Curriculum Guide

Program Area: Culinary Arts

Standard 1.0 - APPLY SANITATION AND SAFETY PROCEDURES					
Measurement Criteria		**Concepts**	**Implementation**	**Vocabulary**	**Testing Item**
1.1	Define Hazard Analysis Critical Control Point (HACCP)		Preventing Cross-Contamination: Cleaning and sanitizing cleaning areas such as cutting boards, surfaces- Cutting fresh products and meat products with different tools Define HACCP	Cross-Contamination HACCP	X
		What is the purpose of HACCP Acronym	HACCP is an industry recognized food safety system designed to reduce/prevent foodborne illness Define terms related to “HACCP” Describe why HACCP is important to food safety. Identify Critical Control Points and Critical Control Limits. Explain preventative measures associated with each Critical Control Point. Create a public service announcement on their assigned sanitation topic.	Flow of Food Critical Control Point Critical Control Limit	
1.2	Identify methods for the growth of microorganisms (FATTOM)	Identify methods for the growth of microorganisms (FATTOM)	Danger zone what is it and the temperature relationship		X

			Components of FATTOM What does meat inspection involve		
			Potentially Hazardous Foods (PHF) Define the terms related to the growth of microorganisms Identify the methods of growth of microorganisms Explain the relationship between the growth of microorganisms and food items Create an Employee Manual that outlines foodborne illness prevention measures Create a public service announcement on their assigned sanitation topic.	PHF (Potentially Hazardous Foods) FAT TOM F = Food A = Acidity T = Time T = Temperature O = Oxygen M = Moisture TDZ – Temperature Danger Zone	
1.3	Identify the most common foodborne illnesses	Identify the most common foodborne illnesses	How to prevent food contamination Proper hand washing techniques, how long, using hot water and soap Using a thermometer for internal temperatures Specific temperatures for poultry Hand washing as it relates to food borne illnesses	Streptococcus Botulism Salmonella	X
		Most severe are the “Big 5” Most common	The “Big 5” are the foodborne illnesses which are easily transmitted through food and are severe. Exclusion from work and notification	E-Coli Shigella Hepatitis A Norovirus	

			of Health Dept. is mandatory and employee cannot return to work until cleared. Additional common foodborne illnesses are Staphylococcus and Listeria. Define foodborne illness Describe the six most common pathogens that cause foodborne illness Describe basic foodborne illness prevention measures Create an Employee Manual that outlines foodborne illness prevention measures Create a public service announcement on their assigned sanitation topic.	Staphylococcus Listeria foodborne Illness pathogen food intoxication food infection clostridium botulinum (Botulism) staphylococcus aureus (Staph) salmonella listeria monocytogenes escherichia coli (E Coli) clostridium perfringens	
1.4	Demonstrate good personal hygiene, proper dress code, and personal health practices	Demonstrate good personal hygiene, proper dress code, and personal health practices	Correct hand washing technique Hot water soap for 20 seconds dry with a single use paper towel Most common cross contamination is poor hand washing		X
			Define terms associated with good personal hygiene/health practices Closed toed non-skid shoes, hair restrained, no jewelry, no painted or acrylic nails Bandages covered with gloves	Hygiene Microorganism Contamination Groom Protective Clothing Cleanliness	

			Hand-washing protocol (when required) Summarize the key attributes of proper hand washing procedures Analyze the 5 Practices of Good Personal Hygiene and Healthfulness • Hygienic Hand Practices • Maintain Personal Cleanliness • Wear clean and appropriate uniforms • Maintain Good Health • Report Illness Create an Employee Manual that outlines foodborne illness prevention measures Create a public service announcement on their assigned sanitation topic.		
1.5	Describe cross-contamination and use of acceptable procedures when preparing and storing foods that require time/temperature control for safety (TCS)	Describe cross-contamination and use of acceptable procedures when preparing and storing foods that require time/temperature control for safety (TCS)	Potentially hazardous foods identify Where stored in the refrigerator Characteristics of potentially hazardous foods Proper labeling of foods stored in in the refrigerator Food item and date the food item was put in to the refrigerator Ready to eat food storage? Proper height for dry storage	Afla toxin A	X

			6 inches from the floor Must be cool temperatures High protein and high moisture foods are susceptible to contamination		
			Use of barriers when preparing ready to eat foods including gloves, tongs, deli papers, etc. List the signs or indicators of food spoilage and contamination Describe the major reasons for food spoilage and contamination. Describe cross contamination and use of acceptable procedures when preparing and storing potentially hazardous foods Create an Employee Manual that outlines foodborne illness prevention measures Create a public service announcement on their assigned sanitation topic.	FATTOM TCS (time/temperature control for safety) RTE (ready-to-eat foods) Consumer Control Points Flow of Food HACCP	
1.6	List major reasons for and recognize signs of food spoilage and contamination	List major reasons for and recognize signs of food spoilage and contamination	Correctly thawing food- Best option in the refrigerator Storage off the floor 6 inches from the floor Main categories of food hazard chemical physical and biological	Danger zone range Chemical Food Hazard Biological Food Hazard Physical Food Hazard	X

			Signs of food spoilage include odor, visual appearance (mold, discoloration, pests, improper thawing/refreezing) and texture Describe basic foodborne illness prevention measures List the signs or indicators of food spoilage and contamination Describe the major reasons for food spoilage and contamination. Describe cross contamination and use of acceptable procedures when preparing and storing potentially hazardous foods Define Consumer Control Points. Describe the best practices to use when storing food Describe the best practices to use when preparing food Describe the best practices to use when cooking food Describe the best practices to use when serving food Describe the best practices to use when handling leftovers		

			Create an Employee Manual that outlines foodborne illness prevention measures Create a public service announcement on their assigned sanitation topic.		
1.7	Delineate the requirements for proper receiving and storage of raw and prepared foods	Delineate the requirements for proper receiving and storage of raw and prepared foods	Containing cooked and cooled pasta-tossed lightly in oil and cover Raw meat storage in refrigerator very bottom not above other items Safest way to thaw food in the refrigerator Temperature abuse food is left in danger zone for 2 hours Minimum temperature acceptable for refrigerated food shipments 41 degrees F Ready to eat food should be stored on top shelf Poultry must be refrigerated at 41 Degrees	Ready to use food	X
			Create a public service announcement on their assigned sanitation topic.		
1.8	Identify current types of and the proper use and storage for cleaners and sanitizers	Identify current types of and the proper use and storage for cleaners and sanitizers	Process for sanitizing a food sanitation table Use cleaning agent rinse and sanitize with an approved solution Washing a 3 compartment sink		X

			Examples of sanitizers bleach water scrape wash rinse sanitize and air dry		
			Using test strips to check for concentration Storing chemicals in a separate location away from food Define facility sanitation terms Distinguish differences between cleaners and sanitizers and their proper use. Recognize common cleaners and sanitizers Explain chemical product safety precautions Evaluate problems and generate solutions to food industry scenarios using correct terminology Identify hazards related to different chemicals used in cleaners and sanitizers. Construct a training manual for new employees in a foodservice establishment.	Quaternary Ammonia Chlorine Bleach Cleaner Contaminate Debris Hazardous materials Particle Sanitizer Cleaning solution Detergent Degreaser Acid cleaner Abrasive cleaner Dishwashing detergent Chlorine Quaternary ammonium compounds	
1.9	Define and explain the purpose of Material Safety Data Sheets (MSDS)	Define and explain the purpose of Material Safety Data Sheets (MSDS)	Material Safety Data Sheets	MSDS	X
			Provide information about specific chemical products and treatment for exposure		

			Explain the purpose of Material Safety Data Sheets and when and why these forms should be reported. Interpret a MSDS. Identify elements of a safe work environment. Create a safety poster. Construct a training manual for new employees in a foodservice establishment.		
1.10	Identify proper waste disposal methods and recycling of materials	Identify proper waste disposal methods and recycling of materials	Disposal of deep fried oil must be labeled in a recycling container and heat resistant if needed What types of items are recyclable		X
			Define terms connected with proper disposal and recycling Identify proper disposal and recycling methods Demonstrate proper disposal and recycling methods Evaluate problems and generate solutions to food industry scenarios using correct terminology	Grease Trap Useable Waste Waste Recyclable material chemicals disposal flow of food grease HazMat recycle solid waste	
1.11	Recognize signs of insect, rodent, and pest infiltration	Recognize signs of insect, rodent, and pest infiltration	Best prevention of pests and rodents keeping the area clean Keep garbage area clean		X

			Eliminate the opportunity for pests and rodents closing places and roots of entry and seal cracks a crevasse Professional pest control should be a last resort		
			Identify roach and rodent droppings Create policies to prevent infestation Evaluate problems and generate solutions to food industry scenarios using correct terminology Create a public service announcement on their assigned sanitation topic.	Droppings	
1.12	Identify appropriate emergency policies for common kitchens and dining room injuries	Identify appropriate emergency policies for common kitchens and dining room injuries	Precautions to prevent slips and falls, steam burns, knife cuts, lifting injuries Accident procedures on the job follow procedures of workplace apply 1st aide then report to supervisor Assisting a choking victim Minor burn first aide apply cool water	Heimlich Maneuver	X
			Proper clean-up of bodily fluids, including clean-up of blood (gloves and sanitize) Describe first aid measures for burns, wounds, and choking. Explain methods to respond to emergency situations.	Abrasion Avulsion Cardiopulmonary resuscitation (CPR) Ergonomics Lockout/tagout Accident	

			Identify common causes of typical accidents and injuries in the food service industry. Explain appropriate procedures to prevent injuries in the workplace. Analyze the role of a food service manager in preventing injuries from occurring in the workplace. Design an emergency plan for a food service establishment. Identify methods of teaching emergency procedures to new employees. Construct a training manual for new employees in a foodservice establishment.	Near miss Premises Facilities Liability Reasonable care	
1.13	Define types and appropriate uses of fire extinguishers found in food service area	Define types and appropriate uses of fire extinguishers found in food service area	Proper use of a fire extinguisher		X
			Proper ways to extinguish a grease fire – no water Identify the various classes of fire extinguishers. Describe the types of fire extinguishers and the type of fire for which it is used to extinguish. Explain procedures for extinguishing a fire.	PASS Ansul Fire extinguisher Mitigation	

			Construct a training manual for new employees in a foodservice establishment.		
1.14	Identify regulatory agencies governing sanitation and safety in food service operation	Identify regulatory agencies governing sanitation and safety in food service operation	Purpose and responsibilities of OSHA Purpose and responsibilities of USDA Purpose and responsibilities of the Country Health Department Role of the county health inspector and what is to be expected during an inspection of a restaurant	OSHA USDA County Health Department	X
			Identify the role of regulatory agencies in the foodservice industry. Describe standards enforced by these agencies. Define OSHA Explain the importance and regulatory responsibilities of OSHA Discuss Pima County Health inspections Review several Pima County Health Codes Evaluate the culinary lab according to Pima County Health Code Describe the role of OSHA in enforcing a safe work environment.	FDA Standards Regulations Grading Regulatory agencies EPA General safety audit Emergency plan Evacuation routes	

			Evaluate problems and generate solutions to food industry scenarios using correct terminology		
1.15	Define temperature danger zone for food safety and sanitation	Define temperature danger zone for food safety and sanitation			X
			41-135 degrees	Bi-metal or stem thermometer	
1.16	Identify minimum internal cooking temperatures	Identify minimum internal cooking temperatures	Safest way to thaw food The minimum temperature food must remain in shipment no higher than 41 degrees		X
		Identify minimum internal cooking temperatures for animal based proteins			

Standard 2.0 - APPLY BASIC NUTRITIONAL CONCEPTS

Measurement Criteria		**Concepts**	**Implementation**	**Vocabulary**	**Testing Item**
2.1	Identify food groups in the current USDA nutritional guidelines	Identify food groups in the current USDA nutritional guidelines	USDA guidelines food groups what are they Examples of each food group Breakfast items out of food groups	My Plate Food Guide Pyramid	X
		Categorizing food based on food group	Identify the six major types of nutrients. • Carbohydrates • Proteins • Vitamins • Minerals • Fats • Water	Portion size Dairy Protein Fruits Vegetables Grains	

