CANDIDATE PREPARATION PACKAGE – MENU A
PROFESSIONAL COOK 1 PRACTICAL ASSESSMENT

Candidate’s Name: __________________________

Location: __________________________ Date: ____________

Included in this package:
Information about the practical assessment
Work plans to prepare your menu

Instructions:
1. Read all of the information about the practical assessment so that you are aware of the requirements of your menu
2. Prepare your work plan for the day of the practical assessment according to the required components
3. Gather the recipes needed to prepare your menu

Overview of Assessment Tasks

- You will be given a list of required menu items and asked to write your work plan.
- You will be asked to prepare, cook and present all menu items within the time limit allocated. One serving of each item is to be served unless otherwise indicated.
- The first 2 hours of the assessment are set aside for preparation – no finished dishes may be served during this time.
- After the first 2 hours of preparation, dishes may be presented according to the timeline you prepared in your work plan. Dishes must be served in the sequence of the Menu. Assessors will require a minimum of 15-20 minutes between dishes being served for assessment.
- A maximum of 30 minutes of overtime will be allowed for full menu completion. Menu items served after the 2 hour service period will be assessed, but will lose the Critical Factor for timing. After overtime, no dishes will be accepted.
- You can expect the total time of the assessment from your arrival through to clean up be approximately 6 hours.
- Safety, Sanitation, Organization, and Work Habits are assessed throughout the day.
What the assessor will be looking for:

- Safe work practices are followed
- Food safety practices are followed
- Correct selection and use of tools and equipment
- Recipes are followed appropriately
- Proper selection, preparation and storage of ingredients and menu items
- Correct techniques used for cooking/baking
- Dishes presented (including garnishes, sauces and accompaniments) are to the industry standard and servable to the customer based on visual appeal, doneness, taste, texture, colour, portion size, etc.

Criteria to demonstrate competency

Competence in all 3 sections must be successfully demonstrated in order to pass the practical assessment.

Criteria for each section is as follows:

**Section 1: Safety and Sanitation**

- 5 of 5 Critical Factors must be demonstrated—See grading sheet for details
  - Uses safety/personal protective equipment
  - Follows safety procedures
  - Correct product handling and storage
  - Minimizes risk of cross contamination
  - High level of personal hygiene
Section 2: Organization, Technical (Prep) Skills, Cooking Technique

- 5 of 8 Critical Factors must be demonstrated – See grading sheet for details
  - Works in an organized manner
  - Works well with others
  - Demonstrates suitable knife skills
  - Follows recipes
  - Minimizes wastage
  - Demonstrates a variety of proper cooking techniques (Minimum of 4)
  - Minimizes and rectifies faults
  - Tests for appropriate degree of doneness

Section 3: Finished Products (Dishes)

- Each of the 5 menu items (dishes) will be evaluated for a total of 35 possible Critical Factors: 25 of 35 Critical Factors must be demonstrated – See grading sheet for details
  - Servable product – based on taste, texture, doneness, presentation, temperature, etc.
  - Served within time limit – dish presented within the 2 hour time frame and in menu sequence
What do I need to bring?

*Come prepared with the items needed for production

**Essential**

- Uniform – cook’s jacket, chef’s hat, appropriate pants (checkered, black or white), apron and CSA approved footwear.
- Personal Protective Equipment (PPE) – i.e. cut resistant gloves
- Small utensils and hand tools – *(see recommended list)*
- Knives – *(see recommended list)*
- Cloths – white kitchen towels
- Work plan and menu sheets
- Recipes for reference
- Paper and pencil/pen for writing

*Note – small kitchen utensils and knives will not be provided at the assessment venue*

**Recommended List - Knife and Small Tools**

- French / Chef’s knife (10” - 12”)
- Paring knife
- Sharpening steel
- Serrated bread knife
- Flexible wire whisk
- Palette knife / offset spatula
- Rubber spatula
- Plastic dough scraper
- Set of professional quality tongs
- Vegetable peeler
- Measuring spoons
- Calibrated measuring cups
- Meat thermometer
- Digital timer
- Slotted spoon
- Small sieve
Optional

