



JOB READY ASSESSMENT BLUEPRINT

CULINARY ARTS LEVEL 2 COOK

Test Code: 4536

Version: 01

Specific Competencies and Skills Tested in this Assessment:

Recipes

Demonstrate an understanding of culinary terminology and techniques (braising, pan grilling, batters breading)
Demonstrate how to read and follow standard recipes
Establish recipe mise en place

Knife Skills

Identify and distinguish knife types and basic cuts
Demonstrate knife sharpening skills and safe knife usage and care

Large and Small Equipment

Identify and demonstrate proper use of measuring devices
Identify large and small kitchen equipment
Demonstrate proper use and care of large and small equipment

Sanitation and Safety

Display knowledge of cleaning and sanitizing methods
Maintain basic principles of nationally recognized sanitation protocols (i.e., ServSafe, CPFM, ACF)
Exhibit understanding of prevention, causes, and response to workplace injuries
Describe fire extinguishers and fire safety procedures
Demonstrate personal hygiene
Identify food allergen characteristics
Demonstrate proper food storage techniques (can goods, dry, refrigerated, frozen, fresh)
Take physical and perpetual inventory
Exhibit knowledge of HACCP policies and procedures

Food Preparation

Prepare salads and dressings
Prepare soups, appetizers, and desserts
Prepare cold garnishes
Prepare sandwiches, spreads, and fillings
Explain procedure for buffet preparation and maintenance

Fruits, Vegetables, and Starches

Identify quality and grade of fruits and vegetables
Prepare fruit and vegetables for cooking
Identify and prepare potato dishes
Identify and prepare pasta, grains, and legumes

Culinary Arts Level 2 Cook (continued)

Bakery Products

Prepare batters and doughs using appropriate mixing methods
Prepare standard dessert items

Stocks, Sauces, and Hot Soups

Prepare and flavor stocks (bones and base) and reductions
Prepare mother (foundation) sauces
Prepare roux and thickening agents
Identify and prepare soups

Meats and Poultry

Identify meat and poultry (grade, inspection)
Prepare meat and poultry
Identify various cooking methods
Determine proper degrees of doneness

Fish and Seafood

Identify market forms of fish and seafood
Prepare fish and seafood
Identify various cooking preparations and methods

Breakfast Foods

Identify and prepare breakfast starches
Identify and prepare breakfast meats
Identify and prepare different styles of eggs
Identify and prepare cereals

Dairy Products and Alternatives

Identify and use various dairy products (sour cream, butter, yogurt, creams, milk)
Identify and use dairy alternatives (soy milk, almond milk, low-fat alternatives)
Identify and use cheese varieties

Culinary Nutrition

Describe the basic food groups; make healthy food choices
Describe healthy cooking techniques
Describe primary functions and food sources of major nutrients
Describe food and dietary trends (farm to table, organics, religious, dietary concerns)

Culinary Math

Convert standard recipes
Calculate food costs, percentages, and mark-up
Calculate guest check with tax and gratuity
Convert weights and measurements

Employability Skills

Exhibit understanding of professional behavior, appearance, and job interview skills
Display knowledge of various job profiles and chain of command

Dining Service

Perform basic duties of a wait person (take orders, selling techniques, serve properly, bus, side-work duties)
Describe various types of service (lunch, a la carte, banquet, family-style)
Identify roles of service staff (hostess, cashier, server, busser)

Culinary Arts Level 2 Cook (continued)

Written Assessment:

Administration Time: 3 hours
Number of Questions: 212

Areas Covered:

5%	Recipes
4%	Knife Skills
6%	Large and Small Equipment
17%	Sanitation and Safety
8%	Food Preparation
6%	Fruits, Vegetables, and Starches
6%	Bakery Products
6%	Stocks, Sauces, and Hot Soups
6%	Meats and Poultry
4%	Fish and Seafood
6%	Breakfast Foods
6%	Dairy Products and Alternatives
6%	Culinary Nutrition
6%	Culinary Math
3%	Employability Skills
5%	Dining Service

Sample Questions:

Coating an item with dry ingredients is called

- A. sprinkling
- B. brining
- C. brushing
- D. dredging

It is best to use a _____ knife when trimming vegetables and fruits.

- A. boning
- B. utility
- C. paring
- D. chef's

The number of the portion scoop size equals the number of liquid servings per

- A. quart
- B. pint
- C. half-gallon
- D. gallon

Single-use gloves should be

- A. substituted for handwashing
- B. washed and used more than once
- C. used for many tasks at the same time
- D. used only over clean hands

Culinary Arts Level 2 Cook (continued)

An example of oil-based dressing is

- A. Thousand Island
- B. Bleu Cheese
- C. Italian
- D. Ranch

Cooked and properly cooled pasta should be

- A. stored in cold water
- B. stored uncovered
- C. covered with a damp cloth
- D. tossed lightly in oil and covered

Soups are only as good as the _____ used.

- A. garnish
- B. coloring agent
- C. stock
- D. thickening agent

The fat that is located within the muscle tissue of beef is known as

- A. connective tissue
- B. marbling
- C. gristle
- D. cartilage

What cooking method typically results in golden brown shrimp?

- A. blanching
- B. pressure-cooking
- C. boiling
- D. deep-frying

When eating a variety of nutritious foods and beverages, choose foods that limit

- A. vitamins
- B. fats
- C. minerals
- D. fiber

Culinary Arts Level 2 Cook (continued)

Performance Assessment:

Administration Time: 2 hours and 30 minutes

Number of Jobs: 4

Areas Covered:

27% **Prepare Sautéed Chicken with Fine Herb Sauce**
Participant will prepare chicken and herb sauce properly to correct taste and appearance.

23% **Prepare Rice Pilaf**
Participant will prepare rice pilaf properly to correct taste and appearance.

25% **Prepare Steamed Green Vegetables and Carrots**
Participant will prepare steamed vegetables to correct appearance and taste.

25% **Prepare Salad Course**
Participant will prepare a salad, cutting all vegetables correctly, and prepare a vinaigrette dressing to top.

Sample Job: Prepare Steamed Green Vegetables and Carrots

Estimated Job Time: 30 minutes

Participant Activity: The participant will follow safety and sanitation procedures in all activities. Participant will prepare the provided vegetables for steaming, steam two portions to al dente, and season as desired.