# CANDIDATE PREPARATION PACKAGE – MENU B
PROFESSIONAL COOK 1 PRACTICAL ASSESSMENT

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

## 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 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 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
- 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.

30 min

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.

30 min

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.

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.

30 min

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.

30 min

Total
6 Hours

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.
### Assessment Tasks – Menu B

You will be preparing menu items from the following categories:

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 Soup:</strong></td>
<td><strong>Cream soup – Boston Clam Chowder</strong>&lt;br&gt;Prepare 1 litre&lt;br&gt;Serve one portion (250 ml)</td>
</tr>
<tr>
<td><strong>1 Egg Dish:</strong></td>
<td><strong>Poached Eggs with Hollandaise</strong>&lt;br&gt;Prepare 2-eggs cooked medium&lt;br&gt;Prepare 1 serving of hollandaise&lt;br&gt;Prepare 1 serving of orange segments</td>
</tr>
<tr>
<td><strong>1 Cold Dish:</strong></td>
<td><strong>Grilled Chicken Caesar Salad Wrap</strong>&lt;br&gt;<strong>Emulsified Caesar Dressing</strong>&lt;br&gt;Prepare 1 serving chicken Caesar salad wrap&lt;br&gt;(made with freshly cooked chicken breast)&lt;br&gt;Prepare 200 ml emulsified Caesar dressing</td>
</tr>
<tr>
<td><strong>1 Hot Dish with a Starch and a Vegetable:</strong></td>
<td><strong>Salmon fillet with Tomato Vinaigrette</strong>&lt;br&gt;<strong>Rice Pilaf</strong>&lt;br&gt;<strong>Green Beans Amandine</strong>&lt;br&gt;Prepare 1 serving salmon fillet w/ tomato vinaigrette&lt;br&gt;Prepare 1 serving rice pilaf&lt;br&gt;Prepare 1 serving green beans amandine</td>
</tr>
<tr>
<td><strong>1 Baked Item:</strong></td>
<td><strong>Blueberry Muffins</strong>&lt;br&gt;Prepare 6 and serve 6</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>
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<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Description</th>
<th>Service Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>Cream Soup – Boston Clam Chowder</td>
<td></td>
</tr>
<tr>
<td>Egg Dish</td>
<td>2 Poached Eggs with Hollandaise served with Orange Segments</td>
<td></td>
</tr>
<tr>
<td>Cold Dish</td>
<td>Grilled Chicken Caesar Salad Wrap with Emulsified Caesar Dressing</td>
<td></td>
</tr>
<tr>
<td>Hot Dish</td>
<td>Salmon Fillet with Tomato Vinaigrette and Rice Pilaf and Green Beans Amandine</td>
<td></td>
</tr>
<tr>
<td>Quick Breads</td>
<td>Blueberry Muffins</td>
<td></td>
</tr>
</tbody>
</table>
**WORK PLAN** - Use this sheet to plan your time to complete all menu items

<table>
<thead>
<tr>
<th>TIME</th>
<th>Minutes Allowed</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Arrival and sign declaration</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Briefing and questions</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gather equipment and dishware, set up station, pre-heat oven</td>
</tr>
<tr>
<td></td>
<td>30 min</td>
<td>Begin cooking (2 hours) – <strong>no</strong> dishes are served during this time</td>
</tr>
<tr>
<td>30 min</td>
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<td>30 min</td>
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<tr>
<td></td>
<td></td>
<td><strong>Begin service period</strong> (2 hours) – dishes are served during this time</td>
</tr>
<tr>
<td>30 min</td>
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<tr>
<td>30 min</td>
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<tr>
<td>30 min</td>
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</tr>
<tr>
<td>30 min</td>
<td></td>
<td>Overtime – dishes accepted but Critical Factor mark for Timing <strong>not</strong> achieved</td>
</tr>
<tr>
<td>30 min</td>
<td></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.
Professional Cook 1

Menu B
CREAM SOUP:

Boston Clam Chowder

Yield: 1 litre
Serve 1 portion (250 mL)

Ingredients:

- 75 g Butter, whole
- 30 g Bacon, uncooked, diced
- 40 g Yellow onion, small dice
- 25 g Celery, small dice
- 25 g Carrot, small dice
- 25 g Leek, small dice
- 40 g Bell pepper, red, small dice
- 60 g Flour, all purpose
- 700 mL Fish or vegetable stock
- 150 mL Clam nectar
- 80 g Potato, Russet, peeled, small dice
- 150 mL Whipping Cream
- 50 g Baby clam meat
- To taste Salt and pepper

Procedure:

1. Render bacon in butter, then add onion and sweat until translucent.
2. Add celery, carrot, leek, and bell pepper. Cook gently until butter is clear.
3. Add flour to form a roux.
4. Incorporate the stock and clam nectar, and bring to a simmer while soup thickens.
5. Add potato and cook until tender.
6. Finish with cream, baby clams and adjust seasoning with salt and pepper.
7. Serve in a warm soup bowl.

Assessor Notes: Clams are provided to the candidate pre-portioned. Bacon is provided pre-weighed and raw; candidate will dice. Vegetables are provided unpeeled and unprocessed.
EGGS: Poached Eggs with Hollandaise Sauce

Hollandaise:

Yield: (250 mL)

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 mL</td>
<td>Vinegar, white wine</td>
</tr>
<tr>
<td>50 ml</td>
<td>White wine</td>
</tr>
<tr>
<td>20 g</td>
<td>Shallot, sliced</td>
</tr>
<tr>
<td>5</td>
<td>Peppercorns, cracked</td>
</tr>
<tr>
<td>25 mL</td>
<td>Water</td>
</tr>
<tr>
<td>2</td>
<td>Eggs, large</td>
</tr>
<tr>
<td>130 mL</td>
<td>Butter, clarified</td>
</tr>
<tr>
<td>To taste</td>
<td>Lemon juice, fresh</td>
</tr>
<tr>
<td>To taste</td>
<td>Salt and pepper</td>
</tr>
<tr>
<td>As needed</td>
<td>Warm water</td>
</tr>
</tbody>
</table>

Procedure:

1. Combine vinegar, white wine, shallots and peppercorns. Reduce until nearly dry (au sec), then add water and strain.
2. Separate the eggs. Reserve whites for other use.
3. Whisk yolks with reduction over a bain marie until thick and creamy.
4. Remove the bowl from heat. Add the butter gradually while whisking continuously.
5. Adjust viscosity and flavour using lemon juice, water, salt and pepper.

**NOTE:** If Hollandaise splits, it can be rescued. Try adding a small amount of water (such as 2 mL) and whisk vigorously. If this fails, start with a fresh egg yolk in a clean bowl and using the same procedure in step 4, begin emulsifying the split sauce back into the yolk as was done with clarified butter. Continue until all the sauce has been added and re-formed.

Make hollandaise as close to service time as possible to reduce the likelihood of food borne illnesses.

**Assessor Notes:** Clarified butter is provided to the candidate.
Poached Eggs:

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Eggs, large</td>
</tr>
<tr>
<td>2 L</td>
<td>Water</td>
</tr>
<tr>
<td>30 mL</td>
<td>Vinegar, white distilled</td>
</tr>
<tr>
<td>1</td>
<td>Orange, segmented</td>
</tr>
</tbody>
</table>

Procedure:

1. Combine water and vinegar. Bring to a simmer and reduce heat.
2. Poach the eggs just below simmer until soft.
3. Serve eggs nappé with Hollandaise sauce (Remaining Hollandaise to be presented on the side).
4. Serve orange segments in a side dish with the eggs.
COLD DISH:

Grilled Chicken Caesar Salad Wrap

Yield: 1 Serving

Ingredients:
- 12 inch flour tortilla
- 120 g Chicken breast; boneless, skinless and raw.
- 30 mL Caesar dressing (see recipe)
- 250 mL Lettuce, Romaine, cut
- 15 mL Grated Parmesan cheese

Procedure:
1. Panfry or grill chicken until done; finish in the oven if necessary.
2. Chill chicken in refrigerator.
3. Cut lettuce to appropriate size.
4. Dice chicken to appropriate size.
5. Combine chicken, lettuce, dressing, parmesan, and toss gently in a bowl.
6. Place Caesar salad on center of tortilla.
7. Fold sides of tortilla in and roll up.
8. Serve wrap cut on the bias.