			List the food groups in the current Food Guide Pyramid • Grains • Vegetables • Fruits • Milk • Meat & Bean Identify the primary functions of each of the major nutrients in the current USDA Food Guide Pyramid. Create and present a menu applying basic nutritional concepts		
2.2	Specify primary functions and sources for major vitamins and minerals (carbohydrates, protein, fats, vitamins, minerals, and water)	Specify primary functions and sources for major vitamins and minerals (carbohydrates, protein, fats, vitamins, minerals, and water)	Main Nutrient in dairy products calcium Main nutrients in vegetables fiber and vitamins Nutrients that give fuel to the body carbohydrates Distinguish between fats Saturated, Unsaturated, Poly and mono unsaturated identify examples where those fats are Complete proteins and examples beans and rice Mineral examples sodium potassium magnesium	Vitamins Minerals Fats Saturated, Unsaturated, Poly and mono unsaturated Carbohydrates Protein Fiber	X

			Identify the primary functions of each of the major nutrients in the current USDA Food Guide Pyramid. Determine best sources* of each major nutrient *Defined as containing the greatest nutrient density for the serving size. Examples are plant sources vs. animal sources, proteins, complex carbohydrates vs. simple carbohydrates, unsaturated fats vs. saturated fats Create and present a menu applying basic nutritional concepts	Nutrition Iron Simple vs. complex carbohydrate s Trans fats	
2.3	Identify cooking and storage practices for maximum retention of nutrients	Identify cooking and storage practices for maximum retention of nutrients	Cooking methods to maintain nutrients steaming		X
			Define terms related to nutrient retention Describe factors that affect nutrient loss during cooking Illustrate storage principles for maximum nutrient retention Demonstrate cooking methods for maximum retention of nutrients Create and present a menu applying basic nutritional concepts	nutrient loss retention leach water-soluble fat-soluble	
2.4	Identify common food allergies and appropriate substitutions	Identify common food allergies and appropriate substitutions	Life threatening food allergies peanuts and seafood Foods that vegetarians would eat soy products	Vegetarian	X

			Identify common food allergies. Describe why substitutions are needed. Make appropriate substitution suggestions. Create and present a menu applying basic nutritional concepts	Food allergy Substitution Wheat Gluten Milk Eggs Soy Tree Nuts Shellfish Fish	
2.5	Identify nutritional concerns ,e.g., vegan/vegetarianism, restricted diets, and caloric intake	Identify nutritional concerns, e.g., vegan/vegetarianism, restricted diets, and caloric intake	Vegans eat no milk or meats Soy products are high in protein Healthy heart menu includes grilling	Vegan Grilling Soy	X
			Define terms connected to contemporary nutritional concerns. Discuss contemporary nutritional concerns including vegetarianism, heart-healthy menus, and religious dietary laws. Create and present a menu applying basic nutritional concepts	Vegetarianism Types of vegetarians: lacto vegetarians ovo vegetarians lacto-ovo vegetarians vegans Heart-healthy menus Religious dietary laws	

				Examples of religious dietary laws: Judaism and Islam Catholicism Hinduism	

Standard 3.0 - INTERPRET RECIPES

Measurement Criteria		Concept	Implementation	Vocabulary	Testing Item
3.1	Read, follow, and execute a recipe	Read, follow, and execute a recipe	First step to completing a recipe first read it Explain yield of a recipe PRN (when necessary)	Recipe Yield	X
			Define terms associated with reading recipes. Distinguish between different formats of recipes. Label the components of an effective recipe. Distinguish between effective and non-effective recipes. Define terms related to following recipes. List the steps to following a recipe. Demonstrate the ability to read and follow a recipe. Define terms associated with cooking in a professional kitchen.	Mise en place Recipe Standardized Recipe Ingredient Yield Action Recipe Format. Standardized Recipe Format Narrative Recipe Format Directions Cook Prepare food	

			Match cooking terms with their definitions. Identify equipment to use when demonstrating cooking procedures. Define terms related to preparing food. Match preparation terms with their definitions. Identify equipment to use when demonstrating preparation techniques. Define terms related to abbreviations and substitutions. Identify abbreviations used in recipes. Identify food items that can be substituted for ingredients in recipes. Define terms associated with cooking in a professional kitchen. Match culinary terms with their definitions. Identify equipment to use when demonstrating cooking procedures.	Commercial kitchen Food preparation Technique Fat Abbreviation Substitution Flute Sliver Trim Core Braise Pan-broil	
3.2	Perform calculations for recipe conversions	Perform calculations for recipe conversions	Increasing amounts and portion Water to rice ration2:1 Decreasing amounts an portions	Portion	X

			Fraction calculations		
			Define terms related to equivalents used in recipes. Determine measurement abbreviations. Calculate volume and weight equivalents. Determine equipment to use when making equivalent measurements. Define terms related to using equivalents to change recipe yields. Practice volume and weight calculation used when changing recipe yields. Define terms related to changing recipe yields. Perform calculations to half and double recipes. Calculate ingredients for recipe that is halved. Prepare a food using an adjusted recipe. Define terms related to equivalent measures used in recipes. Identify measurement equivalents using measuring equipment. Understand why basic math skills are necessary for recipe conversions.	Measurement Equivalents Fluid Ounce Cup Pint Quart Gallon Doubling Halving Calculating Equivalent Units of measure Recipe conversion Conversion factor Desired yield Original yield Yield Serving	

			Apply basic math skills to recipe conversions. Review abbreviations used in recipes. Review equivalents used in recipes and recipe conversions.		
3.3	Demonstrate proper scaling and measurement techniques	Demonstrate proper scaling and measurement techniques	Measure brown sugar packed Using scales Properly measuring liquids eye level Tare weight (empty container) Liquid conversions quarts to gallons, cup to quarts Ounces in fluid cup Converting recipes increasing and decreasing Decreasing recipe to a smaller quantity	Scaling Dry and liquid measuring Tare weight	X
			Standard measuring abbreviations (lb. #, tsp., T, etc.) Define terms related to measuring ingredients. Distinguish between the customary and metric systems of measure.	Measure Measurements Customary Measurements Metric Measurements	

			Identify equipment used to measure ingredients in recipes. Explain rules for making accurate measurements when following recipes Identify uncommon methods of measuring recipe ingredients. Explain steps to measuring recipe ingredients. Describe how to level off dry ingredients and measure liquids at eye-level. Identify terms associated with the measuring techniques of scaling and count. Identify weight as the most accurate type of measurement for food. Explain why ingredients do not have the same volume and weight. Demonstrate the use of the scale to weigh food, including the use of the tare function. Recognize the three types of food scales including portion, bakers, and digital. Recognize the use of count as a measurement method.	Accuracy Eye Level Level Off Weighing Scaling Count Portions Tare Scale types Portion Scale Baker's Scale Digital Scale.	
3.4	Identify different mixing and cooking methods, e.g., stir, mix, blend, and roasting				X

3.5	Identify basic menu planning and truth in menu principles	Identify basic menu planning and truth in menu principles	Truth in Menu guidelines examples such as ½ pound hamburger	Al a carte Truth in Menu	X
		Menu types and truth in menu principles	Truth in Menu Laws – quantity/weight Menu Types Explain the functions of a menu. Differentiate between menu types. Select an appropriate menu type based upon given factors. Describe truth-in-menu principles. Identify factors that influence menu prices. 1. Restaurant Style 2. Customer Base 3. Competition 4. Service Style 5. Restaurant hours 6. Profit Objective Identify truth-in-menu principles. Construct a signature dish menu item following truth-in-menu principles. Determine the price of signature dish menu item using the factor method.	Menu California menu Du jour menu Prix fixe menu Table d'hôte menu Fixed menu Cyclical menu Limited menu Menu board Spoken menu Table tent menus Hors d'oevres Appetizers Entrée Psychological factors Luncheon	

			Identify the elements that influence menu style and design. Critique menus. Identify principles of menu design. Interpret menus to determine psychological factors. Analyze menu design. Create a menu using suggestive selling and menu engineering techniques. Critique menus based on established criteria. Plan a luncheon for the staff. Choose substitutions for recipe ingredients. Formulate prices using a pricing method. Create a luncheon menu. Select appropriate menus to meet customer needs, available resources, and allotted time. Market a luncheon event. Follow a work plan. Prepare items for staff luncheon following truth-in-menu principles.		

Standard 4.0 - IDENTIFY AND USE SMALL COMMERCIAL WARES AND EQUIPMENT					
Measurement Criteria		**Concept**	**Implementation**	**Vocabulary**	**Testing Item**
4.1	Identify and demonstrate proper use of and care for different knives	Identify and demonstrate proper use of and care for different knives	**Types of knives and when to use** Fillet Boning Chef Slicer Tourne (number of side) Serrated Cleaver **Types of knife cuts** Chiffonade Rondelle Oblique Julienne **Tools to maintain knives and when to use** Sharpening steel Grinding wheel Electric Sharpener Whetstone **Safety** Carrying a knife		X
		Types of knives for specific tasks How to properly hold, store and clean knives	Guide hand Grip Washing – by hand in a 3 compartment sink; do not leave in the bottom of the sink Demonstrate proper knife safety		

			Demonstrate proper knife sanitation/ cleaning methods Practice proper knife storage		
4.2	Demonstrate proper and safe use of utensils, pots, pans, hand tools and equipment	Demonstrate proper and safe use of utensils, pots, pans, hand tools and equipment	**Tools and their purpose** Whisk Dough hook Rubber spatula Paddle Mandoline Zester Vegetable peeler Ladles with numbering (# 3 = 3 ounces) Cutting board Mixing spoon Measuring cups **Pans and their purpose** Wok Double boiler Crepe pan Stock Pot **Microwavable containers and best uses** Butter melting Materials to use in the microwave and not use		X
			Define terms used to identify small wares and equipment. Identify uses of small wares and equipment.	Sauce pan Sauté pan Bain marie Stand/bench mixer	

			Define terms used to identify equipment and utensils used in baking and discuss its proper use and care. Identify proper use of utensils, pots pans, hand tools and equipment. Identify the different small wares and hand tools used in a professional kitchen. Define the purpose of the small ware and hand tools in a professional kitchen.	Food processor Small Wares Hand Tool Knife Kitchen Shears Probe Thermometer Infrared Thermometer Bimetal Thermometer Calibrate Peelers Graters Apple Corer Zester Melon Baller Scale Spoon Strainer Whisks Spatula Tongs Turners Colander China cap Pastry Bags Pastry Tips Rolling Pin Portion Scale Electronic Scale	

				Liquid Measuring Cup Dry Measuring Cup Measuring Spoons	
4.3	Demonstrate proper selection of equipment and utensils for specific application	Demonstrate proper selection of equipment and utensils for specific application			X
			Understand the importance of recognizing equipment and selecting the right tool for the task. Demonstrate the proper selection of equipment and utensils for specific application.	Pan Pot Scraper Turner Muffin pan Popover pan Bread pan Tart pan Muffin top pan Sheet pan Pastry blender Off-set spatula Pastry brush Pastry wheel Coupler Pastry bag Pastry tip Parchment paper Bench knife	

				Garnishing tools Rolling pin Sheet cake pan Cooling rack Colanders Strainer China cap Chinois Whisk Egg beater Thermometer Microplane Angel food pans Bundt cake pans Mixer Double boiler Mixer attachments Pie pan Zesting tool	
4.4	Demonstrate the process in knife sharpening and equipment breakdown, along with the care and maintenance of various types of culinary machines and slicers	Demonstrate the process in knife sharpening and equipment breakdown, along with the care and maintenance of various types of culinary machines and slicers			X
		Demonstrate the process in knife sharpening	Demonstrate the proper way to sharpen a knife.	Steel Honing/truing	

