B-4 Organizes work**

B-4.01 Organizes kitchen workplace

**B-5 Manages information**

B-5.02 Uses documentation

**B-6 Manages products**

B-6.02 Receives products

B-6.03 Stores products

B-6.04 Maintains inventory

**B-7 Performs trade activities**

B-7.01 Uses recipes

B-7.02 Performs portion control

B-7.03 Presents finished product

B-7.04 Uses convenience foods

**B-9 Uses communication and mentoring techniques**

B-9.01 Uses communication techniques

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**Starches and Legumes – Theory****17 hours**

- describe the classifications and characteristics for potatoes, rice and commercial dried pasta
- describe the quality standards and storage procedures for potatoes, rice, commercial dried pasta and other grains
- describe the procedures for handling, cooking and serving potatoes, rice, other grains, and commercial dried pasta
- identify convenience products that can be substituted for potatoes
- describe the procedures for handling, preparing, cooking and storing seeds and nuts

**Starches and Legumes – Practical****6 hours**

- demonstrate the procedures for handling, cooking, serving, and storing potatoes, rice, and commercial dried pasta
- describe the procedures for handling, preparing, cooking, and storing seeds and nuts
- identify the characteristics of raw and cooked rice and grains

**RSOS topics covered in this section of training:**

**G-19 Prepares pastas and noodles**

- G-19.01 Selects pasta and noodle ingredients
- G-19.02 Processes pastas and noodles
- G-19.03 Cooks pastas and noodles
- G-19.04 Finishes pastas and noodles

**H-21 Prepares grains and pulses**

- H-21.01 Selects grains and pulses
- H-21.02 Processes grains and pulses
- H-21.03 Cooks grains and pulses

**H-22 Prepares seeds and nuts**

- H-22.01 Selects seeds and nuts
- H-22.02 Processes seeds and nuts
- H-22.03 Cooks seeds and nuts

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**Stocks, Sauces and Soups – Theory**

**20 hours**

- describe the basic categories, ingredients, and procedures for preparing stocks, soups, and sauces
- describe the procedures used when preparing various thickening agents
- describe ingredients and procedures using thickening and binding agents
- describe the functions and standards of stocks, soups, and sauces
- describe the procedure for holding, serving, cooling, and storing basic stocks, soups, and sauces
- identify convenience products

**Stocks, Sauces and Soups – Practical**

**7 hours**

- prepare stocks, soups, and sauces
- demonstrate the process for holding, serving, cooling, and storing stocks, soups, and sauces
- prepare thickening agents
- demonstrate procedures using thickening and binding agents
- prepare convenience products

**RSOS topics covered in this section of training:**

**D-13 Prepares stocks and broths**

- D-13.01 Selects stock and broth ingredients
- D-13.02 Processes stock and broth ingredients
- D-13.03 Cooks stocks and broths

**D-14 Prepares soups**

- D-14.01 Selects soup ingredients
- D-14.02 Processes soup ingredients
- D-14.03 Cooks soups
- D-14.04 Finishes soups

**E-15 Prepares thickening and binding agents**

- D-15.01 Selects thickening and binding ingredients
- D-15.02 Processes thickening and binding ingredients

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**Trade Math****6 hours**

- using Metric and Imperial measurement systems, perform calculations using whole numbers, fractions, and percentages
- using Metric and Imperial measurement systems, solve equations using whole numbers, fractions, and percentages
- using Metric and Imperial measurement systems, perform calculations using weights and measures

**This section of training exceeds the minimum sequencing as set out in the Cook RSOS.**

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**Vegetables and Fruit – Theory****17 hours**

- describe the various vegetables and fruit families
- explain the principles and standards of fruit and vegetable cooking
- identify the procedures for handling vegetable and fruit convenience products
- describe various herbs and spices and their qualities
- describe the identification of fresh fruit in the tropical and exotic classifications

**Vegetables and Fruit – Practical****17 hours**

- apply the principles and standards of fruit & vegetable cooking
- cook fruit & vegetables
- prepare vegetable and fruit convenience products
- identify various herbs and spices
- identify various fruits and vegetables