- Firm boning knife
- Flexible filleting knife
- Turning knife
- Fish tweezers
- Moulds or special baking dishes as required
- Small food processor
- Immersion blender
- Food mill
- Mandoline
- Piping bags/tips

Supplied

- All food items
- Commercial kitchen equipment, stoves and ovens
- Pots and pans
- Cutting boards
- Prep area with sink
- Refrigerator *(may be shared with another candidate)*
- Accurate scale
- Serving plates and platters
- Tasting spoons (disposable)
- Towels (cleaning & hot cloths)
- Paper towels
- Aluminum foil
- Parchment paper
- Cling film (wrap)
- Sanitizer spray bottle

Prohibited

- Any outside food items or convenience products
- Any additional sources of heat or cold (portable burners, refrigerators, etc.)
- Internet connected devices – smartphones, tablets, computers, etc. may be used to track time, but transmitting and receiving functions must be turned off
During the assessment

You have the opportunity to demonstrate your skills against the occupational standards for Professional Cook 1.

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.

Tips for Success

- Practice the menu several times before attempting.
- Employ the highest sanitation standards.
- Manage your waste, do not toss your green waste before checking with assessor(s)
- Properly anchor cutting board and set your station
- Have a plan for dealing with your dirty dishes.
- Set up a place to wash and sanitize properly, have dish soap, scouring pads and sanitizer
- Display your work-plan
- Have your recipes organized
- Use single use tasting spoons
- Clean as you go, wash and sanitize properly, avoid cross contamination
- Have a seasoning tray
- Only have out what you need for the task at hand, everything else is clutter
- Keep high risk foods refrigerated at all times
- If something isn't going as planned, stop, re-evaluate and formulate a new plan, you can still recover.
# Overview of Assessment Day

## Arrival and Briefing
- An assessor will brief you on the practical tasks you will be required to complete on that day.
- 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.

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td></td>
</tr>
</tbody>
</table>

## Set Up
- You are 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.

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td></td>
</tr>
</tbody>
</table>

## Practical Assessment
- Your practical assessment will begin and you will be required to complete the tasks specified in your menu.
- You will need to wear appropriate uniform, personal protective equipment (PPE) and keep all relevant personal hygiene, food safety and occupational health and safety (OH&S) issues in mind.

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4 hours</td>
<td></td>
</tr>
</tbody>
</table>

## 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.

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
<td></td>
</tr>
</tbody>
</table>

## 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 can 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>Time</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Hours</td>
<td></td>
</tr>
</tbody>
</table>
## Assessment Tasks – Menu A

You will be preparing menu items from the following categories:

<table>
<thead>
<tr>
<th>Category</th>
<th>Menu Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Soup:</td>
<td>Clear Soup – Beef and Barley</td>
</tr>
<tr>
<td></td>
<td>Prepare 1 litre</td>
</tr>
<tr>
<td></td>
<td>Serve one portion (250 ml)</td>
</tr>
<tr>
<td>1 Egg Dish:</td>
<td>3 Egg Omelet – Ham &amp; Cheese</td>
</tr>
<tr>
<td></td>
<td>Prepare 1 serving</td>
</tr>
<tr>
<td></td>
<td>Prepare 1 serving of orange segments</td>
</tr>
<tr>
<td>1 Cold Dish:</td>
<td>Seafood Salad Wrap</td>
</tr>
<tr>
<td></td>
<td>Emulsified Mayonnaise Dressing</td>
</tr>
<tr>
<td></td>
<td>Prepare 1 serving seafood salad wrap</td>
</tr>
<tr>
<td></td>
<td>Prepare 500 ml mayonnaise dressing</td>
</tr>
<tr>
<td>1 Hot Dish with a Starch and a Vegetable:</td>
<td>Braised Chicken with Mushroom Sauce</td>
</tr>
<tr>
<td></td>
<td>Pasta with Herbs and Butter</td>
</tr>
<tr>
<td></td>
<td>Seasoned Broccoli</td>
</tr>
<tr>
<td></td>
<td>Prepare 1 serving braised chicken w/ mushroom sauce (made with freshly cooked chicken leg)</td>
</tr>
<tr>
<td></td>
<td>Prepare 1 serving pasta w/ herbs and butter</td>
</tr>
<tr>
<td></td>
<td>Prepare 1 serving seasoned broccoli</td>
</tr>
<tr>
<td>1 Baked Item:</td>
<td>Cheddar Cheese Scones</td>
</tr>
<tr>
<td></td>
<td>Prepare 12 and serve 12</td>
</tr>
</tbody>
</table>
Give this sheet to the assessor to place on your presentation area.