				Whet stone	
Standard 5.0 – IDENTIFY AND APPROPRIATELY USE LARGE COMMERCIAL GRADE EQUIPMENT					
Measurement Criteria		**Concepts**	**Implementation**	**Vocabulary**	**Testing Item**
5.1	Use different types of ovens, ranges, stoves, grills, and flattops	Use different types of ovens, ranges, stoves, grills, and flattops	The difference between conventional oven and a convection oven (fan)	Salamander	X
			Define vocabulary words Identify commercial grade equipment Explain proper use for each piece of equipment Identify commercial equipment used in a professional kitchen. Define the purpose of the commercial equipment in a professional kitchen	Combi oven Deck oven Broiler Tilt skillet Steam-jacketed kettle Induction burner Grill Griddle/flat top Deep fat fryer Steamer Proofer Hot box Commercial Grade National Safety Federation (NSF)	
5.2	Identify types of refrigerated and freezer equipment	Identify types of refrigerated and freezer equipment			X
				Reach-in Walk-in	

				Ice machine Freezer	
5.3	Identify procedures for the care and maintenance of equipment	Identify procedures for the care and maintenance of equipment			X
			Unplug equipment before cleaning Regularly scheduled maintenance of equipment		
Standard 6.0 – APPLY FOOD PREPARATION TECHNIQUES					
Measurement Criteria		**Concept**	**Implementation**	**Vocabulary**	**Testing Item**
6.1	Identify and demonstrate standardized knife cuts	Identify and demonstrate standardized knife cuts			X
			Define terminology Identify the different parts of a knife List different types of knives. Define each knife's purpose. Demonstrate the proper way to sharpen a knife. Demonstrate proper knife safety Demonstrate proper knife sanitation/ cleaning methods Practice proper knife storage Define terms related to knife cuts	Blade Tang Bolster Rivets Handle Serrated edge Chef's knife (French knife) Slicer Cleaver Paring knife Tournée Boning knife Whetstone Sharpening steel Mineral oil Claw grip Guiding hand	

			Demonstrate knife cut skills – Pont Neuf, slice, chop, mince Demonstrate knife skills – brunoise, small dice, medium dice, large dice Demonstrate knife cuts – rondelle, diagonal (bias), and oblique Demonstrate knife cuts – julienne, batonnet, and chiffonade Demonstrate knife cuts.	Anchor Pont neuf Slice Chop Mince or finely chop Brunoise Small dice Medium dice Large dice Rondelle cut Diagonal (bias) cut Oblique cut Julienne Batonnet Chiffonade	
6.2	Define, implement, and practice Mise en Place	Define, implement, and practice Mise en Place		Mise en place Al a carte Pate a choux Mirepoix	X
			Define terms related to practicing correct Mise en place. Explain why Mise en place is important during meal preparation. Identify activities accomplished when practicing effective Mise en place. Practice Mise en Place.		

6.3	Demonstrate a variety of cooking methods, such as roasting and baking, broiling, grilling, griddling, sautéing, frying, braising, stewing, poaching, and steaming		How do you do each one Sautéing Steaming Roasting Broiling Roasting Braising sear and simmer in a liquid Stewing Blanching Grilling Blanching Deep Frying		X
			Define cooking methods terms and definitions. Write cooking terms, definitions and examples. Identify a variety of cooking methods. Identify and describe the Dry Cooking Methods. Compare and contrast the different dry cooking methods. Compare and contrast grilling, griddling, and broiling. Identify and describe the steps involved in the grilling, griddling and broiling cooking methods. Successfully complete a recipe of a Grilling/Griddling/Broiling dish. Demonstrate appropriate Grilling/Griddling/Broiling skills.	Bake Broil Grilling Griddling Roast Sauté Stir fry Pan fry Deep fat fry Poaching Searing Simmering Braising Stewing Conduction Convection Radiation Boiling Blanching Parboiling	

			Demonstrate proper kitchen safety and sanitation procedures. Compare and contrast Pan Fry, Deep Fry, and Stir Fry. Identify and describe the steps involved in the Pan Fry, Deep Fry, Stir Fry cooking methods. Define terminology Successfully complete a recipe of a Pan Fry/Deep Fry/Stir Fry dish. Demonstrate appropriate Pan Fry/Deep Fry/Stir Fry skills. Compare and contrast roasting and baking cooking methods. Successfully complete a recipe of a roasting / baking dish. Demonstrate appropriate roasting / baking skills. Compare and contrast Poaching, simmering and boiling cooking methods. Demonstrate appropriate Poach/ Simmer/ Boil and steam skills. Analyze the effects that poaching/ simmering/ boiling and steaming have on foods.		

6.4	Maintain appropriate temperature and placement of products in refrigeration equipment	Maintain appropriate temperature and placement of products in refrigeration equipment	Lowest shelf for storing meat Two step cooling method - The temperature food must be cooled to in the first two hours Refrigerator temperature range 36 to 41	Two step cooling method	X
			Define terms related to proper HACCP Storage. Identify proper placement of dry and refrigerated food products and procedures. Illustrate proper placement of dry and refrigerated food products Two stage method for cooling - First step reduce the temperature from 135 degree F to 70 Degree F within two hours of preparation and from 70 degrees F to 41 degrees F or colder within an additional 4 hour period. Total cooling time should never exceed 6 hours One Stage method- Designed to reduce the cooked foods internal temperature from 135 degrees F to 41degrees F or cooler within 4 hours of preparation. This method is used if food is prepared from ingredients at ambient temperature such as reconstituted food and canned meats,	Refrigerated storage Frozen storage Dry storage Shelf life	
6.5	Demonstrate food presentation techniques	Demonstrate food presentation techniques	Food presentation and plating Food presentation techniques, hot food on hot plate, variety of colors) Importance of food presentation	Asymmetric Balanced Geometric Symmetric	X

			Understand why food presentation techniques are important. Demonstrate food presentation techniques. 6 Factors to consider when plating • Edible & Flavorful • Colorful & Textures that are varied • Creative & Neatly Assembled • Simple & Quick to prepare • Space & Height incorporated • Position & Focal Point works well Explain the basic rules for plate presentation Identify food presentation techniques. Evaluate plate compositions. Demonstrate food presentation techniques through plate painting.	Negative space Law of odds Food presentation techniques Dessert plating Sensory perception Sensory evaluation Plate presentation Plate composition Design principles	

Standard 7.0 – PREPARE HOT FOODS

Measurement Criteria		Concept	Implementation	Vocabulary	Testing Item
7.1	Identify and prepare various meats, seafood, and poultry	Identify and prepare various meats, seafood, and poultry	Identify the USDA grades of meat from best to worst Parts of a chicken Interpreting the percentage of fat in ground beef labels	Prime Chicken quarter	X
			Define terms related to meats.	Tender cuts of meat	

			Restate the main nutrient received from meat and its functions in the body. Identify names of meat obtained from different animals. State the difference between tender and less tender cuts of meat. Identify methods for tenderizing meats. Identify information provided on a meat label. Determine safe methods for thawing and cooking meats. Define terms related to beef grading and wholesale cuts of beef. Identify grades of beef and the factors used to grade beef. Identify the nine primal cuts of beef. • shoulder • rib • loin • round • brisket • flank • chuck • sirloin • shank	Less tender cuts of meat Veal Marbling Marinade Carcass Beef grade Primal cuts of meat Sub-primal Quarters Retail cuts of meat Hamburger Ground beef Lean Grinding or chopping Disjointing Fabrication (of meat) Giblet bag Gizzard Keel bone Poultry Ratites Supreme Trussing Fish: whole, fillet, steak	

			Give examples of retail beef cuts for each wholesale cut. Identify beef retail cuts based on bone shape. Define terms related to ground beef. Distinguish between sources of fat in hamburger and ground beef. Determine information provided on ground beef labels. Give examples of wholesale cut of beef used to make ground beef. Identify methods for preventing bacterial contamination in ground beef. Identify methods for preventing spoilage of ground beef. Identify methods for safely handling raw meat. State nutrients obtained from eating ground beef. Develop menu descriptions for two recipes using ground beef as their major ingredient. Prepare ground beef stroganoff with side dishes.		

			Analyze food product, personal work habits and group lab performance based on specified criteria. Define terms related to poultry Explain poultry inspection and grading Identify types of poultry Identify market forms of poultry Examine safe handling and sanitation of poultry		
7.2	Identify and prepare various stock, soups, and sauces	**Mother sauce**	Liquid conversions quarts to gallons, cup to quarts Ounces in fluid cup Marinara Béchamel Hollandaise Espangole **Stock as it relates to sauces and soups** Mariopoix ratio Al dente Au gratin Crème Anglaise	Roux Mother Sauce Tare weight (empty container)	X
			Identify and define terms used for identifying and preparing stocks. Describe steps in making white and brown stocks. Demonstrate proper stock preparation techniques.	Stock Mirepoix Sachet (sachet d'epice) Bouquet garni White stock Brown stock	

			Define terms associated with identifying and preparing various sauces. Identify the five mother sauces. Describe the five mother sauces. • Béchamel - White sauce • Veloute' - Tan sauce • Espagnole - Brown • Tomato - Red • Hollandaise - Yellow Define terms related to soups. Describe 3 categories of soups. • Clear • Hearty • Specialty Identify safe food handling concerns related to soups. Define soup garnishes. Define terms related to hearty soups. Compare/Contrast the different types of hearty soups. Compare thickeners in hearty soups. Classify steps to produce hearty soups.	Blanch Simmer Base Fumet Glaze Reduction Fond Sauce Thickening agent Emulsion Béchamel Veloute Espagnole Hollandaise Soup Clear soup Hearty soup Specialty soup Crouton Viscosity Garnish China cap/ Chinois Nappe Broth Consumme Flavor enhancers Preservatives Clear meat Raft Puree	

			Define terms related to clear soups. Contrast the 2 types of clear soups. Classify steps to produce clear soups. Evaluate broths. Examine kinds of specialty soups. Label and categorize specialty soups. Choose and explain an additional specialty soup. Produce a cream soup. Produce a pureed soup. Produce a specialty soup. Identify the difference between a Purée and a Coulis. Produce a Purée and a Coulis. Produce a tomato sauce effectively Effectively produce a Béchamel sauce. Effectively produce a Velouté sauce. Produce an Espagnole sauce.	Coulis Render Tomato sauce Clarified butter Double boiler Emulsion Veloute Chowder Bisque Slurry Derivatives/small sauces	

			Produce a Hollandaise sauce		
7.3	Identify and prepare various fruits, vegetables, starches, and farinaceous items	Identify and prepare various fruits, vegetables, starches, and farinaceous items	Healthiest method for cooking vegetables Wholes grains pasta vs. pasta		X
		Classifications of fruits and vegetables Seasonality	Define terms associated with fruits. Identify the types of fruit based on seed structure. Classify fruits according to season or location. Seasonality – price, availability, freshness, quality Forms of purchase – frozen, fresh, dried, canned, prepared Fruit Classifications: citrus, drupe/stone, melons, tropical/exotic, pommes, grapes State rules for storing fruits. Describe methods for preparing and cooking fruits. Prepare fruits recipes using various cooking methods. Define terms associated with vegetables. Classify vegetables into categories based on the part of plant from which it comes.	Fruit Tropical fruits Pomes Drupes Citrus Ethylene gas Enzymatic browning Vegetable Flower vegetables Fruit vegetables Green leafy vegetables Seed or pod vegetables Root vegetables Tuber vegetables Stem vegetables Staple food Complex carbohydrate s Fingerling potatoes Farinaceous	

			Vegetables: onions, gourds, tubers, cabbage, leafy greens, mushrooms, chiles, peppers, seeds, roots, shoots & stalks, tomatoes State rules for storing vegetables. Describe methods for preparing vegetables. Prepare vegetables recipes using various cooking methods. Define terms associated with potatoes. Summarize information about the history of potatoes and their importance in our diet. Identify the types of potatoes available for meal preparation. State examples of the major nutrients received from potatoes. Describe methods for storing potatoes. Select cooking method to use for preparing potatoes of varying starch and moisture contents. Prepare potato recipes using various cooking methods. Define terms associated with grains.	Grains Whole grains Milling Refined grains Germ Bran Endosperm Legumes Pasta Al dente Rice ratio Pilaf Risotto Boiling Steaming	

			State the difference between whole grains and refined grains. State examples of whole and refined grain products. Identify the major nutrients received from grains. Selects methods for storing grains and grain products. Rice cooking methods & types of rice, standard ratios – short, medium & long-grain, brown Starches/Farinaceous – corn, oats, barley, quinoa, wheat, rice, rye, wild rice Label types of grains, flours and rice. Describe three techniques used to cook grains. Prepare grain recipe using steaming cooking method. Define terms associated with legumes. Identify common legumes available for meal preparation. Identify methods to prepare and cook legumes. Define terms associated with pasta.		