Assessor Notes: One portion of boneless, skinless chicken breast is pre-weighed and provided to the candidate raw. Lettuce is pre-washed and dried for the candidate.
**Caesar Salad Dressing:**

**Yield:** (200 mL)

**Ingredients:**

1. Egg, large
2. Garlic clove, minced
3. Anchovy fillet, minced
4. Capers, chopped
5. Mustard, dry
6. Lemon juice
7. Oil, olive
8. Grated Parmesan cheese
9. Salt and pepper

**Procedure:**

1. Separate the egg. Reserve whites for other use.
2. Mince garlic, anchovy and capers.
3. Place the egg yolks in a bowl with the garlic, anchovy, capers, mustard, lemon juice and beat until well mixed.
4. Add the oil gradually while whisking continuously. Once the emulsion forms, add the oil slightly faster.
5. Once the dressing reaches desired consistency, fold in the parmesan.
6. Adjust the tartness and consistency with extra lemon juice as needed.
7. Finish with salt and pepper.

**Note:** If the Caesar dressing breaks, it can be rescued. Start with a fresh egg yolk and using the same procedure in step 4, begin emulsifying the broken dressing back into the yolk as was done with olive oil. Continue until all the dressing has been added and reformed.
HOT DISH:

Salmon Fillet with Tomato Vinaigrette

(Plated with Rice and Green Beans)

Tomato Vinaigrette:

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>125 g</td>
<td>Roma tomato, concassé</td>
</tr>
<tr>
<td>15 mL</td>
<td>Basil, fresh, chiffonade or torn</td>
</tr>
<tr>
<td>15 g</td>
<td>Red Onion, brunoise</td>
</tr>
<tr>
<td>5 mL</td>
<td>Vinegar, balsamic</td>
</tr>
<tr>
<td>15 mL</td>
<td>Oil, olive</td>
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</tbody>
</table>

To taste: Salt and pepper

Procedure:

1. Combine ingredients in a small bowl. Season with salt and pepper.

Salmon Fillet:

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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</thead>
<tbody>
<tr>
<td>120 g</td>
<td>Salmon fillet; boneless, skinless and raw</td>
</tr>
<tr>
<td>15 mL</td>
<td>Oil, vegetable</td>
</tr>
</tbody>
</table>

Salt and pepper

Procedure:

1. Season the presentation side of the salmon with salt and pepper.
2. Sear the presentation side of the salmon in oil using a non-stick or well-seasoned skillet.
3. Turn the salmon over and finish in a conventional oven as needed.
4. Place salmon on paper towel to absorb excess oil.
5. Serve salmon and tomato vinaigrette with rice and vegetable on a warm plate.

Assessor Notes: One portion of boneless, skinless Salmon fillet is pre-weighed and provided to the candidate raw.
STARCH - SIDE:

Rice Pilaf

Yield: 5 Servings

Ingredients:

- 25 g Yellow Onion, fine dice
- 15 g Butter, whole
- 190 g Rice, converted
- 375 mL Chicken stock
- 1/2 Bay leaf
- To taste Salt and pepper

Procedure:

1. Sweat the onion in the butter until translucent.
2. Add the rice and stir to coat.
3. Add the stock and bay leaf. Bring to a simmer.
4. Cover tightly and place in a 350°F/175°C conventional oven for 18-20 minutes.
5. Remove from oven and let stand covered for 8-10 minutes. Keep warm in the pot.
6. Remove the bay leaf and season with salt and pepper.
VEGETABLE - SIDE:

Green Beans Amandine

Yield: 1 Serving

Ingredients:

- 70 g Green beans, trimmed
- 20 g Butter, whole
- 10 g Almonds, sliced, toasted
- To taste Salt and pepper

Procedure:

1. Blanch and refresh the beans.
2. Refrigerate until serving time.
3. Re-heat in boiling salted water.
4. Sauté beans in butter until nicely coated and season with salt and pepper
5. Toss with the toasted almonds.