Use this sheet to plan the timing of your menu items. No dishes may be served within the first 2 hours; this time is set aside for preparation.

<table>
<thead>
<tr>
<th>Candidate’s Name:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Description</th>
<th>Service Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>Clear soup – Beef and Barley</td>
<td></td>
</tr>
<tr>
<td>Egg Dish</td>
<td>3-Egg Omelet (Ham &amp; Cheese) served with Orange Segments</td>
<td></td>
</tr>
<tr>
<td>Cold Dish</td>
<td>Seafood Salad Wrap with Emulsified Mayonnaise Dressing</td>
<td></td>
</tr>
<tr>
<td>Hot Dish</td>
<td>Braised Chicken with Mushroom Sauce served with Pasta with Herbs and Butter, and Seasoned Broccoli</td>
<td></td>
</tr>
<tr>
<td>Quick Breads</td>
<td>Cheddar Cheese Scones</td>
<td></td>
</tr>
</tbody>
</table>
WORK PLAN - Use this sheet to plan your time to complete all menu items

<table>
<thead>
<tr>
<th>Candidate’s Name:</th>
<th>Date:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>TIME am/pm</th>
<th>Minutes Allowed</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15 min</td>
<td>Arrival and sign declaration</td>
</tr>
<tr>
<td></td>
<td>15 min</td>
<td>Briefing and questions</td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td>Gather equipment and dishware, set up station, pre-heat oven</td>
</tr>
<tr>
<td></td>
<td><strong>↓</strong></td>
<td>Begin cooking (2 hours) – <strong>no</strong> dishes are served during this time</td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td>Begin service period (2 hours) - dishes are served during this time</td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>↓</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td>Overtime – dishes accepted but Critical Factor mark for Timing <strong>not</strong> achieved.</td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td>Clean up – <strong>no</strong> dishes are accepted</td>
</tr>
</tbody>
</table>

**NOTE:** Remember to plan for 15-20 minutes between each dish during the service period so the assessor has time for assessment.
CLEAR SOUP:       

Beef and Barley

Yield: 1 litre  
Serve 1 portion (250 mL)

Ingredients:

- 10 g  Butter, whole
- 1 clove Garlic, minced
- 40 g  Yellow onion, small dice
- 40 g  Carrot, small dice
- 40 g  Celery, small dice
- 40 g  Leek, small dice
- 850 mL Beef stock
- 75 g  Beef, cooked, small dice
- 100 g Barley, cooked
- To taste Salt and pepper
- 15 mL Parsley, fresh, finely chopped

Procedure:

1. Sweat the garlic and onion in butter until translucent.
2. Add the carrots, celery and leek. Continue cooking. Do not let them brown.
3. Add the stock. Simmer until vegetables are just tender.
4. Add the cooked beef and barley and return to a simmer.
5. Degrease the soup and adjust seasoning with salt and pepper.
6. Serve in a warm soup bowl and garnish with chopped parsley.

Assessor Notes: The beef and barley are to be cooked previously, pre-portioned and provided to the candidate; beef to be diced by the candidate. Vegetables are provided unpeeled and unprocessed.
EGGS:

3-Egg Omelet (Ham & Cheese)

Ingredients:

3  Eggs, large
To taste  Salt and pepper
30 g  Ham, small dice
15 g  Butter, whole
30 g  Cheese, grated
1  Orange, segmented

Procedure:

1. Crack eggs and whisk in a small bowl. Season with salt and pepper.
2. Sauté the ham in butter in an 8 inch omelet pan until heated.
3. Pour egg into omelet pan.
4. Shake the pan back and forth, while stirring the eggs with a heat-proof spatula.
5. When eggs are nearly set, sprinkle cheese across the center of the egg.
6. Roll the omelet onto a warm serving plate.
7. The finished omelet should be moist on the inside, tender on the outside, and yellow or only slightly browned.
8. Serve orange segments in a side dish with the eggs.