			Summarize the history of pasta. Restate the uses of pasta within a meal. List the steps to making pasta. Proper pasta cooking – water/salt, etc. Identify pasta forms and common shapes. Classify types of pastas available for meal preparation. Describe procedures for cooking pasta. Prepare pasta recipe. Analyze food product, personal work habits and group lab performance based on specified criteria. Plan a catered meal.		
7.4	Identify and prepare breakfast meats, eggs, cereals, and batter products	Identify and prepare breakfast meats, eggs, cereals, and batter products	Methods to cook eggs Scramble Sunny side up Poached Breakfast potatoes examples O brien Hash browns Home fries	Crepe	X
		Quick breads	Identify breakfast meats. Identify parts of an egg	Curing Smoking Salmon	

			Explain the safety processions to take when handling eggs Recognize the grade of an egg Explain different uses for eggs Define terms related to cereals. Identify grains used to make cereals. Identify types of cereals. Explain the history of RTE cereals and hot cereals. Summarize the nutritional benefits of eating cereals. Define terms related to quick breads. Identify types of quick breads. Identify quick bread ingredients and their functions. Distinguish between the types of quick bread mixing methods. Explains production procedures to follow when making quick breads.	Ham Pork chop Sausage Bacon Steak Chicken-Fried Steak Chorizo Hash Canadian bacon Egg shell Shell membrane Air cell Exterior albumen Middle albumen Chalaza Yolk membrane Yolk Germinal disk Hard boiled eggs Scrambled eggs Baked eggs Sunny side up eggs Deviled eggs Poached eggs Quiche	

				Frittata Ready to eat (RTE) Cereal Porridge Oats Grits Nutrient density Quick bread Soft dough Drop batter Pour batter Biscuits & Gravy Pancakes Waffles French Toast Muffins, Donuts, Scones, Crepes, Danish, Croissants, Fritters	
7.5	Apply the fundamentals of time and temperature to cooking and finishing a variety of food productions	Apply the fundamentals of time and temperature to cooking and finishing a variety of food productions	Min temperature use to reheat food 165 degrees		X
			Match correct internal temperatures to various foods. Apply internal temperature checking procedures to cooking situations.	Calibrate Internal temperature Heat conduction	

			Identify the proper defrosting, holding and cooling temperatures and time limits. Apply temperature and time checking procedures to cooking situations. Define terms related to thermometers. List types of thermometers. Describe correct thermometer cleaning, calibration and use.		
Standard 8.0 – DEMONSTRATE PROPER USE OF SEASONINGS					
Measurement Criteria		**Concept**	**Implementation**	**Vocabulary**	**Testing Item**
8.1	Identify common spices and herbs	Identify common spices and herbs	Spices and their common usage and examples Cilantro Basil Parsley Rosemary Usage of dried versus fresh herbs –(Dried herds at the beginning of cooking) Spices come from the roots seeds and bark of the plant Difference between herbs and spices and examples of each	Bouquet garni	X
			Thyme Cinnamon Nutmeg		

			Allspice Peppercorn		
8.2	Explain guidelines for using seasonings		Allspice ingredients Substituting dried herbs for fresh how much should be used (Less dry than fresh) Purpose of marinating meat (flavor tenderize and add moisture) Purpose of salt (tenderize moisture and nutritional value) 3 steps breading procedure flour egg wash and bread crumbs) 3 types of salt (table kosher and sea)		X
8.3	Identify oils and vinegars	Identify oils and vinegars	Identify types of oils and their uses in foods Making a vinaigrette and when to add the oil (after the vinegar)	Extra virgin olive oil– From first cold press of olives	X
			Distinguish between temporary and permanent emulsions. Identify Emulsifiers. Demonstrate how to create a basic emulsion. Define terms. Compose a basic dressing.	Emulsion Emulsifier Salad dressing Vinaigrette Olive oil Soybean oil Canola oil White wine vinegar	

			Identify basic ingredients to make a dressing. Define terms related to oils and vinegars. Identify oils and vinegars. Make an emulsified salad dressing. Identify oils and their unique characteristics. Types of Oils • Extra Virgin Olive Oil • Blended Olive Oil • Peanut Oil • Canola • Vegetable • Coconut Oil • Soy Oil • Palm Oil • Corn Oil • Hydrogenated Explain the importance of melting and smoking points for fats and oils. Differentiate between oils. Identify vinegars and their unique characteristics. Types of Vinegars • White Distilled • Apple Cider	Red wine vinegar Balsamic vinegar Rice wine vinegar Vinegar Oils Sparingly Emulsify Separated Aromatic oils Essential oils Hydrogenate d oils Lipids Rancid Melting point Smoke point Flash point Fry life	

			• Red wine • Rice Wine • Balsamic • Sherry White Wine Differentiate between vinegars.		
8.4	Prepare various dressings, marinades, and spice mixtures	Prepare various dressings, marinades, and spice mixtures	Marinades are used 1 time Spice mixtures include curry, Cajun and chili powder Identify the ingredients in salad dressing such as Ranch, Thousand island, French and honey mustard Purpose of marinades (increase moisture, tenderize protein, flavor)		X
			Distinguish between temporary and permanent emulsions. Identify Emulsifiers. Demonstrate how to create a basic emulsion. Define terms. Oil to Vinegar ratio Types of dressings Compose a basic dressing.	Temporary vs. Permanent emulsifiers Fermented distilled Acetous Acrid Acidity Piquant Tangy Sharp Marinating Marinade Aromatics	

			Identify basic ingredients to make a dressing. Make an emulsified salad dressing Create a flavored vinegar. Explain how marinades work. Identify uses for marinades. Prepare a marinade recipe. Identify uses for mayonnaise. Prepare a basic mayonnaise dressing. Create an advanced mayonnaise dressing.	Tenderizer Gelatin Aioli Green goddess Russian dressing Tartar Jerk Spice Rubs Brining Vinaigrette	

Standard 9.0 – GARDE MANGER

Measurement Criteria		Concept	Implementation	Vocabulary	Testing Item
9.1	Identify tools and equipment used in garde manger practices	Identify tools and equipment used in garde manger practices	**Garde manger Garnishing kits include what tools** Melon baller Zester Vegetable peeler When do you use the tools Tools that can be used on citrus peels (zester) Mandolin Safety guard for slicing vegetable		X
			Explain the responsibilities of a Garde Manger chef.	Garde manger chef Cold food	

			Define vocabulary words Identify tools and equipment used in Garde Manger emphasizing safety and sanitation procedures. Explain proper use for each tool Identify the different small wares and hand tools used in a professional kitchen. Define the purpose of the small ware and hand tools in a professional kitchen.	Appetizer Hors d'oeuvres Canapé Peeler Zester Corer Butter curler Citrus knife Channel knife Mandolin Melon baller	
9.2	Demonstrate basic garnish techniques	Demonstrate basic garnish techniques			x
			Describe the purpose of garnishing Identify and define types of garnishes Demonstrate basic garnishes Define a variety of classical garnish terms Recognize a garnish term when looking at a menu Demonstrate 3 of the classical garnishes. Know how to arrange garnishes on a plate. Know how to apply classical French garnishes.	Garnish (noun) Garnish (verb) Functional Non-functional Tournee cut Fluted mushroom Quenelle Au gratin Au jus Au poivre Béarnaise Beurre noir	

				Beurre noisette Bordelaise Bouquetière Choucroute garni Clamart Crécy Doria Dubarry Fermière Florentine Forestière Lyonnaise Niçoise Parmentier Pommes anna Princesse Provençal Sauté Dredge Deglaze Fond Nappè	
9.3	Demonstrate fundamental skills in preparing cold items, e.g., soups, salads, sauces, dressings, marinades, relishes, sandwiches, canapés, and hors d'oeuvres	Demonstrate fundamental skills in preparing cold items, e.g., soups, salads, sauces, dressings, marinades, relishes, sandwiches, canapés, and hors d'oeuvres	Ratio of oil to vinegar in vinaigrette 3 to1 **Types of lettuce** Romaine Iceberg Bibb Green Leaf **Types of onions** Scallions Leeks		X

			Vidalia Texas onion What types of dishes are prepared by a garde Manger		
		4 Components of a sandwich Types of sandwiches Types of salads	Define vocabulary words. Components: bread, spread, filling, garnish Sandwich Types: grilled, pressed, wrap, finger, open-face, closed Mayonnaise List characteristics of different types of cheese. Assemble a cheese platter. Salad Types: composed, chopped, fruit, side, undressed, entrée, appetizer Identify basic ingredients that make up common composed salads. Create a composed salad.	Brie Muenster Monterey jack Havarti Fontina Roquefort Gorgonzola Maytag blue Gruyere Colby Cheddar Provolone Manchego Composed salad Side salad Main course salad Dessert salad Appetizer salad	
9.4	Identify food presentation techniques, i.e., platters, bowls, and plates		Containers for highly acidic foods (salsa) Ceramic, plastic and stainless steel Elements of food arrangement Balance. texture, color		X
			Assemble a cheese platter.		

Standard 10.0 - PREPARE BAKERY AND PASTRY PRODUCTS					
Measurement Criteria		**Concept**	**Implementation**	**Vocabulary**	**Testing Item**
10.1	Define baking terms	Define baking terms	Creaming Folding Whipping Mixing Crimping Trimming' Rolling Applying lattices Scaling Weighing Blind baking technique (what is it, fruit tart)	Proof to let rise	x
			Understand why learning baking terms is important. Define baking terms. Recognize baking terminology	Bake Blind-bake Bloom Confectionery Crimp Dock Dough Egg wash Flute Fold Glaze Knead Macerate Nappé Oven spring Proofing Scald Temper	

				Tunnels Whip Zest	
10.2	Identify proper use and care for equipment and utensils used in baking	Identify proper use and care for equipment and utensils used in baking	Baking principles Most important aspect of baking weighing and measuring accurately Dough cutter/ bench scraper Offset spatula/ pallet Double Boiler Melting Pastry blender Pastry brush Hand mixer Rubber spatula Measuring cup China cap Boxgrater Strainer Colander Chocolate		X
			Identify uses of small wares and equipment. Define terms used to identify equipment and utensils used in baking and discuss its proper use and care. Identify proper use of utensils, pots pans, hand tools and equipment. Identify equipment and utensils used in baking and discuss its proper use and care.	Cookware Bakeware Stockpot Saucepan Sauté pan Wok Hotel pan Roasting pan Sheet pan Mixing bowl Springform pan	

			Understand the importance of learning about baking equipment Recognize baking equipment and uses Identify the different baking equipment used in a professional kitchen. Define the purpose of the baking equipment in a professional kitchen.	Pie pan Loaf pan Muffin pan Tart pan Tube pan Angel food pans Baking equipment Baking pans Baking utensils Bain Marie Bundt cake pans Cake pans Commercial mixer Conventional oven Convection oven Deck oven Double boiler Microwave oven Mixer attachments Pie pan Proofer Sheet pan Stack oven Thermometer Flute	

