

Palomar College ROP

Culinary Essentials II

Occupational Knowledge and Skills

- 1 STOCKS**
- A Identifies and prepares the four basic stocks: vegetable, meat, poultry and seafood.
 - B Prepares a basic mirepoix.
 - C Uses a sachet for flavoring liquids.
 - D Applies principles of reduction and deglazing to prepare sauces.
 - E Evaluates and uses convenience bases.
- 2 SAUCES**
- A Identifies and prepares the five mother sauces.
 - B Prepares blond and brown roux and uses to thicken liquids.
 - C Prepares and uses a beurre manie.
 - D Thickens liquids with cornstarch.
- 3 SOUPS**
- A Describes the major categories of soups and appropriate service.
 - B Prepares consommés, vegetable and other clear soups.
 - C Prepares bisques, chowders, cream and puree soups.
 - D Properly cools and stores stocks, sauces and soups.
 - E Determines appropriate service for soups, including plating and garnishing.
- 4 PROTEINS**
- A Identifies major categories of proteins, including meats, poultry, fish and shellfish.
 - B Explains inspection and grading standards.
 - C Differentiates between standard and portion cuts.
 - D Follows proper storage and handling procedures.
- 5 PRINCIPLES OF PROTEIN COOKING**
- A Identifies composition and structure of various protein products.
 - B Defines preparation methods and prepares various items using appropriate methods.
 - C Explains concepts of quality and nutritional control relative to storing, handling, production/cooking and holding protein products.
- 6 INTRODUCTION TO BUTCHERY**
- A Demonstrates an understanding of basic butchering techniques as applied to meat, poultry, fish and shellfish.
 - B Prepares standard and portion control cuts.
 - C Uses appropriate knife skills to trim and debone meat, poultry and fish.
- 7 INTRODUCTION TO CHARCUTERIE**
- A Compares techniques for preparing fresh and cured sausages.
 - B Prepares variety of sausages using standard recipes.
- 8 BREAKFAST FOODS**
- A Describes composition of eggs and various egg products used in food service operations.
 - B Explains grading process and standards.
 - C Prepares eggs and egg-based menu items using traditional cooking methods.
 - D Identifies and prepares variety of batter products, including pancakes, waffles and French toast.
 - E Identifies and prepares a variety of breakfast meats.
 - F Describes major milk, cream and butter products and their use in preparing breakfast menu items.
 - G Identifies various coffees and teas and their proper preparation techniques.

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9 INTRODUCTION TO CLASSICAL CUISINE

- A Explains the history of classical cuisine.
- B Defines the elements of classical cuisine and the classical menu.

10 ADVANCED ENTREES

- A Identifies the elements and preparation method for classical entrees.
- B Describes the process for tableside presentation entrees.
- C Explains the process for preparing various stuffed entrees.
- D Identifies exotic meats and the most appropriate cooking methods for each.
- E Demonstrates a variety of advanced garnishing techniques.

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 established 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

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- A Defines culinary careers and career ladders in the foodservice industry.
- B Identifies jobs appropriate to personal skills and knowledge.
- C Locates and researches job openings.
- D Creates personal resume and cover letter.
- E Completes a job application form.
- F Develops personal portfolio for use in interview.
- G Demonstrates good job interviewing techniques.
- H Explains interview follow up procedures.
- I Discusses value of knowing how to leave a job and what to ask for.
- J Attains awareness of advanced career and educational opportunities and the need for continuous education.