

PROFESSIONAL COOK 3 OCCUPATIONAL ANALYSIS CHART

BLOCK	SUBJECT	KEY COMPETENCIES				
OCCUPATIONAL SKILLS A.	Sanitary Standards	Describe the principles of a food safety plan	Prepare a food safety plan			
	Production Procedures	Describe cook-chill and cook-freeze systems	Describe the principles of low temperature and sous vide cooking	Describe the principles of marinating and brining	Describe the principles of plate composition	Describe modern preparation procedures and trends
	Menu Planning	Describe menus for a variety of different diets	Describe the planning of an "a la carte" menu	Plan an "a la carte" menu	Identify and describe regional foods	Describe the principles of the sustainability of our food supply
	Human Resource and Leadership Skills	Set personal goals	Describe stress management techniques	Describe team building and leadership skills	Describe conflict resolution techniques	Describe effective problem solving and decision making
	Cost Management	Describe food cost controls	Describe the principles of menu engineering	Interpret point of sale information	Interpret budgets and profit/loss statements	Apply cost control procedures
		Describe labour cost controls	Describe the principles of planning personnel requirements			
STOCKS, SOUPS AND SAUCES B.	Sauces	Describe types of specialty sauces	Apply principles of sauce selection	Prepare savory fruit sauces and gastrique	Prepare salsas, relishes, and chutneys	Prepare international sauces
MEATS E.	Cut and Process Meats	Describe the grading, inspection, and storage of game and variety meat	Describe types of game meats	Describe variety meats and offal	Cut and process game	Cut and process variety meats and offal
	Cook Meats	Describe suitable cooking methods for game	Describe suitable cooking methods for variety meats and offal	Prepare game for cooking	Cook game	Cook variety meats and offal
		Describe specialty meat dishes	Prepare specialty meat dishes			
POULTRY F.	Cut and Process Poultry	Identify and describe types of game birds	Describe the grading, inspection, and storage of game birds	Cut and process game birds		

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	Cook Poultry	Describe suitable cooking methods for game birds	Prepare game birds for cooking	Cook game birds	Describe specialty poultry dishes	Prepare specialty poultry dishes
SEAFOOD G.	Cut and Process Seafood	Identify and describe specialty shellfish	Clean and process specialty shellfish			
	Cook Fish	Describe specialty fish dishes	Prepare specialty fish dishes			
	Cook Shellfish	Describe specialty shellfish dishes	Prepare specialty shellfish dishes			
GARDE-MANGER H.	Dressings, Condiments and Accompaniments	Describe the principles of pickling	Prepare pickles	Describe the principles of infused oil and vinegar production	Prepare infused oils and vinegars	
	Presentation Platters	Describe the principles of buffet presentation	Describe the principles of buffet design	Prepare and present buffet and charcuterie platters		
	Patés, Terrines, and Charcuterie	Describe salt curing, drying, and smoking	Describe the principles of forcemeat production	Prepare pâtés and terrines	Prepare fresh sausages	Perform salt curing, drying and smoking
BAKED GOODS AND DESSERTS J.	Desserts	Identify and describe hot desserts	Prepare hot desserts	Identify and describe specialty desserts	Prepare specialty desserts	Prepare dessert sauces
	Cakes and Tortes	Identify and describe specialty cakes	Prepare specialty cakes and tortes			
	Frozen Desserts	Identify and describe frozen desserts	Prepare ice creams and sorbets	Prepare specialty frozen desserts		
BAKED GOODS AND DESSERTS	Chocolate, Sugar, and Garnishes	Describe types and properties of chocolate	Describe the principles of sugar work	Prepare and temper chocolate	Prepare sugar garnishes	Plate desserts
BEVERAGES K.	Beverages	Identify major types and styles of wine	Describe the principles of wine selection			

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