

Palomar College ROP

Culinary Essentials I

Occupational Knowledge and Skills

1 THE FOODSERVICE INDUSTRY

- A Defines function and philosophy of the foodservice industry.
- B Traces the growth and development of the foodservice industry.
- C Describes the types of foodservice operations, including organization, structure and functional areas.
- D Demonstrates knowledge of industry standards of quality.
- E Defines cultural influences on foodservice industry.
- F Identifies and utilizes industry trade publications.
- G Identifies and evaluates industry trends as they relate to the future of the industry.

2 CAREER PATHS AND EMPLOYMENT OPPORTUNITIES

- A Compares/Contrasts types of culinary arts educational opportunities, including college degrees/certificates, apprenticeship and on-the-job training.
- B Defines function and purpose of the American Culinary Federation and other foodservice professional organizations.
- C Identifies process, levels and benefits of industry certification.
- D Defines career paths and employment opportunities common to the industry.

3 CUSTOMER SERVICE RELATIONS

- A Meets or exceeds performance standards.
- B Demonstrates proactive customer service techniques.
- C Successfully applies the four key components of Strategic Listening: hearing; interpreting; evaluating; and responding.
- D Recognizes the power and effect of body language.
- E Effectively manages customer complaints, working promptly toward mutual agreement/satisfaction to create lasting positive relationships.
- F Responds appropriately to the emotions of customers, showing empathy and insight, and recommends value-building solutions.

4 SANITATION AND SAFETY

- A Defines and complies with local, state and federal sanitation codes.
- B Follows HACCP guidelines during all stages of food handling and food preparation to prevent food spoilage and contamination.
- C Practices appropriate personal hygiene.
- D Follows established procedures and complies with laws and rules of the regulatory agencies governing workplace safety to prevent accidents, including fires, cuts, burns, falls and other body injuries.
- E Describes types of fire extinguishers appropriate for foodservice areas and defines situations where each should be used.
- F Defines appropriate emergency response for common kitchen injuries.

5 TOOLS AND EQUIPMENT

- A Identifies equipment commonly found in commercial kitchens and demonstrates safe and proper use.
- B Identifies pots, pans and utensils and demonstrates proper use.
- C Demonstrates professional, industry-standard techniques when using knives, hand tools and other utensils or operating equipment.
- D Selects and uses equipment appropriate to the task.
- E Develops schedule for preventative maintenance of equipment.

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6 WEIGHTS AND MEASURES

- A Utilizes standard weights and measures, including metric, to demonstrate proper scaling and measuring techniques.
- B Differentiates between liquid and dry measures.
- C Differentiates between volume and weight measures.
- D Utilizes a variety of measures for portion control.

7 BASIC COOKING PRINCIPLES

- A Defines basic cooking principles and identifies standard methods for cooking food.
- B Describes chemical changes that occur to components of food during the cooking process.
- C Defines the factors that affect cooking times.
- D Identifies and uses cooking methods that best preserve the nutritional value of foods.
- E Prepares menu items using standard methods: dry heat; moist heat; combination (moist/dry); cooking in fat; and extraction of liquids.
- F Uses appropriate terminology to describe cooking principles and processes.

8 SEASONING AND FLAVORING

- A Defines principles of seasoning and flavoring and commonly used ingredients.
- B Identifies and appropriately uses herbs, spices, oils and vinegars.
- C Compares fresh and dried herbs and appropriate use of each.

9 STANDARDIZED RECIPES AND MENU MANAGEMENT

- A Reads and follows standard recipes to produce menu items.
- B Recognizes limitations of written recipes and the importance of using personal judgment.
- C Applies conversion formulas to standardized recipes to produce desired yield.
- D Builds menu, choosing content and form appropriate to function or event.
- E Incorporates nutritional considerations when designing menus.

10 FOOD PREPARATION AND PRODUCTION

- A Follows principles of mise en place.
- B Cleans and cuts raw materials, using correct knife techniques, and observing established procedures to prevent cross-contamination.
- C Defines purpose of blanching, marinating, pre-boiling and pre-grilling.
- D Applies proper cooking techniques for quantity cooking.
- E Converts recipes and calculates portion yield.
- F Appropriately utilizes convenience, value-added, further processed or par-cooked food items to increase efficiency or profit.

11 VEGETABLES

- A Cleans fresh vegetables and prepares for cooking.
- B Cooks vegetables by boiling, steaming, broiling, baking, sautéing, pan frying, roasting, grilling, deep-frying or braising.
- C Selects and uses cooking methods that will produce desired texture, flavor and color, and preserve nutritional value.

12 FRUITS

- A Uses fresh and processed fruit as menu item or on display tray.
- B Prepares fresh fruit relishes and sauces.
- C Prepares fruits for cooking.
- D Selects and uses cooking methods that will produce desired texture, flavor and color, and preserve nutritional value.

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13 STARCHES

- A Defines characteristics of starch groups: potatoes, rice, grains and grain products, pasta and dumplings.
- B Identifies major types of potatoes and best use for each.
- C Prepares potatoes using the major cooking methods.
- D Prepares various types of rice.
- E Defines and applies the pilaf method.
- F Identifies pasta products, including shape and common use.
- G Prepares fresh and commercial pasta.
- H Prepares dumplings.

Workplace Skills and Behavior

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- A Consistently arrives on time.
- B Participates in discussion and activities in a positive manner.
- C Demonstrates professionalism in appearance and behavior.
- D Prioritizes and organizes tasks to ensure timely and accurate completion.
- E Accesses and utilizes resources appropriately.
- F Understands and communicates culinary theory and terminology.
- G Follows establish procedures and complies with established rules and guidelines.
- H Demonstrates the ability to work independently to complete tasks.
- I Functions effectively as a team member, working cooperatively and collaboratively to complete projects.
- J Demonstrates an understanding of the foodservice industry and can discuss individual skills mastered relative to the industry.
- K Respects diversity.

Job Acquisition Skills/Lifelong Learning Opportunities

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- A Completes an appropriate resume and job application.
- B Models job interview techniques.
- C Attains awareness of advanced career and educational opportunities and the need for continuous education.