



Professional Cook Practical Assessment - General Information

This document provides an overview and contains basic information about the tasks involved for the Professional Cook (PC) Practical Assessments Level 1, Level 2, and Level 3. Please note that for level 3, *Cook* is the Red Seal trade name. Read through this document carefully to ensure a full understanding of the process.

Are you planning to challenge the Practical Assessment?

Review the description of workplace skills for each Professional Cook (PC) Levels 1, 2, and 3, and the assessment information to help you determine that you have selected the right credential level to challenge.

Review the remainder of the document to get a sense of how the practical assessment(s) will be organized and administered.

ITA will schedule your written exam.

You will need to arrange your practical assessment by contacting one of the designated venues. Fees for the practical assessment may vary by venue.

How do I prepare for the practical assessment? What do I need to bring?

Once you have familiarized yourself with the practical assessment set up and expectations, you can find more detailed information about the Practical Assessment(s) in the following documents:

Practical Assessment Level 1

- PC1 Practical Assessment Candidate Preparation Package Menu A
- PC1 Practical Assessment Candidate Preparation Package Menu B

Practical Assessment Level 2

- PC2 Practical Assessment Candidate Preparation Package Menu A
- PC2 Practical Assessment Candidate Preparation Package Menu B
- PC2 Practical Assessment Candidate Preparation Package Menu C

Practical Assessment Level 3

- PC3 Practical Assessment Candidate Preparation Package Menu A
- PC3 Practical Assessment Candidate Preparation Package Menu B
- PC3 Practical Assessment Candidate Preparation Package Menu C

These documents, also housed on the ITA website, will help you to prepare your work plan, menu, recipes, and lists the tools you need to bring with you.

Professional Cook 1 (PC1):

C of Q
PC1

What are your workplace skills?

- Teamwork and communication
- Workplace and food safety
- Use of tools and equipment
- Knife cuts
- Trimming and portioning meat, poultry, and seafood
- Following and adjusting recipes
- Basic terminology and nutrition
- Basic cooking and baking techniques
- Receiving and storage procedures

What can you make from scratch?

- Basic stocks, soups and sauces
- Common vegetable and fruit dishes
- Basic potato, rice, and pasta dishes
- Basic meat, poultry and seafood dishes
- Salads, salad dressings, and sandwiches
- Eggs and breakfast items
- Basic pies and tarts, cookies
- Fruit desserts and custards
- Basic quick and yeast breads
- Coffee and tea products

Professional Cook 2 (PC2):

C of Q
PC2

What are your workplace skills?

All PC1 skills plus:

- Preparing food for allergies and special diets
- Volume cooking
- Deboning meat, poultry and seafood
- Basic cost calculations
- Basic menu planning
- Taking inventory

What can you make from scratch?

All PC1 items plus:

- Specialty soups and secondary sauces
- Specialty vegetable & vegetarian dishes
- Specialty potato, pasta, grain dishes
- Meat, poultry and seafood dishes for volume functions
- Specialty salads and dressings
- Hors d'oeuvres and appetizers
- Presentation platters
- Pastries, cakes and cheesecakes

Cook 3 (PC3):

RED
SEAL

C of Q
PC3

What are your workplace skills?

All PC2 skills plus:

- Specialty cooking methods
- Maintaining food safety systems
- Food and labour costing
- Basic teambuilding, leadership and supervision skills
- Buffet presentation and design
- Basic wine knowledge and selection

What can you make from scratch?

All PC2 items plus:

- Specialty and ethnic sauces
- Game and variety meats
- Specialty and classic meat, poultry and seafood dishes
- Pates, terrines, basic sausage making, curing, and smoking
- Hot and specialty plated desserts
- Specialty cakes and tortes
- Frozen desserts, ice creams, and sorbets
- Basic chocolate and sugar garnishes

Practical Assessment Structure

Timeline:

- Orientation/Setup: 30-60 minutes. Time will start after set-up is complete.
- Preparation: 2 hours – no dishes are served during this time
- Service: 2 hours (allow 15-20 min between dishes) – all dishes are served during this time
- Overtime (if necessary) 30 minutes – allowed for full menu completion – service of dishes still accepted
- Cleanup: 30 minutes – clean your station and common areas – service of dishes **not** accepted

***NOTE:** If necessary, 30 minutes extra (Overtime) will be granted. However, candidates will lose marks for timing if Overtime is used.