Assessor Notes: Ham is provided pre-weighed; candidate must dice. Cheese is provided pre-weighed and previously grated.
COLD DISH:

Seafood Salad Wrap

Yield: 1 Serving

Ingredients:

1. 12 inch flour tortilla
2. 1 portion Seafood salad
3. 250 mL Lettuce, chiffonade

Seafood Salad:

Yield: 1 Serving

Ingredients:

1. 90 g Salmon, boneless, skinless and raw
2. 600 mL Court Bouillon
3. 30 g Baby shrimp, cooked
4. 30 g Celery, small dice
5. 20 mL Mayonnaise (see recipe)
6. 5 mL Lemon juice, fresh
7. 5 mL Dill, fresh
8. To taste Salt and Pepper

Procedure:

1. Poach Salmon in court bouillon until done.
2. Remove Salmon and chill in refrigerator.
3. Flake the salmon into a bowl.
4. Squeeze excess moisture from the shrimp and add to the salmon.
5. Add celery, mayonnaise, lemon juice, dill and salt and pepper.
6. Combine thoroughly.
7. Place seafood salad and lettuce on center of tortilla.
8. Fold sides of tortilla in and roll up.

Assessor Notes: One portion of boneless, skinless Salmon is pre-weighed and provided to the candidate raw. Court bouillon is prepared for the candidate. Cooked baby shrimp is pre-portioned and provided to the candidate. Lettuce is pre-washed and dried for the candidate.
Mayonnaise:

Yield: 500 mL

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Eggs, large</td>
</tr>
<tr>
<td>7 mL</td>
<td>Vinegar, white</td>
</tr>
<tr>
<td>7 mL</td>
<td>Water</td>
</tr>
<tr>
<td>2.5 mL</td>
<td>Salt</td>
</tr>
<tr>
<td>2.5 mL</td>
<td>Mustard, dry</td>
</tr>
<tr>
<td>Pinch</td>
<td>Cayenne</td>
</tr>
<tr>
<td>425 mL</td>
<td>Oil, vegetable</td>
</tr>
<tr>
<td>15 mL</td>
<td>Vinegar, white</td>
</tr>
<tr>
<td>12.5 mL</td>
<td>Lemon juice</td>
</tr>
</tbody>
</table>

Procedure:

1. Separate the eggs. Reserve the whites for other use.
2. Place the egg yolks in a bowl with the first vinegar, water and dry ingredients. Beat until well mixed.
3. Add the oil gradually while whisking continuously. When the emulsion forms, add the oil slightly faster.
4. When the mayonnaise becomes thick, thin with a little of the second quantity of vinegar.
5. Gradually beat in the remaining oil alternately with the vinegar.
6. Adjust the tartness and the consistency by beating in lemon juice.

NOTE: If the mayonnaise breaks, it can be rescued. Start with a fresh egg yolk. Using the same procedure in step 3, begin emulsifying the broken mayonnaise into the yolk as was done with vegetable oil. Continue until all the broken mayonnaise has been added and re-formed.
HOT DISH:

Braised Chicken with Mushroom Sauce

(Plated with Pasta and Seasoned Broccoli)

Ingredients:

1. Chicken leg; bone-in, skin on and raw
2. mushrooms, button, quartered
3. To taste Salt and pepper
4. 20 g Yellow onion, brunoise
5. 5 mL Oil, vegetable
6. 10 g Flour, all purpose
7. 10 g Butter, whole
8. 250 mL Chicken stock

To Finish

9. 30 mL Whipping cream
10. To taste Salt and pepper
11. 10 mL Parsley, fresh, chopped

Procedure:

1. Separate the chicken leg into thigh and drumstick. Season with salt and pepper.
2. Lightly brown the chicken in a pan with oil.
3. Remove chicken; set aside.
4. Add butter, mushrooms, onion and sauté until lightly browned.
5. Add the flour to make a blonde roux.
6. Gradually stir in the stock. Bring to a simmer, stirring until the sauce thickens.
7. Add the chicken.
8. Cover tightly and place in a conventional oven (350°F/175°C). Cook to internal temperature of 165°F/74°C (30 - 40 minutes).
9. Remove chicken from the sauce and keep warm in a covered pan.
10. Reduce sauce to desired consistency; then add cream to finish.
11. Adjust seasoning with salt and pepper; add chopped parsley.
12. Arrange the chicken, pasta and vegetables on a warm plate. Serve with the sauce over the chicken.