				Oven Pan size Zester	
10.3	Identify and describe functions of baking ingredients	Identify and describe functions of baking ingredients	Function of leavening agent Purpose of Eggs, flour, salt, sugar		X
			Identify ingredients used in baking. Describe the functions of ingredients used in baking. Identify leavening agents and terms used in baking. Describe mechanical leavening ingredients used in baking. Apply the functions of mechanical leavening ingredients in baking. Create a mechanically leavened cream puff. Identify chemical leavening ingredients used in baking. Describe the functions of chemical leavening ingredients used in baking. Identify forms of yeast used in baking. Paraphrase terms associated with yeast bread baking. Describe the functions of biological leavening agents used in baking	Carbon dioxide Baking soda Vinegar Chemical Leavening agent Cream of tartar Baking powder Double-acting baking powder Cream puffs Air pockets Expansion Incorporate Mechanical leavening Beating Steam Bubbles Solution Surface tension Solidify Creaming Flour	

			Identify common terminology used in yeast bread. Apply the principles of using biological leavening ingredients in baking. Evaluate products using established criteria.	Sweeteners Eggs Liquid Fats Herbs & Spices & Flavorings Fruits, nuts, and seeds Chocolate	
10.4	Differentiate leavening agents	Differentiate leavening agents			X
			Identify forms of yeast used in baking. Paraphrase terms associated with yeast bread baking. Describe the functions of biological leavening agents used in baking	Baker's yeast Active dry yeast Rapid rise yeast Bread machine yeast Compressed yeast Carbon dioxide Fermentation Knead Blooming the yeast Proofing Oven Spring	
10.5	Prepare and bake yeast breads	Prepare and bake yeast breads	Difference between quick and yeast breads quick breads use chemical leavening agents		X
			Identify common terminology used in yeast bread.	Gluten	

			Apply the principles of using biological leavening ingredients in baking. Evaluate products using established criteria.	Punching down	
10.6	Prepare and bake pies		Crimping Rolling Lattices Trimming	A la mode	X
10.7	Delineate the Prepare and bake cakes				X
10.8	Differentiate basic types of and applications for icing				X
10.9	Prepare and bake cookies				X
10.10	Define basic baking and mixing methods	Define basic baking and mixing methods			X
			Define mixing methods Identify mixing methods	Paddle attachment Whisk attachment Cut in Fold in	

Standard 11.0 - PERFORM FRONT-OF-THE-HOUSE DUTIES

Measurement Criteria		**Concept**	Implementation	**Vocabulary**	**Testing Item**
11.1	Demonstrate the general rules of table setting and dining room layout	Demonstrate the general rules of table setting and dining room layout	Table setting placement of dinner fork desert for, salad fork, knives glasses, cups napkin Coffee cup		X

			handle at 4 o clock Proper service (side served from, order of service) Standard American place setting Formal table setting silverware should be place an inch from the table		
			Identify terminology associated with table setting. Define terminology Describe general rules related to setting a table. Determine placement of items on a place setting. Demonstrate the general rules of table setting Demonstrate skills of elegant napkin folding for formal and informal table settings Identify various geometric concepts as they pertain to particular fold styles	Polish Flatware Dishware Beverage containers Salt and pepper shaker Bread and butter plate Butter knife Steak knives Seafood fork Show plate Sugar caddie Table cloth Centerpiece Table top overlay Table top runner Napkin	

11.2	Identify restaurant positions according to the front-of-the-house and back-of-the-house brigade system	Responsibility of wait staff, host hostess, maître di busser, manager Difference between the front of the house and back of the house and their responsibilities Responsibilities of the Sous chef, Pastry chef, Grill cook, line cook,	Responsibility of wait staff, host hostess, maître di busser, manager Difference between the front of the house and back of the house and their responsibilities Responsibilities of the Sous chef, Pastry chef, Grill cook, line cook,	Front of house Back of house	X
			Identify Front of the house positions. Explain inter-relationships and workflow between dining room and kitchen operations.	General manager Host/hostess Bartender Server Food runner Bus person Expeditor	
11.3	Practice professionalism and techniques in support of good customer relations	Practice professionalism and techniques in support of good customer relations	Procedures for customer complaints Swiftly take care of the problem Positive work flow essential for better service to customers	Positive Work Flow	X
			Identify service skills necessary for ideal customer service and relations. Recommend accommodations for people with disabilities. Effectively diffuse difficult situations in customer service through role-play.	Cordial Hospitality Host Disability Patronage Patron Diffuse Deescalate	

			Identify positions for service personnel in front-of-the-house. Create a detailed work plan with job positions and consecutive steps for staff luncheon. Design a plan for tablescapes and the dish settings. Demonstrate an understanding of guest service and customer relations. Evaluate personal performance. Evaluate group performance. Construct project portfolio.		
11.4	Demonstrate procedures for processing guest checks, including point of sale systems (POS) and handling cash	Demonstrate procedures for processing guest checks, including point of sale systems (POS) and handling cash	Calculating tax Calculate Gratuities (18%) Function of a POS system	POS system Gratuity Suggestive selling	X
			Identify the functions of Point of Sales System. Compare and contrast methods of processing guest checks. Explain the procedures and protocol for presenting and processing the check. Process guest checks. Evaluate personal performance.	Crumber	

			Evaluate group performance. Construct project portfolio.		
11.5	Practice sales techniques for service personnel, including menu knowledge, suggestive selling, and special requests	Practice sales techniques for service personnel, including menu knowledge, suggestive selling, and special requests	Suggestive selling (dessert, upgrade your meal) Appetizers Truth in menu as it relates to fresh fish	A la carte	X
			Identify the elements that influence menu style and design. Critique menus. Identify principles of menu design. Interpret menus to determine psychological factors. Analyze menu design. Create a menu using suggestive selling and menu engineering techniques. Critique menus based on established criteria. Identify suggestive selling techniques. Demonstrate how to up-sell an item to increase revenue. Explain how pairing can be used in suggestive selling to increase revenue.	Suggestive selling Up-selling Pairing	

			Evaluate sales techniques to determine if they are effective or ineffective. Explain how menu knowledge can be used in sales techniques to impact profit. Demonstrate sales techniques using menu knowledge. Plan a luncheon for the staff. Choose substitutions for recipe ingredients. Formulate prices using a pricing method. Create a luncheon menu. Select appropriate menus to meet customer needs, available resources, and allotted time. Market a luncheon event. Identify positions for service personnel in front-of-the-house. Create a detailed work plan with job positions and consecutive steps for staff luncheon. Design a plan for tablescapes and the dish settings. Follow a work plan.		

			Demonstrate menu knowledge and suggestive selling. Recommend dishes and demonstrate menu knowledge and suggestive selling. Evaluate personal performance. Evaluate group performance. Construct project portfolio.		
11.6	Demonstrate fundamentals of acceptable dining room etiquette	Demonstrate fundamentals of acceptable dining room etiquette	Who should be served first Grandmother Indication that a customer finished the knife over the fork on the plate) 8 top mean (# of guests at a table) Math calculations, Banquet service setting up for a party of 215 how many rounds would be needed First thing to do once guests are seated greet them Customer complaints acknowledge apologize and resolve)	Cover	X
			Explain why manners matter. Identify rules of dining room etiquette. Analyze scenarios to determine if the behavior is acceptable or unacceptable.	Manners Etiquette	

			Identify rules of service etiquette. Determine the correct response for incorrect customer etiquette. Demonstrate acceptable dining room etiquette as an employee and as a guest.		
11.7	Perform side work for opening and closing	Perform side work for opening and closing	Duty of bus person Front of the house vs. back of the house duties, polishing silverware, filling salt and pepper		X
			Explain side work for opening and closing. Arrange and prepare dining area for service. Perform side work for opening.	Side work Teamwork	
11.8	Identify various styles of service	Identify various styles of service	Different styles of service American, French and Russian Family stipe Buffet, classical French, plated		X
			Identify various styles of service.	French table service English service American service Russian service Buffet	

11.9	Demonstrate appropriate dress for front-of-the-house duties	Demonstrate appropriate dress for front-of-the-house duties	Acceptable presentation Hair, minimal jewelry, type of pant (full-length non-denim)		X
			Describe appropriate dress for the front of the house. Demonstrate and state examples of appropriate dress for the front of the house.		

Standard 12.0 – PURCHASE AND RECEIVE FOODS

Measurement Criteria		Concept	Implementation	Vocabulary	Testing Item
12.1	Explain the principles of food cost and food yield	Explain the principles of food cost and food yield	Food pricing Determining profits from a food product. Percentages of profit Food waste portioning trim and shrinkage yield	Yield Shrinkage Portioning	X
			Define terms used when discussing the conservation of resources. Describe historical events that contribute to the development of practices to encourage sustainability of natural resources. Examine areas of water and energy conservation within our environment to determine information related to sustainability. Define terms related to practices that conserve natural resources in the kitchen. Identify methods to conserve natural resources in the kitchen.	Conservation Energy conservation Environment Natural resources Sustainability Water conservation Renewable natural resources Non-renewable natural resources	

			Define terms associated with food sustainability. Describe food sustainability practices. Explain the importance of food sustainability to our health and environment. Give examples of ways food can be repurposed in the kitchen. Discuss principles of food sustainability Analyze food sustainability practices for use in food service operations. Create professional looking poster to use in lab as reminder of implementing food sustainability practices. Prepare a menu item using repurposed food. Analyze lab procedures and use principals of food sustainability. Prepare menu items using organic and non-organically grown products. Compare appearance, cost and palatability of prepared food items that use organic and non-organically grown ingredients. Explain profit	Fossil fuels Waste management Composting Organic Fair trade Food sustainability Repurposing food Controlled environment Break-even Gross profit Revenue	

			Calculate break even and profit Create an equation to model the data		
12.2	Explain current regulations for inspecting and grading of meats, poultry, seafood, eggs, dairy products, fruits, and vegetables	Explain current regulations for inspecting and grading of meats, poultry, seafood, eggs, dairy products, fruits, and vegetables	USDA food stamp grades Prime Select Choice Anchors cut Purpose of USAD food inspection to approve the safety and wholesomeness of food	Inspection Grades USDA	X
12.3	Explain proper receiving and storing of cleaning supplies, chemicals, and non-food products	Explain proper receiving and storing of cleaning supplies, chemicals, and non-food products	Verifying orders Invoice to purchase comparisons Visual inspection of products Invoice definition Itemized checklist Cleaning supplies storage in separate area from food six inches from floor quality freshness and damage Purpose of a requisition consistent records, record items from storage and maintaining stock Purpose of POS manage inventories Considerations for sanitizing a commercial vehicles	Invoice Requisition Commercial Vehicle Itemized	X

			remove visible food spills and disinfect Properly removing heavy items from a vehicle hand trucks and dolly		
			Define terminology related to storage of chemical cleaning supplies Explain proper receiving of cleaning supplies, chemicals, and non-food products Show how to properly store non-food products Evaluate problems and generate solutions to food industry scenarios using correct terminology	cleaning supplies non-food items	
12.4	Explain the procedures for rotation of stock (FIFO)	Explain the procedures for rotation of stock (FIFO)	Define FIFO and the purpose(use product in order received to ensure food freshness)	FIFO	X
12.5	Identify basic inventory techniques	Identify basic inventory techniques	Proper rotation of inventory Define inventory	FIFO Inventory	X
			Define terms used for inventory and receiving of food items at a restaurant. Calculate stock on hand using the physical inventory method. Summarize concepts related to Physical and Perpetual Inventories. Conduct a basic inventory of food, equipment or supplies.	Stock Inventory Physical inventory Perpetual inventory Par-stock level or par-list Invoice	

			Describe basic inventory procedures used at a restaurant. Define terms used for receiving and storing food orders at a restaurant. Identify guidelines and steps for accepting delivery of supplies at a restaurant. Explain the importance of FIFO in the operation of a restaurant. Understand signs of food spoilage. Apply criteria for accepting or rejecting foods when receiving a delivery. Explain the procedures for rotation of stock (FIFO). Define terms associated with food purchasing, receiving and storage. Summarize information about purchasing and receiving that is obtained from tour of industry facility. Participate in tour of school cafeteria facility. Develop recommendations for procedures to follow when purchasing and receiving food or supplies for the Culinary Arts program at school site.	First in, first out (FIFO) Food spoilage Dry goods Perishable foods Purchasing Receiving Requisition Shelf life Vendor	

Vocabulary

A

Á la carte menu- a menu on which each food item or beverage is priced and served separately

A la mode – Served with ice cream

Abbreviation- A shortened form of a word or phrase.