Achievement Criteria:

In each PC Level (1, 2, and 3), the Practical Assessment consists of 3 Sections. All 3 Sections must be passed in order to successfully complete the practical assessment. Criteria for each section are as follows:

1. Section 1: Safety and Sanitation

- 5 of 5 *Critical Factors* must be demonstrated – (See *Grading Scale – Appendix A*)

2. Section 2: Organization, Technical (Prep) Skills, Cooking Technique

- 5 of 8 *Critical Factors* must be demonstrated – (See *Grading Scale – Appendix A*)

3. Section 3: Finished Product (Dishes) Marks

- Each of the Professional Cook Levels (Level 1, Level 2, Level 3) has 5 menu items (dishes) respectively. Each set menu structure at each level is marked with *Critical Factors*
- See *Appendix A* for the *Grading Scale* which includes details of the *Critical Factors*

The following defines Section 3 for each of the 3 levels of the Practical Assessments:

Level 1- Professional Cook Pass Criteria: 25 of 35 *Critical Factors* must be demonstrated – all 5 dishes servable and presented within a 4 hour time frame (*not including 30 minute overtime*)

Level 2- Professional Cook Pass Criteria: 22 of 30 *Critical Factors* must be demonstrated – all 5 dishes servable and presented within a 4 hour time frame (*not including 30 minute overtime*)

Level 3- Cook Pass Criteria: 22 of 30 *Critical Factors* must be demonstrated – all 5 dishes servable and presented within a 4 hour time frame (*not including 30 minute overtime*)

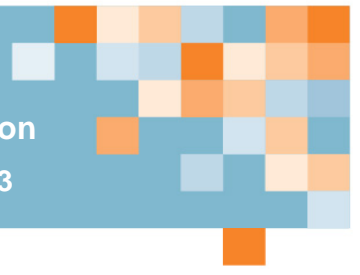
***Note:** Any **Borderline** or **Unacceptable** mark selected for a *Critical Factor* will **not** be counted and therefore cannot be included when calculating the final mark.

Professional Cook Level 1 – Candidates will be using standardized recipes to prepare the 5 menu items. Recipes will be provided by the venue.

Menu Item	Menu A	Menu B
Soup	Clear soup - beef and barley (1 litre)	Cream soup – Boston clam chowder (1 litre)
Egg Dish	3-egg omelet (ham and cheese) with orange segments (1 serving)	2-poached eggs cooked medium (1 serving) with hollandaise sauce (250 mL)
Cold Dish	Seafood salad wrap (1 serving) with emulsified mayonnaise dressing (500 ml)	Grilled chicken Caesar salad wrap (1 serving) with emulsified Caesar dressing (200 ml)
Hot Dish	Braised chicken leg with mushroom sauce, served with herbed pasta and seasoned broccoli (1 serving)	Salmon fillet with tomato vinaigrette, served with rice pilaf and green beans amandine (1 serving)
Quick Bread	Cheddar cheese scones (12 scones)	Blueberry muffins (6 muffins)

Professional Cook Level 2 – Candidates will be given required proteins and a requisition list in advance and must plan their own 5 menu items and recipes according to the menu criteria provided.

