

Profile Chart: Cook - Technical Training

Course A: Occupational Skills	A1 Orientation I: Structure and Scope of Cook Level: 1 Hrs: 7	A2 Orientation II: The Job of Journeywork Level: 2 Hrs: 7	A3 Trade Safety Awareness Level: 1 Hrs: 10	A4 Communication Level: 1 Hrs: 7	A5 Trade-Related Documents Level: 1 Hrs: 7
	A6 Tools and Equipment Level: 1 Hrs: 13	A7 Personal Hygiene and Kitchen Sanitation Level: 1 Hrs: 8	A8 Weights and Measures Level: 1 Hrs: 7	A9 Cooking Principles I Level: 1 Hrs: 35	A10 Cooking Principles II Level: 2 Hrs: 34
	A11 Receiving and Storage Level: 1 Hrs: 7	A12 Menu Planning and Costing Level: 2 Hrs: 34	A13 Pre-Interprovincial Review Level: 2 Hrs: 35		
Course B: Stocks, Soups and Sauces	B1 Stocks and Soups Level: 1 Hrs: 21	B2 Thickening and Binding Agents Level: 1 Hrs: 14	B3 Sauces Level: 1 Hrs: 21	B4 Specialty Soups and Secondary Sauces Level: 2 Hrs: 14	
	Course C: Produce				
	C1 Vegetables and Fungi Level: 1 Hrs: 14	C2 Potatoes Level: 1 Hrs: 7			
Course D: Pastas, Pulses, Grains and Nuts	D1 Pulses, Grains and Nuts Level: 1 Hrs: 14	D2 Pastas and Dumplings Level: 1 Hrs: 14			
Course E: Meat, Poultry and Game	E1 Meats I Level: 1 Hrs: 28	E2 Meats II Level: 2 Hrs: 56	E3 Poultry I Level: 1 Hrs: 21	E4 Specialty Poultry Level: 2 Hrs: 28	
Course F: Fish and Seafood	F1 Fish I Level: 1 Hrs: 14	F2 Seafood I Level: 1 Hrs: 14	F3 Specialty Fish & Seafood Level: 2 Hrs: 56		
Course G: Garde-Manger	G1 Salads Level: 1 Hrs: 14	G2 Sandwiches Level: 1 Hrs: 14	G3 Fruit Level: 1 Hrs: 14	G4 Condiments and Accompaniments Level: 2 Hrs: 7	
	G5 Aspics, Jellies and Glazes Level: 2 Hrs: 7	G6 Hors D'oeuvres Level: 2 Hrs: 29	G7 Marinades, Rubs and Brines Level: 2 Hrs: 7	G8 Charcuterie Level: 2 Hrs: 44	
Course H: Dairy and Egg Products	H1 Eggs and Dairy Products Level: 1 Hrs: 21	H2 Breakfast Cookery Level: 1 Hrs: 14			
Course I: Baked Goods and Desserts	I1 Introduction to Baking Level: 1 Hrs: 7	I2 Pastries Level: 2 Hrs: 15	I3 Bread Products Level: 1 Hrs: 26	I4 Cookies Level: 1 Hrs: 7	I5 Pies, Tarts, Flans and Fillings Level: 1 Hrs: 20
	I6 Cakes and Tortes Level: 2 Hrs: 15	I7 Icings, Glazes, Meringues and Dessert Sauces Level: 2 Hrs: 9	I8 Creams and Custards Level: 2 Hrs: 9	I9 Frozen Desserts and Sorbets Level: 2 Hrs: 7	I10 Chocolate Level: 2 Hrs: 7