**RSOS topics covered in this section of training:****C-10 Prepares herbs and spices**

C-10.01 Selects herbs and spices

C-10.02 Cleans herbs

C-10.03 Processes herbs and spices

**C-11 Prepares vegetables**

C-11.01 Selects vegetables

C-11.02 Cleans vegetables

C-11.03 Processes vegetables

C-11.04 Cooks vegetables

C-11.05 Finishes vegetables

**C-12 Prepares fruit**

C-12.01 Selects fruit

C-12.02 Cleans fruit

C-12.03 Processes fruit

C-12.04 Cooks fruit

C-12.05 Finishes fruit

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**Level One has no topics from the RSOS that are taught in context:***For details regarding the In Context Topic, see page 34*

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## **\*Cook Hybrid Level One (1) Examination**

### **Level One Practical Face-To-Face Weekend Sessions (Saturday and Sunday)**

#### **Weekends**

- Cover the following:
    - reviews learning outcomes of lessons of the past month
    - instruction in areas of current lessons which require face-to-face reinforcement
    - formal practical assessment of lessons covered in the past month
    - formal written examination of lessons covered in the past month
-

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## Hybrid Level Two

**20 weeks  
and 75 hours  
practical in-class training**

**6 Online Modules  
240 hours**

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### **Baked Goods and Desserts – Theory**

**38 hours**

- describe the classifications of rolled-in dough-based products and yeast products
- describe the various makeup methods of dough-based products and yeast products
- describe the procedures used for baking, serving, and storing baked goods and desserts
- describe the classifications/procedures in the preparation of cookies and pies
- describe the classifications of batter-based cakes and icing
- describe the use of convenience products associated with baked goods and desserts
- describe creams, mousses, frozen desserts, toppings, and sugars

### **Baked Goods and Desserts – Practical**

**29 hours**

- prepare dough-based products and yeast products
- demonstrate the various makeup methods for dough-based products and yeast products
- demonstrate the procedures for baking, serving, and storing baked goods and desserts
- demonstrate the use of convenience products associated with baked goods and desserts
- demonstrate the classifications /procedures in the preparation of cookies and pies
- prepare various kinds of batter-based cakes and icing
- prepare custards and pastries, creams, mousses, frozen desserts, toppings, and sugars

### **RSOS topics covered in this section of training:**

#### **M-36 Prepares dough-based products**

- M-36.01 Selects ingredients for dough
- M-36.02 Processes ingredients for dough
- M-36.03 Cooks dough-based products
- M-36.04 Finishes dough-based products

#### **M-37 Prepares batter-based products**

- M-37.01 Selects ingredients for batters
- M-37.02 Processes ingredients for batters
- M-37.03 Cooks batter-based products
- M-37.04 Finishes batter-based products

#### **M-38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works**

- M-38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- M-38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings and sugar works
- M-38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

#### **M-39 Assembles cakes**

- M-39.01 Selects cake components for assembly
- M-39.02 Finishes cakes

#### **M-40 Prepares savoury and sweet pastries and pies**

- M-40.01 Selects ingredients for savoury and sweet pastries and pies
- M-40.02 Assembles savoury and sweet pastries and pies
- M-40.03 Cooks savoury and sweet pastries and pies
- M-40.04 Finishes savoury and sweet pastries and pies

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## **Fish and Seafood – Theory**

**28 hours**

- select, process, cook and finish fin fish
- describe the common varieties of seafood
- identify basic forms of seafood
- describe the effects of cooking on the composition and structure of seafood
- describe the characteristics of seafood
- describe the appropriate cooking methods for various forms of seafood
- describe the procedures for storing and handling seafood

## **Fish and Seafood – Practical**

**8 hours**

- select, process, cook and finish fin fish
- process the common varieties of seafood
- demonstrate the effects of cooking on the composition and structure of seafood
- identify the characteristics of seafood
- apply the appropriate cooking methods for various forms of seafood
- apply the procedures for storing and handling seafood

### **RSOS topics covered in this section of training:**

#### **J-27 Prepares fin fish**

- J-27.01 Selects fin fish
- J-27.02 Processes fin fish
- J-27.03 Cooks fin fish
- J-27.04 Finishes fin fish

#### **J-28 Prepares seafood**

- J-28.01 Selects seafood
- J-28.02 Processes seafood
- J-28.03 Cooks seafood
- J-28.04 Finishes seafood

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## **Meats, Poultry and Alternative Proteins – Theory**