Assessor Notes: One chicken leg, bone in and skin on is provided to the candidate raw.
STARCH - SIDE DISH:

Pasta with Herbs and Butter

Yield: 1 Serving

Ingredients:

- 50 g Linguine or fettuccine (dry pasta)
- 15 g Butter, whole
- 1 small Garlic clove, minced
- 15 mL Parsley, fresh, chopped
- 5 mL Oregano, fresh, chopped
- 5 mL Lemon juice, fresh
- 10 g Grated Parmesan cheese
- To taste Salt and pepper

Procedure:

1. Cook pasta in boiling salted water "al denté".
2. Melt the butter in a saucepan and sauté garlic until fragrant.
3. Add pasta to the pan and sauté (add a splash of water to help steam the pasta if it has been allowed to cool).
4. Add remaining ingredients and mix until well dispersed.
5. Season with salt and pepper.
VEGETABLE - SIDE DISH: Seasoned Broccoli

Yields 1 portion

Ingredients:

70 g Broccoli florets, trimmed
5 g Butter, whole
To taste Salt and pepper

Procedure:

1. Blanch and refresh the broccoli.
2. Refrigerate until serving time.
3. Re-heat in boiling salted water.
4. Sauté broccoli in butter until nicely coated and season with salt and pepper.
BAKING:

Cheddar Cheese Scones

Yield: 12 Scones

Ingredients:

- 500 g Flour, all purpose
- 15 g Baking powder
- 3 g Salt
- 20 g Sugar
- 125 g Butter, whole, chilled and cubed
- 125 g Cheddar cheese, grated
- 280 mL Milk
- 70 g Eggs, beaten
- 30 mL Egg wash

Procedure:

