Professional Cook Practical Assessment Information

This document provides an overview and contains basic information about the tasks involved for the Professional Cook practical assessments: Levels 1, 2 and 3.

Are you planning to challenge the practical Assessment?
Review the description of workplace skills for each Professional Cook level (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 contact one of the designated venues to arrange for your practical assessment. 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:

- PC1 Practical Assessment Menu A and Menu B
- PC2 Practical Assessment Menu A, Menu B and Menu C
- PC3 Practical Assessment Menu A, Menu B and 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 will need to bring with you.
Professional Cook 1 (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 vegetables and fruits dishes
- Basic potato, rice, and pasta dishes
- Basic meat, poultry, and seafood dishes
- Salads, salad dressings, and seafood dishes
- 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):

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 vegetables and vegetarian dishes
- Specialty potato, pasta, grain dishes
- Meat, poultry and seafood dishes for volume functions
- Specialty salads and dressings
- Hors d’oeuvre and appetizers
- Presentation platters
- Pastries, cakes and cheesecakes

Professional Cook 3 (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: 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

Achievement Criteria:
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 sheet for detailed breakdown)*.

2. **Section 2: Organization, Technical (Prep) Skills, Cooking Technique**
   - 5 of 8 Critical Factors must be demonstrated – *(see grading sheet for detailed breakdown)*.

3. **Section 3: Finished Product (Dishes) Marks**
   - Each of the Professional Cook levels (1, 2, and 3) has 5 menu items (dishes) categories for section 3. Each set menu structure at each level is marked with Critical Factors; *(see below for details and the grading sheet for a more thorough breakdown)*

**Section 3 cont’d:**

**Level 1 pass criteria:** *25 of 35 Critical Factors must be demonstrated* – each of the 5 dishes servable and presented within 4.5 hour time frame.

**Level 2 pass criteria:** *22 of 30 Critical Factors must be demonstrated* – each of the 5 dishes servable and presented within 4.5 hour time frame.

**Level 3 pass criteria:** *22 of 30 Critical Factors must be demonstrated* – each of the 5 dishes servable and presented within 4.5 hour time frame.

*Note:* Any Borderline or Unacceptable marks selected for a Critical Factor will not be counted and therefore cannot be used in calculating the final mark.
### Professional Cook 1

Candidates will be using standardized recipes to prepare the menu items. Recipes will be provided by the venue.

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

### Professional Cook 2

Candidates will be given required proteins and a requisition list in advance and must plan their own menu and recipes according to the menu criteria provided.

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Menu A</th>
<th>Menu B</th>
<th>Menu C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold Canapé</td>
<td>Puff pastry with beef sirloin</td>
<td>Profiterole with goat cheese mousse filling</td>
<td>Tartare or ceviche on toast with scallops</td>
</tr>
<tr>
<td>Hot Canapé</td>
<td>Stuffed cherry tomatoes</td>
<td>Lamb loin brochettes with sauce</td>
<td>Filo pastry with vegetarian filling and pears</td>
</tr>
<tr>
<td>Entrée</td>
<td>Game hen</td>
<td>Trout</td>
<td>Lamb rack</td>
</tr>
<tr>
<td>Polenta</td>
<td></td>
<td>Risotto</td>
<td>Gnocchi or spaetzle</td>
</tr>
<tr>
<td>2 vegetables, one turned</td>
<td></td>
<td>2 vegetables, one stuffed</td>
<td>2 vegetables, one turned</td>
</tr>
<tr>
<td>Reduction sauce</td>
<td></td>
<td>Beurre blanc sauce</td>
<td>Reduction sauce</td>
</tr>
<tr>
<td>Dessert</td>
<td>Lemon tart with fruit coulis/garnish</td>
<td>Chocolate ganache tart with crème anglaise and garnish</td>
<td>Profiteroles with pastry cream filling, chocolate sauce</td>
</tr>
<tr>
<td>Bread</td>
<td>Dinner rolls or Focaccia or Baguette</td>
<td>Dinner rolls or Focaccia or Baguette</td>
<td>Dinner rolls or Focaccia or Baguette</td>
</tr>
</tbody>
</table>
Cook 3 - Candidates will be given a list of required proteins and a requisition list in advance and must plan their own menu and recipes according to the menu criteria provided.