**33 hours**

- identify the classifications and characteristics of domestic poultry products including turkey, duck, and goose
- describe appropriate cooking methods for domestic poultry including turkey, duck & goose
- identify the grades and market forms of lamb
- select appropriate cooking methods for lamb
- identify procedures for storing meat and poultry
- select alternative proteins
- describe procedures for using marinades, rubs, and brines

## **Meats, Poultry and Alternative Proteins – Practical**

**7 hours**

- process domestic poultry products
- select appropriate cooking methods for turkey, duck, and goose
- process lamb
- demonstrate the procedures for storing domestic poultry products and lamb
- demonstrate procedures for using marinades, rubs, and brines
- prepare alternative proteins

**RSOS topics covered in this section of training:**

**H-23 Prepares alternative proteins**

H-23.01 Selects alternative proteins

**I-24 Prepares meats and game meats**

I-24.01 Selects meats and game meats

I-24.02 Processes meats and game meats

I-24.03 Cooks meats and game meats

I-24.04 Finishes meats and game meats

**I-25 Prepares poultry and game birds**

I-25.01 Selects poultry and game birds

I-25.02 Processes poultry and game birds

I-25.03 Cooks poultry and game birds

I-25.04 Finishes poultry and game birds

**L-35 Prepares marinades, rubs and brines**

L-35.01 Selects marinade, rub and brine ingredients

L-35.02 Processes marinade, rub and brine ingredients

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**Occupational Skills**

**15 hours**

- demonstrate food presentation and garnishing

**RSOS topics covered in this section of training:**

**B-7 Performs trade activities**

B-7.03 Presents finished product

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**Pastas and Dumplings – Theory**

**28 hours**

- describe the characteristics of fresh pasta
- describe the procedure for making dumplings
- identify convenience products that can be used in substitution of fresh pasta and dumplings
- describe the quality standards and storage procedures used for fresh pasta and dumplings

**Pastas and Dumplings – Practical**

**16 hours**

- prepare fresh pasta and dumplings
- apply the quality standards and storage procedures used for fresh pasta and dumplings
- apply the procedures for handling, cooking, serving, and storing fresh pasta, and dumplings
- prepare convenience products that can be used in substitution of fresh pasta, and dumplings

**RSOS topics covered in this section of training:**

**G-19 Prepares pastas and noodles**

G-19.01 Selects pasta and noodle ingredients

G-19.02 Processes pastas and noodles

G-19.03 Cooks pastas and noodles

G-19.04 Finishes pastas and noodles

**G-20 Prepares stuffed pastas and dumplings**

G-20.01 Selects stuffed pasta and dumpling ingredients

G-20.02 Processes stuffed pastas and dumplings

G-20.03 Cooks stuffed pastas and dumplings

G-20.04 Finishes stuffed pastas and dumplings

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**Stocks, Sauces, and Soups – Theory****23 hours**

- describe the categories, ingredients, and procedures for preparing stocks, sauces and soups
- describe the functions and standards of soups and sauces
- describe the finishing techniques used in sauce making
- identify convenience products
- describe the categories, ingredients, and procedures for preparing specialty soups
- describe the functions and standards of specialty soups
- describe the procedures for handling, serving, holding, and storing soups and sauces

**Stocks, Sauces, and Soups – Practical****15 hours**

- prepare stocks, sauces and soups
- demonstrates finishing techniques used in sauce making
- demonstrate the process for preparing specialty soups
- demonstrate the finishing techniques used in making sauces and specialty soups
- demonstrate the process for holding, serving, cooling, and storing soups and sauces
- prepare convenience products

**RSOS topics covered in this section of training:****D-13 Prepares stocks and broths**

D-13.01 Selects stock and broth ingredients

D-13.02 Processes stock and broth ingredients

D-13.03 Cooks stocks and broths

**D-14 Prepares soups**

D-14.01 Selects soup ingredients

D-14.02 Processes soup ingredients

D-14.03 Cooks soups

D-14.04 Finishes soups

**E-15 Prepares thickening and binding agents**

D-15.01 Selects thickening and binding ingredients

D-15.02 Processes thickening and binding ingredients

**E-16 Prepares sauces**

E-16.01 Selects sauce ingredients

E-16.02 Processes sauce ingredients

E-16.03 Cooks sauces

E-16.04 Finishes sauces

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**Level Two topics from the RSOS that are taught in Context:**