Abrasion- A scrape that's considered to be a minor cut such as a rug burn.

Abrasive cleaner- used to carefully scour dirt or grease that has baked or burned onto pots and pans

Accident- an unplanned, undesirable event that can cause property damage, injuries or fatalities, time lost from work, or disruptions of work.

Accuracy- The extent to which a given measurement agrees with the standard value for that measurement. The correctness of the measurement made.

Acetous-containing or producing acetic acid, sour; vinegary

Acid cleaner- Used to remove mineral buildup in coffee makers, steam tables, and dishwashing machines. Not for use on aluminum

Acidic - Foods with a pH of 4.6 or below may slow down the growth of bacteria

Acidity-the state, quality or degree of being acid, sourness, tartness

Acrid- sharp or biting to the taste or smell; bitterly pungent

Action Recipe Format- Each sentence begins with an action word. Ingredients are listed within sentence.

Active dry yeast- a common leavening agent , in dried form, has a long shelf life

Afla toxin- A dangerous toxin in legumes that are exposed to moisture

Aioli - A rich sauce comprised of crushed garlic, olive oil, egg yolks and lemon juice possibly with flavoring such as herbs or sun-dried tomatoes

Air Cell - A pocket of air at the large end of an egg. It is caused by the change of the temperature from warm to cold after laying. Gets larger as the egg ages.

Air pockets- These are the holes or empty spaces in bread and other bakery products. After the surrounding liquid bonds together or solidifies, then the air spaces remain.

Al a carte – A menu that offers each food and beverage item priced and served separately.

Al Dente-Meaning “firm to the bite” to describe the doneness of pasta meaning that pasta is tender but still firm.

All Spice - A spice profile of nutmeg, clove and cinnamon.

American Service- Meals are prepared in the kitchen plated and the carried out to guest There are servers present if eating at a restaurant or event.

Ammonia - A pungent gas consisting of nitrogen and hydrogen: not typically used in industry

Anchor - a no-slip mat or damp towel used to prevent the cutting board from slipping

Angel food pans- A round doughnut- shaped baking pan with deep sides and a hollow center tube which better allows for light, airy cakes to get cooked in the middle. Without the center tube the cake would stay raw in the middle, and then collapse when cooling. Some are footed so the cake can have good air flow when the pan is turned upside down to cool.

Angel food pans- A round doughnut- shaped pan with deep sides and a hollow center tube which better allows for light, airy cakes to get done in the middle. Some are footed so the cake can have good air flow when the pan is turned upside down to cool.

Ansul - A fire suppression system.

Appetizer salad- Used to stimulate the appetite. Can be greens or more elaborate such as cold meat, fish, seafood or cheese.

Appetizer- small portion of hot or cold food served to stimulate the appetite (usually served before a meal or as the first course).

Apple Corer- a hand-held utensil used to remove the seeded portion of an apple, eyes from a potato, or stems of a tomato.

Applying lattices – Technique for adding a grid pattern on a pie crust by using individual strip.

Aromatic oils-spices and oils yielding a distinct fragrant aroma, added to dishes to increase flavor. Examples: flavored olive oil, sesame oil, and walnut oil

Aromatics- having an aroma; fragrant or sweet-smelling

Asymmetric - Not equal or identical on both sides of a center line.

Au Gratin (oh gra tan)- Having a browned or crusted top, often made by topping with bread crumbs, cheese, butter, and/or a rich sauce and

passing under the broiler/salamander.

Au Jus (oh zhoo) - Served with its natural juices, usually unthicken pan drippings.

Au Poivre (oh pwahv) - Coated with crushed black peppercorns, sautéed, and usually flamed with cognac and served with a sauce.

Avulsion- A wound in which a portion of the skin is partially or completely torn off, such as a severed finger.

B

Bacon- A cut of pork typically from the belly.

Bain Marie- A water bath consisting of a pan filled with water about half way up the food product; the water surrounds a custard or cheesecake which is used to keep the food product moist and free from cracks. Used for holding sauces or soups in a hot or cold water bath or steam table.

Bake- To cook food surrounding the item with hot, dry air usually in an oven.

Baked Eggs – Eggs cooked in a ramekin. Usually mixed with other ingredients; like a casserole.

Baker's Scale- a balance scale that uses weights on one side of the balance.

Baker's yeast- A biological (organic) leavening agent that makes bread products rise; a.k.a. brewer's yeast.

Bakeware- A container used for cooking food in the oven e.g. muffin pans, loaf pans.

Baking equipment- large items including ovens and small items like bake ware and baking tools are examples.

Baking pans- bake ware used in an oven including loaf, muffin, square, cake, pie, springform, sheet pans and others.

Baking Powder- a chemical leavening, which is a combination of baking soda and an acid, that is moisture activated. The moisture causes the release of carbon dioxide gas, which causes the baked product to rise.

Baking Soda- a chemical (alkaline: not acid) leavening ingredient that when combined with an acid works to release carbon dioxide gas. (Acid ingredients include yogurt, chocolate, buttermilk, honey, lemon juice, vinegar, cream of tartar) (a.k.a. sodium bicarbonate) that is often used in baking.

Baking utensils- small ware items used in a kitchen when making baked products.

Balance – The harmony of design and proportion.

Balanced - having different elements in the correct proportions

Balsamic vinegar- made from white sweet grapes that are reduced to syrup. The grapes are cooked very slowly in copper cauldrons over an open flame.

Bartender- Located behind the bar serving cocktails, beer, and wine, must be knowleageble of liquor legislation regulations.

Base- is a concentrated flavoring compound used in place of stock for the creation of soups, sauces, and gravies

Batonnet - a julienne cut measuring ¼" x ¼" x 2"to 2½" long

Béarnaise (bare nez) - A sauce made of butter and egg yolk and flavored with a reduction of vinegar, shallots, tarragon, and peppercorns.

Beating- vigorously agitating ingredients to incorporate air

Béchamel – A basic French white sauce made with mild and a thickener. One of the Mother Sauces.

Beef Grade-A step in quality of different beef carcasses.

Beef: Primal – Large sections of beef consisting of Chuck, Brisket, Loin, Round, Rib, Plate, Flank, Sirloin

Bench Knife- a flat stainless steel blade used to cut dough and scrape left over dough from the work surface.

Beurre Noir (burr nwahr) - Butter heated until it is dark brown, then flavored with vinegar.

Beurre Noisette (burr nwah zett) - Whole butter heated until it is light brown.

Beverage Containers- Glass containers used for drinking liquids

Bibb - a variety of butterhead lettuce that has crisp dark-green leaves.

Bimetal Thermometer- Measures the internal temperature of foods, ovens, and refrigerators.

Biological Food Hazard – Food contained by microorganisms such a bacteria, parasites, fungi and viruses.

Bisque – Specialty soups that are usually made from shellfish and contain cream.

Blade- the sharp part of a knife used for cutting

Blanch- to scald or parboil (meat or vegetables) so as to whiten, remove the odor, prepare for cooking by other means, etc.

Blanching – Using the boiling method to partially cook food.

Blender- an appliance used to chop, blend, puree, or liquefy food.

Blind-bake- to cook a rolled pastry in an oven with no filling; dry beans or weights can be used to keep the pastry flat.

Bloom- to soften gelatin in water; to dissolve yeast in liquid.

Blooming the yeast- proving the activation of the yeast works by combining it with a warm liquid. The water temperature should be about 110˚.

Boiling – A moist heat cooking method that uses liquid heated to the boiling point.

Bolster- the thicker band of metal located where the blade joins the handle

Boning knife- A small knife with a thin, angled 5 to 7" blade, used to remove raw meat, fish, and poultry from bones with minimal waste.

Bordelaise- A brown sauce flavored with a reduction of red wine, shallots, pepper, and herbs, and finished with marrow.

Botulism - A food-borne illness caused by a bacterium (botulinum) growing on improperly sterilized canned meats and other preserved foods.

Bouquet Garni- A mixture of fresh vegetables or herbs that are tied into a small bundle with butchers twine.

Bouquetière (book tyair)- Garnished with an assortment (or bouquet) of fresh vegetables, such as carrots, green beans, peas, cauliflower, leeks, and potatoes.

Bowl Scrapers- a curved plastic scraping tool used to scrape food items from curved surfaces.

Boxgrater - A four-sided grater where each side has a different sized hole for grating, slicing, shredding and crumbling.

Braise- Braising is a cooking method where the food is first seared (browned in a pan at a high temperature) and then simmered with a small amount of liquid in a closed pot.

Braising sear – The first step in the combination cooking method of braising.

Bran-The protective husk or outer covering of the grain kernel.

Bread and butter plate- Small plate used to place bread and butter.

Bread machine yeast- finer granules than active dry yeast; does not need to be activated before adding to other bread making ingredients.

Bread pan- A loaf pan; traditionally deep and rectangular used for making bread.

Breading – A coating made of eggs and crumbs

Break-even – The point at which gains equal losses

Breakfast potatoes examples: home fries, cottage fries and hash browns.

Brie- best known French cheese and has the nickname "The Queen of Cheeses". Brie is a soft creamy white cheese.

Broil- Rapid cooking method that uses high heat from a source above the food.

Broiler- a large cooking unit where the heat source is located above the food instead of bellow.

Broiling – To cook food directly under a primary heat source.

Broth- meat of some sort, onion, carrots, celery, and herbs simmered until the meat is tender and cooked. Liquid is then strained.

Brown Stock- A brown stock is made by roasting and browning poultry, beef, veal, or game bones; mirepoix, and a tomato product before simmering in water.

Brunoise - to cut into 1/8” x 1/8” x 1/8” square pieces; a cube of equal sides

Bubbles: films of a liquid solution stretched around air. When the surface tension of the liquid weakens, the liquid will break apart. The air or gas in the bubbles is what causes the baked product to be light and airy.

Buffet- Central area/areas designated for holding all food, guest serve themselves. Food service style commonly used for larger and less formal groups of people.
Bundt cake pans- Ornate, ring-shaped pan which is more decorative than the traditional, similar shaped angel food cake pan.

Bus Person- Is responsible for clearing the clearing of tables after guests are finished dining.

Butter Curler- A small (6- to 7-inch-long) utensil with a serrated hook at one end. The hook is drawn down the length of a stick of butter to make butter curls. The curls are then dropped into ice water to set their shape.

Butter Knife- Small knife used to spread butter.

C

Cake Pans- a pan used to bake cakes and similar baked goods that have straight, vertical sides. They come in almost any shape; traditional shapes include round, square, rectangular.

Calcium – Is a mineral that builds and renews bones and teeth.

Calculating- Performing the mathematical operations of addition, subtraction, multiplication or division.

Calibrate- ensure accuracy of something; to test and adjust the accuracy of a measuring instrument or process

California menu- a single menu listing breakfast, lunch, and dinner foods, customers can choose any item at any time of day

Canadian Bacon- Cut of pork from the tender eye of the loin; it is often smoked.

Canapé – An appetizer that is served on a small piece of bread or toast.

Canola Oil- a healthy oil from rapeseed; remains a liquid even when refrigerated; has a shelf-life of about a year.

Carbohydrates – The nutrient that is the body's main source of energy.