Menu Item	Menu A	Menu B	Menu C
Cold Canapé	Puff pastry with beef sirloin	Profiterole with goat cheese mousse filling	Tartare or ceviche on toast with scallops
Hot Canapé	Stuffed cherry tomatoes	Lamb loin brochettes with sauce	Filo pastry with vegetarian filling and pears
Entrée	Game hen Polenta 2 vegetables, one turned Reduction sauce	Trout Risotto 2 vegetables, one stuffed Beurre blanc sauce	Lamb rack Gnocchi or spaetzle 2 vegetables, one turned Reduction sauce
Dessert	Lemon tart with fruit coulis/garnish	Chocolate ganache tart with crème anglaise and garnish	Profiteroles with pastry cream filling, chocolate sauce
Bread	Dinner rolls or Focaccia or Baguette	Dinner rolls or Focaccia or Baguette	Dinner rolls or Focaccia or Baguette



Cook Level 3 - Candidates will be given a list of required proteins and a requisition list in advance and must plan their own 5 menu items and recipes according to the menu criteria provided.

Menu Item	Menu A	Menu B	Menu C
Specialty Soup	Scallop consommé with mousseline forcemeat quenelle	Lobster bisque	Game hen consommé with stuffed pasta garnish
Cold Appetizer	Cold trout appetizer with crepe	Cold salmon terrine or mousse	Cold cured or smoked trout appetizer
Entrée	Duck entrée – 2 cooking methods on plate Grain or pulse 3 vegetables – 1 turned, 1 stuffed, 1 puree Reduction sauce	Lamb (rack and shank) – 2 cooking methods on plate Anna/dauphine potato 3 vegetables – 1 turned, 1 stuffed, 1 puree Reduction sauce	Beef (tenderloin and short rib) – 2 cooking methods on plate Gnocchi or spaetzle 3 vegetables – 1 turned, 1 stuffed, 1 puree Reduction sauce
Dessert	Chocolate soufflé with crème anglaise	Tarte Tatin with caramel sauce	Crepe with poached fruit filling and sugar garnish
Bread	Cracker or flatbread (served with soup)	Cracker or flatbread (served with soup)	Cracker or flatbread (served with appetizer)

During the Assessment

- You will have the opportunity to demonstrate your skills against the standards for Professional Cook.
- You will be able to speak with your Assessor and ask for clarification. You will also need to answer questions throughout the assessment. If there are any issues with equipment or ingredients during the assessment, you must notify your Assessor immediately.
- You cannot ask other candidates for assistance or information or interrupt their assessment tasks in any way.
- You cannot use your cell phone during the practical assessment. If you do, your assessment may be compromised.
- While you are undertaking your practical assessment, you are expected to follow personal hygiene, food safety and occupational health and safety (OH&S) requirements that apply in the workplace. This includes wearing an appropriate uniform and personal protective equipment (PPE) as required.
- It is essential that you follow all your Assessor's instructions throughout the day.
- Major violations of safety or sanitation procedures may result in termination of the assessment.

Overview of Assessment Day

Arrival and Briefing

- An Assessor will brief you on the practical tasks you will be required to complete.
- You will also receive any additional instructions for your assessment.
- Assessors will be available to answer any questions you have regarding the process.
- You must sign a declaration indicating that the above has been completed before being allowed to set up your station.

Time

15-30 minutes

Set Up

- You will be allowed to set up your station and familiarize yourself with the location of kitchen equipment.
- You may finalize your work plan based on the menu you have to prepare.
- Your Assessor will review your work plan and recipes during the assessment.

15-30 minutes

Practical Assessment

- Your practical assessment will commence, and you will be required to complete the tasks specified in your menu within 4 hours.
Preparation is 2 hours. Service of dishes is 2 hours.
- You will need to wear an appropriate uniform and personal protective equipment (PPE) and keep all relevant personal hygiene, food safety and occupational health and safety (OH&S) issues in mind.

4 hours

Overtime (if necessary)

- A maximum of 30 minutes Overtime is permitted for full menu completion. **Dishes served during this time will lose the Critical Factor marks for Timing.** After Overtime, no dishes will be accepted.

30 minutes

Clean Up

- Dishes will **not** be accepted during this time. You will be expected to clean your station and help with any common areas to return the kitchen to the state it was in before the assessment.

30 minutes

Food / Breaks

- If you require a short break during the assessment, it can be scheduled into your work plan. However, the menu still must be completed within the assigned time frame.
- Bathroom breaks may be taken at any time as long as you notify the Assessor.
- Meals are not provided. It is your responsibility to bring drinks, snacks or refreshments that you will need. Water will be available at the venue.