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

During the Assessment

- You 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 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 all of the above have 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 during the assessment.

### Time

- 15-30 minutes

### Practical assessment

- Your practical assessment will commence and you will be required to complete the tasks specified in your menu.
- You will need to wear 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.

### Time

- 4 hours

### Overtime

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

### Time

- 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.

### Time

- 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 4.5 hour 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.
<table>
<thead>
<tr>
<th>Factors</th>
<th>Excellent</th>
<th>Good</th>
<th>Satisfactory</th>
<th>Borderline</th>
<th>Unacceptable</th>
</tr>
</thead>
</table>
| **Accompaniments** | • Complement and enhance main item  
• No improvements suggested       | • Complement main item  
• Some minor adjustments may be recommended                          | • Quality acceptable, but does not complement main item  
• Some adjustments recommended but not critical | • Quality lacking, but still servable  
• Adjustments definitely needed | • Detracts from other items on plate  
• Item would be sent back |
| **Balance**        | • Perfect balance between items on plate  
• No improvements suggested | • Overall good balance of major components  
• Some minor adjustments may be recommended | • Minor number of components on the plate definitely need adjustments  
• Some adjustments recommended but not critical | • Major components on the plate slightly tough or too firm or soft,  
but still servable  
• Some products on plate inedible  
• Unpleasant texture, would be sent back | |
| **Baking (Colour)** | • Perfectly even colour and sheen  
• No improvements suggested | • Even colour  
• Some minor adjustments may be recommended | • Mostly even colour  
• Minor adjustments definitely recommended | • Pale or dark, but not under done or burnt  
• Adjustments definitely needed | • Burnt or extremely pale  
• Not sellable |
| **Baking (Size/Shape)** | • Perfect size and shape, as per recipe  
• No improvements suggested | • Even size and shape  
• May be slightly larger or smaller than recipe yield | • Inconsistent size and shape  
• Within range of recipe yield | • Uneven size and shape  
• Still within servable range | • Shape and size unacceptable  
• Too small or large to serve |
| **Consistency (Soup)** | • Perfect texture and viscosity  
• Degreased perfectly  
• Ideal amount and quality of garnish  
• No improvements suggested | • Overall good texture and viscosity  
• Mostly degreased, is suitable  
• Reasonable amount of garnish; garnish good quality  
• Some minor adjustments may be recommended | • Texture or viscosity definitely needs adjustment  
• Degreased somewhat, could use a little more.  
• Lacking or too much garnish, but garnish still good quality | • Texture and viscosity needs adjustment  
• Marginally degreased,  
• Garnish lacking or of poor quality,  
but still servable | • Unpleasant texture or viscosity  
• Degreased poorly or not at all  
• Garnish inedible  
• Would be sent back |
| **Cooking Technique** | • Cooking techniques demonstrated properly  
• Regular monitoring of food with superior results | • Cooking techniques demonstrated properly  
• Regular monitoring of food with expected results | • Cooking techniques generally demonstrated properly, but may lack production speed  
• Occasional monitoring of food with small minor errors in results | • Cooking techniques not always demonstrated properly, or lacking production speed  
• Food not monitored while cooking, but resulting in a servable product | • Techniques not demonstrated or demonstrated incorrectly with major faults in outcome  
• Food not monitored while cooking resulting in a non-servable product |
| **Doneness**       | • All components cooked perfectly  
• No improvements suggested | • Most components cooked to ideal doneness  
• Some minor adjustments may be recommended | • Minor components slightly over or undercooked  
• Some adjustments recommended but not critical | • Major components somewhat over or undercooked, but still moist and tender  
• Adjustments definitely needed | • Items extremely over or undercooked  
• Item would be sent back  
• Food safety concern with doneness |
# GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