***A-2 Practices Food Safety Procedures***

***C-11 Prepares Vegetables***

***C-12 Prepares Fruit***

***For details regarding the In Context Topic, see page 35***

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**\*Cook Hybrid Level Two (2) Examination**

**Level Two Practical Face-To-Face Weekend Sessions (Saturday and Sunday)**

**Weekends**

- Cover the Following:
    - reviews learning outcomes of lessons of the past month
    - instruction in areas of current lessons which require face-to-face reinforcement
    - formal practical assessment of lessons covered in the past month
    - formal written examination of lessons covered in the past month
-

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## Hybrid Level Three

**20 weeks  
and 75 hours  
practical in-class  
training**

**7 online  
Modules  
240 hours**

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### **Baked Goods and desserts – Theory**

**40 hours**

- describe the classifications of chocolate, frozen desserts, dessert sauces and toppings, creams, confections and specialty tortes
- describe the ingredients used in the preparation of chocolate, frozen desserts, dessert sauces and toppings, creams, confections and specialty tortes
- describe the production methods of chocolate, frozen desserts, dessert sauces and toppings, creams, confections and specialty tortes
- describe the quality standards of chocolate, frozen desserts, dessert sauces and toppings, creams, confections and specialty tortes
- describe the procedures used for planning, presenting and storing finished desserts
- identify convenience products associated with chocolate, frozen desserts, dessert sauces, toppings and fillings, creams, confections and specialty tortes

### **Baked Goods and desserts – Practical**

**23 hours**

- prepare chocolate, frozen desserts, creams, confections and specialty tortes, dessert sauces and toppings
- apply quality standards to finished chocolate products, frozen desserts, dessert sauces and toppings, creams, confections and specialty tortes
- apply the principles associated with the classifications of custards and pastries, creams, mousses, frozen desserts, toppings, and sugars
- demonstrate the procedures used for planning, presenting and storing finished desserts
- prepare convenience products associated with chocolate, frozen desserts, dessert sauces and toppings, creams, confections and specialty tortes

### **RSOS topics covered in this section of training:**

#### **M-36 Prepares dough-based products**

- M-36.01 Selects ingredients for dough
- M-36.02 Processes ingredients for dough
- M-36.03 Cooks dough-based products
- M-36.04 Finishes dough-based products

#### **M-37 Prepares batter-based products**

- M-37.01 Selects ingredients for batters
- M-37.02 Processes ingredients for batters
- M-37.04 Finishes batter-based products

#### **M-38 Prepares creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works**

- M-38.01 Selects ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- M-38.02 Processes ingredients for creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works
- M-38.03 Finishes creams, mousses, frozen desserts, fillings, icings, toppings, and sugar works

**M-40 Prepares savoury and sweet pastries and pies**

M-40.01 Selects ingredients for savoury and sweet pastries and pies

M-40.02 Assembles savoury and sweet pastries and pies

M-40.03 Cooks savoury and sweet pastries and pies

M-40.04 Finishes savoury and sweet pastries and pies

**M-41 Prepares chocolate**

M-41.01 Selects chocolate and ingredients

M-41.02 Processes chocolate

M-41.03 Finishes chocolate

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**Cheese, Dairy, Plant-Based Dairy Alternatives – Theory****20 hours**

- describe the identification of market forms of cheese and plant-based dairy alternative products
- describe the principles of cooking with cheese and plant-based dairy alternative products
- describe the process for serving cheeses and plant-based dairy alternative products
- explain the categories of milk, cream, and butter products (non-cheese)
- explain the principles of cooking with dairy products
- describe the use of convenience products

**Cheese, Dairy, Plant-Based Dairy Alternatives – Practical****7 hours**

- identify market forms of cheese products and plant based alternative products
- demonstrate application of the principles of cooking with dairy products and plant based alternative products
- identify the composition, varieties, serving and storage methods of cheeses
- prepare convenience products

**RSOS topics covered in this section of training:****F-17 Uses cheese, dairy products, and plant-based dairy alternative products**

F-17.01 Selects cheese, dairy, and plant-based dairy alternative ingredients

F-17.02 Processes cheese, dairy, and plant-based dairy alternative ingredients

F-17.03 Finishes cheese, dairy, and plant-based dairy alternative products

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**Game, Variety Meats and Alternative Proteins – Theory****25 hours**