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
Accompaniments	<ul style="list-style-type: none"> Complement and enhance main item No improvements suggested 	<ul style="list-style-type: none"> Complement main item Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Quality acceptable, but does not complement main item Some adjustments recommended but not critical 	<ul style="list-style-type: none"> Quality lacking, but still servable Adjustments definitely needed 	<ul style="list-style-type: none"> Detracts from other items on plate Item would be sent back
Balance	<ul style="list-style-type: none"> Perfect balance between items on plate No improvements suggested 	<ul style="list-style-type: none"> Good balance between items on plate Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Overall balance between items on plate acceptable. Minor number of components on plate need adjustment 	<ul style="list-style-type: none"> Major components on plate are slightly tough or too firm or soft, but still servable 	<ul style="list-style-type: none"> Some products on plate inedible Unpleasant texture, would be sent back
Baking (Colour)	<ul style="list-style-type: none"> Perfectly even colour and sheen No improvements suggested 	<ul style="list-style-type: none"> Even colour Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Mostly even colour Minor adjustments are recommended 	<ul style="list-style-type: none"> Pale or dark, but not under done or burnt Adjustments definitely needed 	<ul style="list-style-type: none"> Burnt or extremely pale Not sellable or edible
Baking (Size/Shape)	<ul style="list-style-type: none"> Perfect size and shape, as per recipe No improvements suggested 	<ul style="list-style-type: none"> Even size and shape May be slightly larger or smaller than recipe yield 	<ul style="list-style-type: none"> Slightly inconsistent size and shape Within range of recipe yield 	<ul style="list-style-type: none"> Uneven size and shape Still within servable range 	<ul style="list-style-type: none"> Shape and size unacceptable Too small or large to serve
Consistency (Soup)	<ul style="list-style-type: none"> Perfect texture and viscosity Degreased perfectly Ideal amount and quality of garnish No improvements suggested 	<ul style="list-style-type: none"> Overall good texture and viscosity Mostly degreased, is suitable Reasonable amount of garnish; garnish good quality Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Texture or viscosity needs adjustment Degreased somewhat, could use a little more. Lacking or too much garnish, but garnish still good quality 	<ul style="list-style-type: none"> Texture and viscosity definitely needs adjustment Marginally degreased, Garnish lacking or of poor quality, but still servable 	<ul style="list-style-type: none"> Unpleasant texture or viscosity Degreased poorly or not at all Garnish inedible Would be sent back
Cooking Technique	<ul style="list-style-type: none"> Cooking techniques demonstrated properly Regular monitoring of food with superior results 	<ul style="list-style-type: none"> Cooking techniques demonstrated properly Regular monitoring of food with expected results 	<ul style="list-style-type: none"> Cooking techniques generally demonstrated properly, but may lack production speed Occasional monitoring of food with small minor errors in results 	<ul style="list-style-type: none"> Cooking techniques not always demonstrated properly, or lacking production speed Food not monitored while cooking, but still results in a servable product 	<ul style="list-style-type: none"> Techniques not demonstrated or demonstrated incorrectly with major faults in outcome Food not monitored while cooking resulting in a non-servable product
Doneness	<ul style="list-style-type: none"> All components cooked perfectly No improvements suggested 	<ul style="list-style-type: none"> Most components cooked to ideal doneness Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Minor components slightly over or undercooked Some adjustments are recommended, but not critical 	<ul style="list-style-type: none"> Major components somewhat over or undercooked, but still moist and tender Adjustments definitely needed 	<ul style="list-style-type: none"> Items extremely over or undercooked Item would be sent back Food safety concern with doneness

Note: Any *Borderline* or *Unacceptable* mark selected for a *Critical Factor* **will not be** included when calculating the final mark.