Carbon dioxide- The gas that is released when chemical leavening agents are used in cooking that make the dough rise.

Carcass-The dead body of an animal.

Cardiopulmonary resuscitation (CPR)- Emergency care that is performed on people who are unresponsive, such as those who are unconscious, because of chocking, stroke, cardiac arrest or heart attack.

Catholicism – Abstain from eating meat on Fridays during Lent

Centerpiece- An ornamental object used as focal point on the center of a table.

Cereal- A breakfast food prepared from grain.

Chalaza - Twisted, cord-like strands of egg white that anchor the yolk in the center of the egg.

Channel Knife- Used to open the peel of oranges and other citrus fruit and to create patterns in the skin of vegetable and fruit.

Cheddar- The most widely purchased and eaten cheese in the world. Cheddar cheeses were originally made in England, however today they are manufactured in many countries all over the world. Cheddar gets a sharper taste the longer it matures. Unlike other well-known cheeses, Cheddar's name is not protected so it has been used and abused by many producers around the world.

Chef's knife (French knife) - large, multipurpose knife used for slicing, chopping, mincing, and dicing; blade is usually 8 to 14 inches long.

Chemical Food Hazard – Food that is contaminated from cleaning supplies, pesticides, food additives and metals.

Chemical Leavening Agent- mixtures or compounds that release carbon dioxide to make products rise. Includes cream of tartar, baking soda, and baking powder. They usually leave behind a chemical salt. They are used in quick breads and some cakes.

Chemicals- non-food substances used in the kitchen including sanitizers, de-greasers, de-liming agents, floor cleaning solutions

Chicken quarter – A cut consisting of the thigh and drumstick

Chiffonade - a cut that produces thinly sliced or shredded leafy vegetables or herbs

China cap/Chinois (sheen-WAH): a perforated cone-shaped metal strainer used to strain gravies, soups, stocks, sauces, and other liquids.

Chlorine Bleach - Used to sanitize and destroy bacteria and viruses. The correct ratio is 50 to 100 ppm (parts per million.

Chlorine- Sanitizing agent that can be used on most items (except metal which it corrodes. Because chlorine is an irritant, contact with skin should be avoided

Chocolate- a very popular cookie flavoring. Includes dark/bittersweet, milk chocolate, cocoa powder, chocolate chips.

Chop – to cut into pieces of approximately the same size – ¼" or smaller; there is no standard size for chopped vegetables and there is no squaring or regular shape to the chop

Choucroute Garni- Sauerkraut cooked with sausage, pork, and sometimes poultry products.

Chowder – A specialty soup made from fish, seafood or vegetables.

Citrus- Fruits that contain sections or segments.

Citrus Knife- A small knife with a curved, flexible blade that is serrated on both sides. It is used to free grapefruit flesh from both rind and membrane.

Clamart- Garnished with or containing peas.

Clarified Butter- Butter that has been heated to separate the butterfat. Clearer color but less flavor, and higher burning point. Also called drawn butter.

Claw grip- method of holding food during cutting, characterized by curling the fingers inward and gripping the food with the fingernails; the side of the knife blade rests against the first knuckle of the guiding hand, keeping the blade perpendicular to the cutting board and fingers out of harm's way.

Cleaner- a preparation for use in cleaning, as a detergent; used to remove particles from equipment, tools, and surfaces contaminate: to infect by contact

Cleaning Solution- designed to remove dirt and soil to clean food contact surfaces like the food preparation table.

Cleaning supplies- articles used for sanitation and cleaning; gloves, buckets, rags, etc.

Cleanliness – a state of personal neatness.

Clear meat- ground meat combined with acid (lemon juice, tomato paste or wine), cold/ground mirepoix, and egg whites.

Clear Soup- very clear, richly flavored liquid.

Cleaver- a heavy, broad-bladed rectangular knife used to chop through bones.

Clostridium botulinum (Botulism) –toxin-producing bacteria known to cause a disease known as botulism; usually associated with improperly canned or home-preserved (in a mason jar) food items

Clostridium perfringens – toxin-producing bacteria found in poorly prepared meat and poultry; the third most common cause of foodborne illness in the U.S.

Colander- a bowl-shaped perforated metal strainer usually made from stainless steel or aluminum used to rapidly draining water from foods.

Colby- It was named after the town in Wisconsin, USA where it was first made. It is a washed-curd cheese, which means that the curds are thoroughly rinsed in fresh water to remove all excess whey and any stray lactose. This prevents the acidity in the curd from rising, so the cheese remains soft and springy, with a sweet and mild flavor.

Cold food- Food that is served cold.

Combi oven – An oven which comprises several cooking methods to efficiently cook foods.

Commercial Grade- Food service wares and equipment designed for large volume or quantity production. Typically made of higher quality materials.

Commercial Kitchen- A commercial kitchen is used for preparing food for sale to the public or membership in an organization that uses the kitchen; a commercial kitchen usually must have an inspection by the local health department or other authority before it is used for commercial purposes.
Commercial mixer- an electrically operated machine that uses an attachment to process foods that are in a bowl by stirring, kneading, whipping or a similar process.

Commercial Vehicle – A company vehicle used for transporting goods or food for business purposes.

Complete proteins – A protein source that provides all the amino acids.

Complex Carbohydrates- The category of carbohydrate (also called starches) that is composed of three or more sugar chains. This carbohydrate provides energy to the body and has a more complex structure and therefore, takes longer to digest.

Composed salad- A salad in which the ingredients are artfully arranged, rather than tossed together.

Composting- A natural form of recycling that occurs when organic material decomposes (or composts) to form organic fertilizer.

Compressed yeast- a live form of yeast; a.k.a. “cake” yeast; has short shelf life, stays good for about two weeks.

Conduction- method of heat transfer where heat is passed from one object to another through physical contact (ex. Sautéing, stir-frying, grilling)

Confectionery- sweet items; sugar-based items.

Conservation- The practice of limiting the use of a resource.

Consommé- a clarified meat or fish broth.

Consumer Control Points – aka critical control points; critical points when foods are susceptible to contamination from foodborne pathogens

Contamination – a condition of impurity resulting from the transfer of microorganisms like bacteria from one source to another.

Controlled Environment- An environment where food has been within the kitchen’s control and has been kept safe from cross-contamination and time-temperature abuse.

Convection Oven/Stack Oven- an oven with an interior fan that circulates the dry, hot air throughout the cabinet to cook the food more evenly and faster.

Convection- method of heat transfer from a heat source to food through a substance surrounding the food. (ex. deep-frying, baking, boiling)

Conventional oven- a closed container with a heat source usually at the bottom; natural air flow heats food from the outside in.

Conversion factor- A multiplier used to increase or decrease the ingredients in a recipe; abbreviated CF.

Cook- To prepare food for eating by applying heat.

Cookware- A container used for heating food on top of the stove e.g. pots, pans.

Cooling rack- An elevated wire grid used for cooling baked goods.

Cordial- Warm and sincere; friendly

Core- To remove the central part of a fleshy fruit, containing the seeds.

Corer- A utensil designed to remove the core (or center) from fruit or vegetables.

Coulis (koo-lees) - A sauce or paste of vegetables or fruits made by using a food processor or blender to chop it very fine and then strained, to remove seeds, skin, etc.

Count- Used to determine the number of items needed in a recipe.

County Health Department – A government regulatory agency that is responsible for citizen health and well-being with each county.

Coupler- An adapter used with a pastry bag which allows the pastry tips to be changed without reaching into the filled pastry bag.

Cover- Complete place setting for one customer

Cream of Tartar- a chemical leavening that is an acidic, white powder. In order to work properly, cream of tartar needs to be combined with an alkaline product like baking soda. Cream of tartar is a by-product of making wine. Cream of tartar is found in the spice section of the grocery store. (a.k.a. Potassium acid tartrate, potassium hydrogen tartrate, potassium bitartrate) The dry air pockets are what remain in baked products. Cream puffs: a light, airy pastry shell with a filling such as whipped cream.

Creaming- vigorously combining fat and sugar to incorporate air

Crécy (kray see) - Garnished with or containing carrots.

Crème anglaise - A French term meaning a rich egg custard.

Crepe – A small, thin pancake made with an egg batter.

Crepe pan – A shallow flat-bottomed frying pan for cooking crepes.

Crimp- to pinch two pieces of dough together to form a decorative edge.

Critical Control Limit – the minimum criteria that must be met at each Critical Control Point throughout the flow of food.

Critical Control Point - A step in the flow of food where contamination can be prevented or eliminated.

Cross-contamination – The movement of harmful organisms from one place to another

Crouton- small cube of bread toasted or fried used as garnish.

Crumber- a tool designed to remove crumbs from a table cloth, table top, or lap

Cup- Equal to 16 tablespoons or 8 fluid ounces.

Curing-An ancient method for preserving meats with salt and nitrate.

Customary Measurements- In the United States we use customary measures. These include ounces, pounds, inches, feet, cups, teaspoons, etc.

Cut in- working solid fat into dry ingredients with two knives or a pastry blender until well mixed.

Cutting Boards- a cutting surface designed to protect work surfaces from cuts and scratches.

Cyclical menu- a menu written for a certain period of time and then it repeats itself. Some change according to seasons, others change according to the day of the week

D

Dairy - Containing or made from milk.

Danger zone - Range for growth of bacteria to be most rampant 41 to 135

Deck oven – A type of oven that is frequently used for commercial baking that maintains a consistent level of heat.

Debris: fragments, remnants, particles, or organic waste; may contaminate food, tools, and equipment

Deck oven- a drawer-like oven that is stacked on top of one another which allows different temperature settings in each compartment; food is cooked directly on the oven floor.

Deep Fat Fry- Immersing completely in hot fat.

Deep Fryers- a cooking unit used to cook foods by submersion in hot fat.

Deep Frying – To cook food by completely submerging them in heated fat or oil

Deescalate- to reduce the level of intensity

Deglaze- To add liquid to a pan to loosen the fond stuck to the bottom. Then becomes the base for a sauce.

Degreaser- Special type of detergent that contains a grease-dissolving agent. Also known as solvent cleaners, degreasers are used on food contact surfaces like the grill

Denature- Change the nature or natural state of something. With beef, the change occurs in the structure or firmness of the proteins.

Denver/Western Omelet – A omelet consisting of ham, eggs, bell peppers and cheese.

Design principles- symmetrical or asymmetrical compositions, contrasting or complementary arrangements, and the use of lines to create patterns or indicate motion

Desired Yield- The amount of food you need to make from a recipe.

Dessert Plating- Includes the plate, the dessert, the garnishes and how they are assembled.

Dessert Salad- a salad served as dessert. Usually includes fruits, nuts, and a sweet dressing.

Detergent- Penetrates quickly and softens soil so the soil can be scrubbed and rinsed away

Deviled Eggs – Hard boiled eggs cut in half with the hard boiled yolk mixed with mustard.

Diffuse-to overcome resistance; pass through

Digital Scale- an electronic scale used to measure food; can be zeroed out by the tare or zero buttons.

Directions- Written instructions used to make a food item.

Disability- Something that hinders; A disadvantage or deficiency, especially a physical or mental impairment that interferes with or prevents normal functioning in a particular area

Dishware- Items such as china, glasses, salt and pepper shakers, etc. for table service (the plates from which we eat.

Dishwashing Detergent- removes food and grease; designed to be used in a dish machine

Disjointing-Cutting poultry into halves, quarters, or eighths, before or after cooking.

Disposal- the act or process of getting rid of something

Distilled- to subject to a process of vaporization and subsequent condensation, as for purification or concentration, to concentrate, purify

Dock- to poke holes in rolled pastry in order to prevent air bubbles causing an uneven crust.

Dolly/Hand Truck – An L-shaped box-moving tool with wheels at the base for transporting heavy items.

Doria- Garnished with cucumbers cooked in butter.

Double Boiler- a lower container which holds simmering water and an upper nested container that holds the sauces and soft food that is to be heated.