- identify varieties, characteristics of game meats, variety meats and specialty poultry
- identify market forms of variety meats, game and specialty poultry
- select appropriate cooking methods for variety meats, game meats and specialty poultry
- describe the varieties and characteristics of alternative proteins
- describe appropriate cooking methods for alternative proteins

**Game, Variety Meats and Alternative Proteins – Practical****15 hours**

- identify varieties, characteristics of game meats, variety meats and specialty poultry
- select appropriate cooking methods for variety meats, game meats and specialty poultry
- select appropriate cooking methods for alternative proteins

**RSOS topics covered in this section of training:**

**H-23 Prepares alternative proteins**

H-23.01 Selects alternative proteins

H-23.02 Processes alternative proteins

H-23.03 Cooks alternative proteins

**I-24 Prepares meats and game meats**

I-24.01 Selects meats and game meats

I-24.02 Processes meats and game meats

I-24.03 Cooks meats and game meats

I-24.04 Finishes meats and game meats

**I-25 Prepares poultry and game birds**

I-25.01 Selects poultry and game birds

I-25.02 Processes poultry and game birds

I-25.03 Cooks poultry and game birds

I-25.04 Finishes poultry and game birds

**I-26 Prepares variety meats**

I-26.01 Selects variety meats

I-26.02 Processes variety meats

I-26.03 Cooks variety meats

I-26.04 Finishes variety meats

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**Garde Mange – Theory**

**26 hours**

- describe the handling and service of cured and smoked meats, pâtés, terrines and other cold foods
- describe the ingredients and methods used for curing and smoking meats
- describe the categories, ingredients, equipment and grinds used for making fresh, cured and smoked sausages
- describe the procedures for smoking and cooking fresh, cured, and smoked sausages
- describe the types, ingredients, preparation methods and uses of aspics and chaud-froid
- describe the types, ingredients, ratios, preparation methods and uses of cooked and raw forcemeats
- describe the ingredients, and preparation methods of foie gras, liver terrines, and rillettes
- describe the function and service of hot and cold hors d'oeuvres
- describe how to process ingredients for condiments, preserves and dressings
- explain how to select and process ingredients for gels and glazes

**Garde Mange – Practical**

**15 hours**

- demonstrate the handling and service of cured smoked meats including pâtés and terrines
- prepare and cook cured and smoked meats
- prepare aspics and chaud-froids
- prepare cooked and raw forcemeats
- prepare foie gras, liver terrines, and rillettes
- prepare a variety of hot and cold hors d'oeuvre
- processes ingredients for condiments, preserves and dressings
- select and process ingredients for gels and glazes
- demonstrate guidelines for presentation used in buffet arrangements and appearance

**RSOS topics covered in this section of training:**

**K-31 Prepares condiments, preserves and dressings**

K-31.01 Selects ingredients for condiments, preserves and dressings

K-31.02 Processes ingredients for condiments, preserves and dressings

**L-32 Prepares hors d'oeuvres and other finger**

L-32.01 Selects ingredients for hors d'oeuvres and other finger foods

L-32.02 Processes ingredients for hors d'oeuvres and other finger foods

L-32.03 Assembles hors d'oeuvres and other finger foods

L-32.04 Cooks hors d'oeuvres and other finger foods

L-32.05 Finishes hors d'oeuvres and other finger foods

**L-33 Prepares charcuterie and cured products**

L-33.01 Selects ingredients for charcuterie and cured products

L-33.02 Processes ingredients for charcuterie and cured products

L-33.03 Cooks charcuterie and cured products

L-33.04 Finishes charcuterie and cured products

**L-34 Prepares gels and glazes**

L-34.01 Selects ingredients for gels and glazes

L-34.02 Processes ingredients for gels and glazes

L-34.03 Finishes gels and glazes

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**Occupational Skills**

**14 hours**

- explain the fundamental principles of nutrition including allergy types, dietary requirements and adaptive cooking
- describe the fundamental principles of menu planning including menu styles, balance and types of service, and menu terminology
- review cost controls including cost factors and cost projections
- identify inventory control procedures
- explain the procedures of proper mentoring used in a kitchen
- identify new trade technologies