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
Organization	<ul style="list-style-type: none"> Well-constructed work plan Organized station, no clutter Timelines accurate and followed 	<ul style="list-style-type: none"> Well-constructed work plan Organized station, minimal clutter Timelines mostly accurate and followed 	<ul style="list-style-type: none"> Basic work plan Generally organized station, some clutter Timelines somewhat accurate and followed 	<ul style="list-style-type: none"> No work plan Some disorganization and clutter on station Timelines not followed, but tasks still completed within required parameters 	<ul style="list-style-type: none"> No work plan Completely disorganized station and loss of composure
Presentation / Menu Requirements Met	<ul style="list-style-type: none"> Presented appropriately Portion sizes perfect Menu requirements accurately met Ideal balance of shapes and colours No improvements suggested 	<ul style="list-style-type: none"> Plate attractively presented Portion size within recommended range Menu requirements mostly met Range of shapes and colours Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Plates clean, not sloppy Portion sizes need some adjustment, but minor Menu requirements are just met May be lacking colour Some minor adjustments are recommended 	<ul style="list-style-type: none"> Plates lacking visual interest or colour Portion sizes too large or small Menu requirements under acceptable level. Somewhat difficult to eat 	<ul style="list-style-type: none"> Extremely sloppy plates Unappealing colour (grey, burnt, etc.) Portion sizes far too large or small Menu requirements not evident at all
Protein	<ul style="list-style-type: none"> Perfect doneness and tenderness No improvements suggested 	<ul style="list-style-type: none"> Doneness close to accurate, but not perfect Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Slightly over or undercooked Some adjustments are recommended but not critical 	<ul style="list-style-type: none"> Somewhat over or undercooked, but still moist and tender Adjustments definitely needed 	<ul style="list-style-type: none"> Extremely over or undercooked Plate would be sent back
Safety	<ul style="list-style-type: none"> Exceptional safety practices Calm and organized throughout the day Any hazards addressed immediately 	<ul style="list-style-type: none"> Strong safety practices Calm and organized throughout the day Any hazards addressed in a timely manner 	<ul style="list-style-type: none"> Generally strong safety practices Generally calm and organized throughout the day Any hazards addressed, but not always in the timeliest manner 	<ul style="list-style-type: none"> Some questionable safety practices or minor infractions No major safety risks or hazards Any hazards addressed, but not always in the timeliest manner 	<ul style="list-style-type: none"> Questionable safety practices Major safety risk or hazard Hazards not addressed
Sanitation	<ul style="list-style-type: none"> Exceptional sanitation practices No errors of any kind All food stored and handled appropriately 	<ul style="list-style-type: none"> Consistent sanitation practices Occasional minor errors, but not presenting any risk All food stored and handled appropriately 	<ul style="list-style-type: none"> Consistent sanitation practices Occasional minor errors, but not presenting any risk Most food stored and handled appropriately, but any errors not to the point of presenting risk 	<ul style="list-style-type: none"> Inconsistent sanitation practices Occasional errors, but not presenting any risk Most food stored and handled appropriately, but any errors not to the point of presenting risk 	<ul style="list-style-type: none"> Poor sanitation practices Major food safety risk or hazard Food cross contaminated and not servable
Sauce	<ul style="list-style-type: none"> Exceptional body and texture Complements and enhances main item No improvements suggested 	<ul style="list-style-type: none"> Good body and texture Complements main item Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Reasonable body and texture Marginally complements main item Some adjustments are recommended, but not critical 	<ul style="list-style-type: none"> Quality lacking, but still servable Does not complement main item Adjustments definitely needed 	<ul style="list-style-type: none"> Detracts from other items on plate Plate would be sent back

Note: Any *Borderline* or *Unacceptable* mark selected for a *Critical Factor* **will not be** included when calculating the final mark.

GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

Level 1 Level 2 Level 3

Critical Factors	Excellent	Good	Satisfactory	Borderline	Unacceptable
Starch	<ul style="list-style-type: none"> Perfect doneness and texture Complements and enhances main item No improvements suggested 	<ul style="list-style-type: none"> Slightly over or undercooked Texture not quite perfect Complements main item Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Slightly over or undercooked Texture needs adjustments Marginally complements main item Some adjustments are recommended, but not critical 	<ul style="list-style-type: none"> Somewhat over or undercooked Quality lacking, but still servable Does not complement main item Adjustments definitely needed 	<ul style="list-style-type: none"> Extremely over or undercooked Detracts from other items on plate Plate would be sent back
Taste	<ul style="list-style-type: none"> Outstanding flavour No improvements suggested 	<ul style="list-style-type: none"> Overall pleasant flavour Minor improvements suggested 	<ul style="list-style-type: none"> Flavour needs some enhancement Neutral flavour; somewhat bland 	<ul style="list-style-type: none"> Highly over or under seasoned, but not to the extent that it would be sent back Too spicy or salty for some tastes 	<ul style="list-style-type: none"> Far over or under seasoned Unpleasant flavour or smell
Technical Skills	<ul style="list-style-type: none"> Higher level of skill for program level Accurate and even knife work Efficient use of ingredients 	<ul style="list-style-type: none"> Expected level of skill for program level Accurate and even knife work Efficient use of ingredients 	<ul style="list-style-type: none"> Average level of skill for program level Mostly accurate and even knife work, but may lack production speed Generally good use of ingredients, but some waste 	<ul style="list-style-type: none"> Below average level of skill for program level Some inaccurate or uneven knife work; may lack production speed Minor errors in recipe outcome or excessive waste 	<ul style="list-style-type: none"> Skills not demonstrated or very poor skill level demonstrated Major errors in recipe outcome or extreme waste
Temperature	<ul style="list-style-type: none"> All food items on plate at ideal temperature Serving dishes at appropriate temperature (hot plates for hot food, cold plates for cold food) 	<ul style="list-style-type: none"> Food on plate at appropriate temperature Serving dishes may need minor adjustments to temperature (too hot or cold) 	<ul style="list-style-type: none"> Food on plate mostly at adequate temperature Serving dishes do need minor adjustments to temperature 	<ul style="list-style-type: none"> Food a bit too cool or warm Hot food on cold dishes; cold food on hot dishes Adjustments definitely needed 	<ul style="list-style-type: none"> Food served at incorrect temperature Plates too hot to touch
Texture	<ul style="list-style-type: none"> Perfect texture and balance between items on plate No improvements suggested 	<ul style="list-style-type: none"> Overall good texture of major components Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Minor number of components on the plate need adjustments Some minor adjustments are recommended 	<ul style="list-style-type: none"> Major components on the plate slightly tough or too firm or soft, but still servable 	<ul style="list-style-type: none"> Some products on plate inedible Unpleasant texture, would be sent back
Timing	<ul style="list-style-type: none"> Items presented in the order of the menu and within 5 minutes of work plan 	<ul style="list-style-type: none"> Items presented in the order of the menu and within 30 minutes of work plan 	<ul style="list-style-type: none"> Items presented in the order of the menu, more than 30 minutes of work plan, but still within time limit 	<ul style="list-style-type: none"> Item(s) presented during the 30 minute overtime Loses the Critical Factor for Timing 	<ul style="list-style-type: none"> Item(s) presented after the 30 minute overtime, or not presented at all
Vegetables	<ul style="list-style-type: none"> Perfect doneness, colour and tenderness Complements and enhances main item All cuts meet the specifications No improvements suggested 	<ul style="list-style-type: none"> Slightly over or undercooked Complements main item Most cuts meet the specifications Some minor adjustments may be recommended 	<ul style="list-style-type: none"> Somewhat over or undercooked Marginally complements main item Some cuts done to specifications Some adjustments are recommended, but not critical 	<ul style="list-style-type: none"> Over or undercooked Quality lacking, but still servable Very few cuts made to specifications Adjustments definitely needed 	<ul style="list-style-type: none"> Extremely over or undercooked Not cut to specifications Detracts from other items on plate Plate would be sent back

Note: Any *Borderline* or *Unacceptable* mark selected for a *Critical Factor* **will not be** included when calculating the final mark.