

# PROFESSIONAL COOK CERTIFICATION PROGRAM

LEVELS OF CERTIFICATION AT A GLANCE

## > PROFESSIONAL COOK 1 (PC1)

C=Q  
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



## > PROFESSIONAL COOK 2 (PC2)

C=Q  
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
- Hot d'oeuvre & appetizers
- Presentation platters
- Pastries, cakes & cheesecakes
- Laminated & specialty breads



## > PROFESSIONAL COOK 3 (PC3)

C=Q  
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

# Ita Professional Cook Learning Guide

**Lingsheng Yao**



## **Ita Professional Cook Learning Guide:**

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