1. Sift together dry ingredients.
2. Cut in butter to the size of peas.
3. Mix the cheese into the dry ingredients.
4. Make a well in the center and pour in the milk and eggs.
5. Mix gently until ingredients are just combined and soft dough is formed.
6. On a floured surface, roll the dough to 15 mm thick and cut into 12 uniform pieces.
7. Arrange them on a parchment lined baking tray and brush lightly with egg wash.
8. Bake at 350°F/175°C in a conventional oven until golden and center is cooked (15-20 minutes).
9. Serve all 12 scones.
## 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>
<tbody>
<tr>
<td><strong>Accompaniments</strong></td>
<td>• Complement and enhance main item</td>
<td>• Complement main item</td>
<td>• Quality acceptable, but does not complement main item</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>• Item would be sent back</td>
</tr>
<tr>
<td><strong>Balance</strong></td>
<td>• Perfect balance between items on plate</td>
<td>• Overall good balance 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></td>
<td>• Some adjustments definitely needed</td>
<td>• Unpleasant texture, would be sent back</td>
</tr>
<tr>
<td><strong>Baking</strong></td>
<td>• Perfectly even colour and sheen</td>
<td>• Even colour</td>
<td>• Mostly even colour</td>
<td>• Pale or dark, but not under done or burnt</td>
<td>• Burnt or extremely pale</td>
</tr>
<tr>
<td><strong>(Colour)</strong></td>
<td>• No improvements suggested</td>
<td>• Some minor adjustments may be recommended</td>
<td></td>
<td>• Adjustments definitely needed</td>
<td>• Not sellable</td>
</tr>
<tr>
<td><strong>Baking</strong></td>
<td>• Perfect size and shape, as per recipe</td>
<td>• Inconsistent size and shape</td>
<td>• Uneven size and shape</td>
<td>• Shape and size unacceptable</td>
<td>• Too small or large to serve</td>
</tr>
<tr>
<td><strong>(Size/Shape)</strong></td>
<td>• No improvements suggested</td>
<td>• Within range of recipe yield</td>
<td></td>
<td>• Too small or large range</td>
<td></td>
</tr>
<tr>
<td><strong>Consistency</strong></td>
<td>• Perfect texture and viscosity</td>
<td>• Overall good texture and viscosity</td>
<td>• Texture or viscosity definitely needs adjustment</td>
<td>• Texture and viscosity needs adjustment</td>
<td>• Unpleasant texture or viscosity</td>
</tr>
<tr>
<td><strong>(Soup)</strong></td>
<td>• Degreased perfectly</td>
<td>• Mostly degreased, is suitable</td>
<td>• Degreased somewhat, could use a little more.</td>
<td>• Marginally degreased, Garnish lacking or of poor quality, but still servable</td>
<td>• Degreased poorly or not at all</td>
</tr>
<tr>
<td></td>
<td>• Ideal amount and quality of garnish</td>
<td>• Reasonable amount of garnish; garnish good quality</td>
<td>• Lacking or too much garnish, but garnish still good quality</td>
<td>• Garnish lacking or of poor quality, but still servable</td>
<td>• Garnish inedible</td>
</tr>
<tr>
<td></td>
<td>• No improvements suggested</td>
<td>• Some minor adjustments may be recommended</td>
<td></td>
<td>• Food not monitored while cooking, but resulting in a servable product</td>
<td>• Would be sent back</td>
</tr>
<tr>
<td><strong>Cooking Technique</strong></td>
<td>• Cooking techniques demonstrated properly</td>
<td>• Cooking techniques generally demonstrated properly, but may lack production speed</td>
<td>• Cooking techniques not always demonstrated properly, or lacking production speed</td>
<td>• Food not monitored while cooking, but resulting in a servable product</td>
<td>• Techniques not demonstrated or demonstrated incorrectly with major faults in outcome</td>
</tr>
<tr>
<td></td>
<td>• Regular monitoring of food with superior results</td>
<td>• Regular monitoring of food with expected results</td>
<td>• Occasional monitoring of food with small minor errors in results</td>
<td>• Food not monitored while cooking, but resulting in a servable product</td>
<td>• Food not monitored while cooking resulting in a non-servable product</td>
</tr>
<tr>
<td><strong>Doneness</strong></td>
<td>• All components cooked perfectly</td>
<td>• Most components cooked to ideal doneness</td>
<td>• Minor components slightly over or undercooked</td>
<td>• Major components somewhat over or undercooked, but still moist and tender</td>
<td>• Items extremely over or undercooked</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>• Item would be sent back</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Food safety concern with doneness</td>
</tr>
<tr>
<td>Factors</td>
<td>Excellent</td>
<td>Good</td>
<td>Satisfactory</td>
<td>Borderline</td>
<td>Unacceptable</td>
</tr>
<tr>
<td>---------</td>
<td>-----------</td>
<td>------</td>
<td>--------------</td>
<td>------------</td>
<td>--------------</td>
</tr>
<tr>
<td><strong>Organization</strong></td>
<td>Well-constructed work plan</td>
<td>Well-constructed work plan</td>
<td>Basic work plan</td>
<td>No work plan</td>
<td>Completely disorganized station and loss of composure</td>
</tr>
<tr>
<td></td>
<td>Organized station, no clutter</td>
<td>Organized station, minimal clutter</td>
<td>Generally organized station, some clutter</td>
<td>Some disorganization and clutter on station</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Timelines accurate and followed</td>
<td>Timelines mostly accurate and followed</td>
<td>Timelines mostly accurate and followed</td>
<td>Timelines not followed, but tasks still completed within required parameters</td>
<td></td>
</tr>
<tr>
<td><strong>Presentation</strong></td>
<td>Presented appropriately</td>
<td>Plate attractively presented</td>
<td>Plates clean, not sloppy</td>
<td>Plates lacking visual interest or colour</td>
<td>Extremely sloppy plates</td>
</tr>
<tr>
<td></td>
<td>Portion sizes perfect</td>
<td>Portion size within recommended range</td>
<td>Portion sizes may need some adjustment</td>
<td>Portion sizes too large or small</td>
<td>Uneappealing colour (grey, burnt, etc.)</td>
</tr>
<tr>
<td></td>
<td>Ideal balance of shapes and colours</td>
<td>Range of shapes and colours</td>
<td>May be lacking colour</td>
<td>Somewhat difficult to eat</td>
<td>Portion sizes far too large or small</td>
</tr>
<tr>
<td></td>
<td>No improvements suggested</td>
<td>Some minor adjustments may be recommended</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>Perfect doneness and tenderness</td>
<td>Doneness close to accurate, but not perfect</td>
<td>Slightly over or undercooked</td>
<td>Somewhat over or undercooked, but still moist and tender</td>
<td>Extremely over or undercooked</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>
<tr>
<td><strong>Safety</strong></td>
<td>Exceptional safety practices</td>
<td>Strong safety practices</td>
<td>Generally strong safety practices</td>
<td>Some questionable safety practices or minor infractions</td>
<td>Questionable safety practices</td>
</tr>
<tr>
<td></td>
<td>Calm and organized throughout the day</td>
<td>Calm and organized throughout the day</td>
<td>Generally calm and organized throughout the day</td>
<td>No major safety risks or hazards</td>
<td>Major safety risk or hazard</td>
</tr>
<tr>
<td></td>
<td>Any hazards addressed immediately</td>
<td>Any hazards addressed in a timely manner</td>
<td>Any hazards addressed, but not always in the most timely manner</td>
<td>Any hazards addressed, but not always in the most timely manner</td>
<td>Hazards not addressed</td>
</tr>
<tr>
<td><strong>Sanitation</strong></td>
<td>Exceptional sanitation practices</td>
<td>Consistent sanitation practices</td>
<td>Consistent sanitation practices</td>
<td>Inconsistent sanitation practices</td>
<td>Poor sanitation practices</td>
</tr>
<tr>
<td></td>
<td>No errors of any kind</td>
<td>Occasional minor errors, but not presenting any risk</td>
<td>Occasional minor errors, but not presenting any risk</td>
<td>Occasional minor errors, but not presenting any risk</td>
<td>Major food safety risk or hazard</td>
</tr>
<tr>
<td></td>
<td>All food stored and handled appropriately</td>
<td>All food stored and handled appropriately</td>
<td>All food stored and handled appropriately, but any errors not to the point of presenting risk</td>
<td>Most food stored and handled appropriately, but any errors not to the point of presenting risk</td>
<td>Food cross contaminated and not servable</td>
</tr>
<tr>
<td><strong>Sauce</strong></td>
<td>Exceptional body and texture</td>
<td>Good body and texture</td>
<td>Reasonable body and texture</td>
<td>Quality lacking, but still servable</td>
<td>Detracts from other items on plate</td>
</tr>
<tr>
<td></td>
<td>Complements and enhances main item</td>
<td>Complements main item</td>
<td>Do not complement main item</td>
<td>Adjustments definitely needed</td>
<td></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></td>
<td></td>
</tr>
</tbody>
</table>