Assessor Notes: Almonds are sliced and toasted, pre-portioned and provided to the candidate.
BAKING:  

Yield: 6 Muffins

Blueberry Muffins

Ingredients:

150 g  Flour, all purpose
110 g  Sugar, granulated
6 g  Baking powder
3 g  Salt
90 g  Milk
55 g  Eggs, beaten
60 g  Oil, vegetable
100 g  Blueberries, frozen (remain frozen until use)

Procedure:

1. Sift together dry ingredients.
2. Separately combine wet ingredients.
3. Mix together using the muffin method.
4. Fold in blueberries.
5. Bake at 375°F/190°C in a conventional oven until light brown and center is cooked (15-20 minutes).
6. Serve all 6 muffins.
<table>
<thead>
<tr>
<th>Factors</th>
<th>Excellent</th>
<th>Good</th>
<th>Satisfactory</th>
<th>Borderline</th>
<th>Unacceptable</th>
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</thead>
<tbody>
<tr>
<td>Accompaniments</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>
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<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>
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<td></td>
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<td></td>
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<tr>
<td>Balance</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>
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<td></td>
<td>• Unpleasant texture, would be sent back</td>
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<tr>
<td>Baking (Colour)</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></td>
<td>• No improvements suggested</td>
<td>• Some minor adjustments may be recommended</td>
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<td></td>
<td>• Not sellable</td>
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<tr>
<td>Baking (Size/Shape)</td>
<td>• Perfect size and shape, as per recipe</td>
<td>• Even size and shape</td>
<td>• Inconsistent size and shape</td>
<td>• Uneven size and shape</td>
<td>• Shape and size unacceptable</td>
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<tr>
<td></td>
<td>• No improvements suggested</td>
<td>• May be slightly larger or smaller than recipe yield</td>
<td></td>
<td>• Still within servable range</td>
<td>• Too small or large to serve</td>
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</tr>
<tr>
<td>Consistency (Soup)</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 definitely needs adjustment</td>
<td>• Unpleasant texture or viscosity</td>
</tr>
<tr>
<td></td>
<td>• Degreased perfectly</td>
<td>• Mostly degreased, is suitable</td>
<td>• Degreased somewhat, could use a little more.</td>
<td>• Marginally degreased,</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></td>
<td>• Would be sent back</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooking Technique</td>
<td>• Cooking techniques demonstrated properly</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>• 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></td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Doneness</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>
</tbody>
</table>

GRADING SCALE for PROFESSIONAL COOK PRACTICAL ASSESSMENTS

Grading Scale - Professional Cook Practical Assessments– Levels 1, 2, 3

Updated June, 2018

Page 1 of 3
<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>Organization</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>Presentation</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>• Unappealing colour (grey, burnt, etc.)</td>
</tr>
<tr>
<td></td>
<td>• Ideal balance of shapes and colours</td>
<td>• Range of shapes and colours Some minor adjustments may be recommended</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></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</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>Safety</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>Sanitation</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>• Major food safety risk or hazard</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>• 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>
<td>• Food cross contaminated and not servable</td>
</tr>
<tr>
<td>Sauce</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>
<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>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 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 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></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>• 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>• Item presented after time limit or not presented at all</td>
</tr>
<tr>
<td></td>
<td>• Not presented at all</td>
<td>• Major components on the plate slightly tough or too firm or soft, but still servable</td>
<td>• Will lose the Critical Factor; Timing</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>