<table>
<thead>
<tr>
<th>Factors</th>
<th>Excellent</th>
<th>Good</th>
<th>Satisfactory</th>
<th>Borderline</th>
<th>Unacceptable</th>
</tr>
</thead>
</table>
| **Organization** | • Well-constructed work plan  
• Organized station, no clutter  
• Timelines accurate and followed | • Well-constructed work plan  
• Organized station, minimal clutter  
• Timelines mostly accurate and followed | • Basic work plan  
• Generally organized station, some clutter  
• Timelines mostly accurate and followed | • No work plan  
• Some disorganization and clutter on station  
• Timelines not followed, but tasks still completed within required parameters | • Completely disorganized station and loss of composure |
| **Presentation** | • Presented appropriately  
• Portion sizes perfect  
• Ideal balance of shapes and colours  
• No improvements suggested | • Plate attractively presented  
• Portion size within recommended range  
• Range of shapes and colours  
• Some minor adjustments may be recommended | • Plates clean, not sloppy  
• Portion sizes may need some adjustment  
• May be lacking colour | • Plates lacking visual interest or colour  
• Portion sizes too large or small  
• Somewhat difficult to eat | • Extremely sloppy plates  
• Unappealing colour (grey, burnt, etc.)  
• Portion sizes far too large or small |
| **Protein** | • Perfect doneness and tenderness  
• No improvements suggested | • Doneness close to accurate, but not perfect  
• Some minor adjustments may be recommended | • Slightly over or undercooked  
• Some adjustments recommended but not critical | • Somewhat over or undercooked, but still moist and tender  
• Adjustments definitely needed | • Extremely over or undercooked  
• Plate would be sent back |
| **Safety** | • Exceptional safety practices  
• Calm and organized throughout the day  
• Any hazards addressed immediately | • Strong safety practices  
• Calm and organized throughout the day  
• Any hazards addressed in a timely manner | • Generally strong safety practices  
• Calm and organized throughout the day  
• Any hazards addressed, but not always in the most timely manner | • Some questionable safety practices or minor infractions  
• No major safety risks or hazards  
• Any hazards addressed, but not always in the most timely manner | • Questionable safety practices  
• Major safety risk or hazard  
• Hazards not addressed |
| **Sanitation** | • Exceptional sanitation practices  
• No errors of any kind  
• All food stored and handled appropriately | • Consistent sanitation practices  
• Occasional minor errors, but not presenting any risk  
• All food stored and handled appropriately | • 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 | • Inconsistent 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 | • Poor sanitation practices  
• Major food safety risk or hazard  
• Food cross contaminated and not servable |
| **Sauce** | • Exceptional body and texture  
• Complements and enhances main item  
• No improvements suggested | • Good body and texture  
• Complements main item  
• Some minor adjustments may be recommended | • Reasonable body and texture  
• Do not complement main item  
• Some adjustments recommended but not critical | • Quality lacking, but still servable  
• Adjustments definitely needed | • Detracts from other items on plate  
• Plate would be sent back |
<table>
<thead>
<tr>
<th>Factors</th>
<th>Excellent</th>
<th>Good</th>
<th>Satisfactory</th>
<th>Borderline</th>
<th>Unacceptable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starch</td>
<td>• Perfect doneness and texture</td>
<td>• Slightly over or undercooked</td>
<td>• Slightly over or undercooked</td>
<td>• Somewhat over or undercooked</td>
<td>• Extremely over or undercooked</td>
</tr>
<tr>
<td></td>
<td>• Complements and enhances main item</td>
<td>• Texture not quite perfect</td>
<td>• Texture needs adjustments</td>
<td>• Quality lacking, but still servable</td>
<td>• Detracts from other items on plate</td>
</tr>
<tr>
<td></td>
<td>• No improvements suggested</td>
<td>• Complements main item</td>
<td>• Does not complement main item</td>
<td>• Adjustments definitely needed</td>
<td>• Plate would be sent back</td>
</tr>
<tr>
<td>Taste</td>
