

PROFESSIONAL COOK CERTIFICATION PROGRAM

LEVELS OF CERTIFICATION AT A GLANCE

> PROFESSIONAL COOK 1 (PC1)



Workplace Skills

- Professionalism: Personal hygiene, organization, teamwork & communication
- Workplace & food safety
- Use of tools & equipment
- Knife skills & common cuts
- Trimming & portioning meat, poultry & seafood
- Following & adjusting recipes
- Basic terminology & nutrition
- Applying basic cooking & baking techniques
- Receiving & storage procedures

Products You Can Make From Scratch

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

C=0
PC1

> PROFESSIONAL COOK 2 (PC2)



Workplace Skills

All PC1 skills plus:

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

Products You Can Make From Scratch

All PC1 skills plus:

- Specialty soups & secondary sauces
- Specialty vegetables & vegetarian dishes
- Specialty potato, pasta & grain dishes
- Meat, poultry & seafood dishes for volume functions
- Specialty salads & dressings
- Hors d'oeuvre & appetizers
- Presentation platters
- Pastries, cakes & cheesecakes
- Laminated & specialty breads

C=0
PC2

> PROFESSIONAL COOK 3 (PC3)



Workplace Skills

All PC1 & PC2 skills plus:

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

Products You Can Make From Scratch

All PC1 & PC2 skills plus:

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

C=0
PC3

Ita Professional Cook 2 Sample Test

Michael Hoelscher



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Motor Age, 1924 **Wallace's Farm and Dairy**, 1908 *Manpower Research*, 1969 **The Farmer**, 1925 *The Chicago Legal News*, 1885 Cumulated Index Medicus, 1971 Comfort, 1898 **The Technology of Law** William Taylor Hughes, 1893 In an introductory chapter the author points out that law is built around its maxims and leading cases hence they are called technics Author condenses leading cases into a table index digest and encyclopedia **Journal of Education**, 1884 **The Cultivator & Country Gentleman**, 1877 **Catalog of the United States Geological Survey Library** U.S. Geological Survey Library, 1972 **Railroad Age Gazette**, 1894 *The Northwestern Miller*, 1888 **The Athenaeum**, 1903 **Flour and Feed**, 1920 **Flour & Feed**, 1919 *Index Medicus*, 2002 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings *Scientific American*, 1888 **MLN.**, 1892 Provides image and full text online access to back issues Consult the online table of contents for specific holdings Current Bibliography of Epidemiology, 1970 Monthly with annual cumulations Comprehensive current index to periodical medical literature intended for use of practitioners investigators and other workers in community medicine who are concerned with the etiology prevention and control of disease Citations are derived from MEDLARS tapes for Index medicus of corresponding date Arrangement by 2 sections i e Selected subject headings and Diseases organisms vaccines No author index

Whispering the Secrets of Language: An Psychological Quest through **Ita Professional Cook 2 Sample Test**

In a digitally-driven earth where screens reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and psychological nuances concealed within phrases often go unheard. Yet, nestled within the pages of **Ita Professional Cook 2 Sample Test** a interesting fictional treasure sporting with raw thoughts, lies an exceptional quest waiting to be undertaken. Penned by a skilled wordsmith, that charming opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the material of every word. Within the emotional depths with this touching evaluation, we shall embark upon a heartfelt exploration of the book is primary styles, dissect its fascinating writing style, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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