**RSOS topics covered in this section of training:**

**B-4 Organizes work**

B-4.02 Schedules production

**B-5 Manages information**

B-5.01 Plans menu and mise en place

B-5.02 Uses documentation

**B-6 Manages products**

B-6.01 Orders products

B-6.04 Maintains inventory

**B-7 Performs trade activities**

B-7.01 Uses recipes

B-7.02 Performs portion control

B-7.03 Presents finished product

**B-8 Adapts cooking practices to meet dietary requirements**

B-8.01 Adapts kitchen practices to meet dietary requirements

B-8.02 Selects ingredients to meet dietary requirements

B-8.03 Prepares food to meet dietary requirements



## **B-9 Uses communication and mentoring techniques**

### **B-9.02 Uses mentoring techniques**

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#### **Sauces – Theory**

**20 hours**

- describe the categories, ingredients, and procedures for preparing specialty sauces
- describe the functions and standards of specialty sauces
- describe the finishing techniques used with specialty sauces
- describe the procedure for holding, serving, and storing sauces
- identify convenience products used to substitute for sauces

#### **Sauces – Practical**

**8 hours**

- prepare specialty sauces
- demonstrate process for holding, serving, cooling, storing sauces
- prepare convenience products used to substitute for sauces
- demonstrates finishing techniques used in sauce making

#### **RSOS topics covered in this section of training:**

##### **E-16 Prepares sauces**

E-16.02 Processes sauce ingredients

E-16.03 Cooks sauces

E-16.04 Finishes sauces

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#### **Seafood – Theory**

**20 hours**

- describe the classifications, characteristics and market forms of crustaceans and miscellaneous seafood
- describe the procedure for checking freshness of crustaceans and miscellaneous seafood
- describe procedure for handling and storing crustaceans and miscellaneous seafood
- describe procedure for cooking and serving crustaceans and miscellaneous seafood

#### **Seafood – Practical**

**7 hours**

- demonstrate the effects of cooking on the composition and structure of seafood
- demonstrate the appropriate cooking methods for various forms of seafood
- demonstrate the procedures for storing and handling seafood

#### **RSOS topics covered in this section of training:**

##### **J-28 Prepares seafood**

J-28.01 Selects seafood

J-28.02 Processes seafood

J-28.03 Cooks seafood

J-28.04 Finishes seafood

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**Level Three topics from the RSOS that are taught in Context:**

***A-2 Practices Food Safety Procedures***

***C-12 Prepares Fruit***

***D-14 Prepares Soups***

***E-15 Prepares Thickening and Binding Agents***

***M-39 Assembles Cakes***

***For details regarding the In Context Topic, see page 35***

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## Cook Hybrid Level Three (3) Examination

### **Level Three Practical Face-To-Face Weekend Sessions (Saturday and Sunday)**

#### **Weekends**

- Cover the Following:
    - reviews learning outcomes of lessons of the past month
    - instruction in areas of current lessons which require face-to-face reinforcement
    - formal practical assessment of lessons covered in the past month
    - formal written examination of lessons covered in the past month
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# In Context Topics

In context means learning that has already taken place and is being applied to the applicable task. Learning outcomes for in context topics are accomplished in other topics in that level.

## **A-2 Practices food safety procedures**

- A-2.01 Maintains safe condition and temperature of raw and finished product
- A-2.02 Cools food rapidly
- A-2.03 Re-thermalizes foods
- A-2.04 Prevents cross-contamination
- A-2.05 Cleans tools and equipment
- A-2.06 Sanitizes tools and equipment

## **C-11 Prepares vegetables**

- C-11.01 Selects vegetables
- C-11.02 Cleans vegetables
- C-11.03 Processes vegetables
- C-11.04 Cooks vegetables
- C-11.05 Finishes vegetables

## **C-12 Prepares fruit**

- C-12.01 Selects fruit
- C-12.02 Cleans fruit
- C-12.03 Processes fruit
- C-12.04 Cooks fruit
- C-12.05 Finishes fruit

## **D-14 Prepares Soups**

- D-14.01 Selects soup ingredients
- D-14.02 Processes soup ingredients
- D-14.03 Cooks soups
- D-14.04 Finishes soups

## **E-15 Prepares thickening and binding agents**

- E-15.01 Selects thickening and binding ingredients
- E-15.02 Processes thickening and binding ingredients

## **M-39 Assembles cakes**

- M-39.01 Selects cake components for assembly
- M-39.02 Finishes cakes