<td>• Outstanding flavour</td>
<td>• Overall pleasant flavour</td>
<td>• Flavour needs some enhancement</td>
<td>• Highly over or under seasoned, but not to the extent that it would be sent back</td>
<td>• Far over or under seasoned</td>
</tr>
<tr>
<td></td>
<td>• No improvements suggested</td>
<td>• Minor improvements suggested</td>
<td>• Neutral flavour; somewhat bland</td>
<td>• Too spicy or salty for some tastes</td>
<td>• Unpleasant flavour or smell</td>
</tr>
<tr>
<td>Technical Skills</td>
<td>• High level of skill for program level</td>
<td>• Expected level of skill for program level</td>
<td>• Average level of skill for program level</td>
<td>• Below average level of skill for program level</td>
<td>• Skills not demonstrated or very poor skill level demonstrated</td>
</tr>
<tr>
<td></td>
<td>• Accurate and even knife work</td>
<td>• Accurate and even knife work</td>
<td>• Mostly accurate and even knife work, but may lack production speed</td>
<td>• Some in accurate or uneven knife work; may lack production speed</td>
<td>• Major errors in recipe outcome or extreme waste</td>
</tr>
<tr>
<td></td>
<td>• Efficient use of ingredients</td>
<td>• Efficient use of ingredients</td>
<td>• Generally good use of ingredients, but some waste</td>
<td>• Minor errors in recipe outcome or excessive waste</td>
<td></td>
</tr>
<tr>
<td>Temperature</td>
<td>• All food items on plate at ideal temperature</td>
<td>• Food on plate at appropriate temperature</td>
<td>• Food on plate mostly at adequate temperature</td>
<td>• Food a bit too cool or warm</td>
<td>• Food served at incorrect temperature</td>
</tr>
<tr>
<td></td>
<td>• Serving dishes at appropriate temperature (hot plates for hot food, cold plates for cold food)</td>
<td>• Serving dishes need minor adjustments to temperature (too hot/cold)</td>
<td>• Some minor adjustments recommended</td>
<td>• Adjustments definitely needed</td>
<td>• Plates too hot to touch</td>
</tr>
<tr>
<td>Texture</td>
<td>• Perfect texture and balance between items on plate</td>
<td>• Overall good texture of major components</td>
<td>• Minor number of components on the plate definitely need adjustments</td>
<td>• Major components on the plate slightly tough or too firm or soft, but still servable</td>
<td>• Some products on plate inedible</td>
</tr>
<tr>
<td></td>
<td>• No improvements suggested</td>
<td>• Some minor adjustments may be recommended</td>
<td>• Food served at incorrect temperature</td>
<td>• Unpleasant texture, would be sent back</td>
<td>• Unpleasant texture, would be sent back</td>
</tr>
<tr>
<td>Timing</td>
<td>• Items presented in the order of the menu and within the 2 hour service period</td>
<td>• Items presented in the order of the menu and within the 2 hour service period</td>
<td>• Item presented during the 30 minute overtime</td>
<td>• Will lose the Critical Factor; Timing</td>
<td>• Item presented after time limit or not presented at all</td>
</tr>
<tr>
<td></td>
<td>• Items in the order of the menu and within the 2 hour service period</td>
<td>• Items in the order of the menu and within the 2 hour service period</td>
<td>• Item presented during the 30 minute overtime</td>
<td>• Will lose the Critical Factor; Timing</td>
<td>• Will lose the Critical Factor; Timing</td>
</tr>
<tr>
<td>Vegetables</td>
<td>• Perfect doneness, colour and tenderness</td>
<td>• Slightly over or undercooked</td>
<td>• Slightly over or undercooked</td>
<td>• Somewhat over or undercooked</td>
<td>• Extremely over or undercooked</td>
</tr>
<tr>
<td></td>
<td>• Complements and enhances main item</td>
<td>• Complements main item</td>
<td>• Does not complement main item</td>
<td>• A few cuts made to specifications</td>
<td>• Not cut to specifications</td>
</tr>
<tr>
<td></td>
<td>• All cuts meet the specifications</td>
<td>• Most cuts meet the specifications</td>
<td>• Some cuts done to specifications</td>
<td>• Quality lacking, but still servable</td>
<td>• Detracts from other items on plate</td>
</tr>
<tr>
<td></td>
<td>• No improvements suggested</td>
<td>• Some minor adjustments may be recommended</td>
<td>• Some adjustments recommended but not critical</td>
<td>• Adjustments definitely needed</td>
<td>• Plate would be sent back</td>
</tr>
</tbody>
</table>