Grading Scale - Professional Cook Practical Assessments– Levels 1, 2, 3
Updated June, 2018
<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></td>
<td></td>
<td>• Some minor adjustments may be recommended</td>
<td>• Some adjustments recommended but not critical</td>
<td></td>
<td></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</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>sent back</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</td>
<td>• Some in inaccurate 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</td>
<td>• Major components on the plate slightly tough or too firm or soft, but</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>adjustments</td>
<td>still servable</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 in the order of the menu and within the 2 hour</td>
<td>• Item presented during the 30 minute overtime</td>
<td>• Item presented after time limit or not presented at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>service period</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>

**GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS**

**Factors**
- Starch
- Taste
- Technical Skills
- Temperature
- Texture
- Timing
- Vegetables

**Excellence**
- Perfect doneness and texture
- Complements and enhances main item
- No improvements suggested

**Good**
- Slightly over or undercooked
- Texture not quite perfect
- Complements main item
- Some minor adjustments may be recommended

**Satisfactory**
- Slightly over or undercooked
- Texture needs adjustments
- Does not complement main item
- Some adjustments recommended but not critical

**Borderline**
- Somewhat over or undercooked
- Quality lacking, but still servable
- Adjustments definitely needed

**Unacceptable**
- Extremely over or undercooked
- Detracts from other items on plate
- Plate would be sent back