Double-acting Baking Powder: is the most commonly used baking powder. Besides being moisture activated, it is also heat activated. Heat activation allows the product to be held for a time period before it is cooked without compromising the leavening properties of the finished product.

Doubling- Doubling is when you take 2 x the ingredient amount given.

Dough- a mixture of flour and other ingredients that holds its shape and is baked.

Dough cutter/ bench scraper – A kitchen utensil used to cut, divide or portion bread dough.

Dough hook –A mixer attachment typically shaped like a corkscrew or hook used to mix dough.

Dredge- To coat a product in flour before cooking, in order to improve browning.

Drop Batter- Quick bread using a 2:1 ratio of dry to liquid ingredients.

Droppings- animal feces; an indication of animal presence in the area

Drupes- Fruits that contain one large seed in the middle of the fruit.

Dry Goods- Foods such as flour, tea, sugar, rice, or pasta which are stored in the pantry.

Dry Measuring cups- a metal or plastic cup used to measure dry ingredients, such as flour, or sugar.

Dry Storage- areas used to store dry or canned products, kept at 50° F to 70° F.

Du jour menu- lists food that is served only on that particular day

Dubarry- Garnished with or containing cauliflower

E

E-Coli – A food-borne illness contracted by consuming contaminated or improperly cooked ground beef.

Egg beater- a small device having usually consisting of a handle, a lever, and two blades or paddles. The blades rotate which beat the eggs.

Egg Shell - The outer covering of the egg; mostly made up of calcium carbonate

Egg wash- a mixture of egg and water brushed on a food product to give it browning and shine.

Eggs- add flavor, golden color, moistness, binds ingredients, contributes to a lighter texture. Large chicken eggs are the usual size and kind of eggs used in recipes. Egg whites help make the structure in angel food cake.

Electronic Scale- Measures foods and ingredients when they are placed on a tray, weight is shown using a digital number display.

Electric Slicer- an electric tool used to slice meats, and cheeses into uniform slices.

Emergency Plan- a plan to protect workers, guests, and property in the case of an emergency or disaster.

Emulsifier-An additive such as egg yolks that allow unmixable liquids, such as oil and water, to combine uniformly.

Emulsify- the process of getting two liquids that usually don't mix together to form a uniformly distributed mixture. Vinaigrette salad dressing is an example of an emulsified mixture.

Emulsion- a stable liquid mixture where one liquid is suspended in tiny globules throughout another.

Endosperm-The part of a seed that acts as a food store for the developing plant embryo, usually containing starch with protein and other nutrients. It is the largest part of the grain kernel.

Energy Conservation- Refers to efforts made to reduce energy consumption.

English Service- Servers are needed to stand next to the host of the dinner party. The host typically carves the protein and passes the main dish down the table as guests serve themselves.

Entrée- the main course of the meal, usually broken down by type of meat or similar feature

Environment- All living and non-living things that occur naturally on Earth.

Enzymatic Browning-This occurs when the oxygen in the air comes in contact with cut fruit. It causes the fruit such as apples, bananas and pears, to turn brown.

Equivalents- Something that is equal to something else. For example, in culinary, one pound is equal to 16 ounces.

Ergonomics- the science concerned with the efficient and safe interaction between people and things in their environment.

Escherichia coli (E Coli) – toxin-producing bacteria commonly found in raw or undercooked meat and processed dairy products

Espangole – A basic brown sauce made from brown roux and brown stock.

Essential Oils- any of a large class of volatile odoriferous oils of vegetable origin that give plants their characteristic odors and often other properties, that are obtained from various parts of the plants

Ethylene gas- Gas produced by some fruits (apples, bananas, melons and avocados) that cause other fruits or vegetables to ripen or spoil.

Etiquette- rules set by a society to govern the acceptable conduct of behavior in any class or community for any occasion

Evacuation routes- planned route of at least two ways of exiting a building in the event of an emergency.

Expansion- increase in volume of material as temperature is increased

Expeditor- Coordinates timing of food coming out of the kitchen to ensure that food is being served properly and in a timely manner.

Exterior Albumen - (White) Closest to the shell; thinner.

Extra lean ground beef- Has up to 15% fat content.

Extra virgin olive oil –From first cold press of olives

Extracts- include the popular vanilla extract. Others are almond extract, orange extract, peppermint extract, and many more. Salt also adds flavor.

Eye Level- To have your eyes at the level where the measurement is being taken.

F

Fabrication (of meat) - Additional butchering done by a restaurant to break down a subprimal cut of meat into portion-sized cuts of meat

Facilities- the building (exterior and interior) furnishings, fixtures, and major systems, such as electricity and plumbing.

Fair Trade- The production of these products must be free of forced labor or poor working conditions.

Farinaceous-Consisting of starch such as potatoes, bread, pasta; a food product made of flour. Farinaceous products have a mealy texture.

Fats- Fats from animals or plants provide tenderness and taste. This category includes butter, margarine, shortening, oils. Applesauce or other pureed fruit can be substituted for fat in some recipes.

Fat-soluble – capable of dissolving in fat

FATTOM- Food, Acidity, Time, Temperature, Oxygen, Moisture

Fermentation- the biological reaction that occurs when the yeast interacts with sugars and starches to produce carbon dioxide, causing the dough to rise. The mixing of yeast with a warm liquid 110˚ and sugar or flour, which causes the dough to rise.

Fermented- any of a group of living organisms, as yeasts, molds, and certain bacteria, that cause a change or conversion

Fermière (fair myair)- Garnished with carrots, turnips, onions, and celery cut into uniform slices.

Fiber – A unique form of a complex carbohydrate that does not provide energy.

FIFO - First in, first out-- An inventory system in which food products that are oldest are used first, so that all products are fresh when used.

Fillet Knife – A rigid or flexible knife with an 8 to 9” blade and a pointed tip.

Fingerling Potatoes- A small, stubby, finger-shaped type of potato which naturally grows small and narrow.

Fire Extinguisher- A hand held portable container filled with specific chemicals to apply to a fire and extinguish or put out the fire.

First In, First Out (FIFO) - A method of stock rotation in which new supplies are shelved behind old supplies, so that the old supplies are used first. FIFO stands for First In, First Out.

Fish- whole, fillet, cross-cut, steak

Fixed Menu- also called static menus, offers the same items every day and very rarely change

Flash Point- a temperature considerably above the smoke point, the point at which the vapors from the oil can first ignite when mixed with air.

Flatware- Articles used for eating or serving, also called silverware

Flavors - at first fruity, later becomes more earthy and nutty.

Flavor Enhancers- substance added to intensify it flavors.

Florentine- Garnished with or containing spinach.

Flour- the structure of the baked product. Types of flours include all-purpose, self-rising (leavening and salt added), cake flour, whole wheat, potato flour, corn flour, rice flour, soy flour.

Flow of Food - This refers to the actual movement of food through a kitchen from the point it is received (delivered) to the time it is disposed of and the point in time in that flow where hazards can be controlled to prevent food contamination.

Flow of food- the path food takes from when it is received by an establishment to when it is disposed of as waste

Flower Vegetables-Vegetables that come from the “head” of the plant. Examples include broccoli, cauliflower, Brussels sprouts, and cabbage.

Fluid Ounce- A standardized measurement of volume.

Flute- To form a standing edge on a pastry, such as pie crust, before baking.

Fluted Mushroom: One of the hardest cuts to master that takes a lot of practice.

Fold In- the lighter mixture is placed on top of the heavier mixture and then the two are combined by passing a spatula down through the mixture, across the bottom, and up over the top. This process continues until the mixtures are combined. This traps air into bubbles in the product, allowing baked goods to rise.

Fold- to gently combine light, airy ingredients into heavier ingredients.

Folding – Gently adding light airy ingredients such as eggs to heavier ingredients by using a smooth circular movement.

Fond- The French word for base and refers to the browned and caramelized bits of meat stuck to the bottom of a skillet after cooking a piece of meat, meaning stock.

Fondant – A thick paste made of sugar and water often flavored or colored used to decorate cakes.

Fontina- dense, smooth and slightly elastic. The straw-colored interior with its small round holes has a delicate nuttiness with a hint of mild honey.

Food Guide Pyramid – A diagrammatic representation of recommended portions of the 5 basic food groups plus fats and oils.

Food infection – illness caused by consuming food that contains a great number of pathogens that attack the human gastro-intestinal system and overwhelm the system by sheer numbers

Food intoxication –commonly known as food poisoning; illness caused by ingestion of food containing pathogens

Food Preparation- To prepare food for eating by applying heat.

Food Presentation techniques: The placing of food on the plate in as pleasing manner as possible.

Food processor – An electric kitchen appliance used for chopping, mixing or pureeing foods.

Food Runner- Delivers food to guests, must be knowledgeable of table numbers and menu.

Food Spoilage- Food spoilage is the deterioration in the color, flavor, odor, or consistency of a food product. Food can deteriorate as a result of 2 things: the growth of microorganisms, and/or the action of enzymes

Food Sustainability- Providing healthy foods that have minimal negative impact on the environment.

Foodborne Illness – illness resulting from eating contaminated foods

Forestière- Garnished with mushrooms.

Fossil Fuels- Fuels that are formed from plant or animal remains and buried deep in the Earth.

Freezer – A piece of equipment that stores food for long periods of time at temperatures 32 degrees or below.

French table service- Multiple servers are typically present and have specific job duties. Food is served off of a serving tray or prepared on a cart (Gueridon).

Frozen Storage- areas used to keep frozen foods, frozen, kept at 0° F to 10° F.

Fruit- An organ that develops from the ovary of flowering plants and contains one or more seeds.

Fruit Vegetables- Vegetables from flowering plants and have seeds. Examples include avocados, cucumbers, eggplants, peppers, squash and tomatoes.

Fruits, nuts, and seeds- added to baked goods for taste and texture.

Fry life —period of time oil may be used for frying before it needsto be changed

Fumét- a stock made by simmering fish, chicken, game, etc., in water, wine, or in both, often boiled down to concentrate the flavor and used as a flavoring.
Functional: Garnishing which only utilizes items that are actually being consumed as part of the entrée.

G

Gallon- Equal to 4 quarts or 128 fluid ounces.

Garde Manger – The department responsible for preparing cold food items.

Garde Manger Chef- person responsible for preparing cold foods, such as salads, salad dressings, cold hors d'oeuvres, fancy sandwiches, canapés, and cold platters.

Garnish (noun) - Food used as an attractive decoration; a subsidiary food used to add flavor or character to the main ingredient in a dish.

Garnish (verb) - To provide a food with something that adds flavor, decorative color, etc.

Garnishing tools- Specialized utensils which are used to add decorative touches to food.

Gazpacho – A cold soup made of raw vegetables.

Gelatin- an odorless, colorless protein substance obtained by boiling a mixture of water and the skin, bones, and tendons of animals. The preparation forms a gel when allowed to cool

General Manager- Is responsible for the day to day operation of the restaurant should be knowledgeable of all positions in the front of the house.

General Safety Audit- a safety inspection of facilities, equipment, employee practices, and management practices.

Genoise – A European sponge cake.

Geometric – Characterized by or decorated with regular lines and shapes.

Germinal Disk - Barely noticeable as a slight depression on the surface of the yolk. This is the entrance to fertilize the egg.

Germ-The embryo of the grain kernel.

Giblet bag-Small bag in the cavity of a whole bird; includes the liver, stomach, and neck of the bird.

Gizzard-Stomach of a bird, such as a chicken gizzard.

Glaze- a thin icing or food product that gives shine to a food and keeps it from drying out.

Glaze- stock cooked down to a thin paste for applying to the surface of meats.

Gluten- the protein in flour that makes a dough smooth and elastic through kneading; allows the formation of a stretchy web that traps air bubbles during the kneading and baking process.

Gorgonzola- a traditional, creamery and co-operative, blue cheese. The greenish-blue penicillin mold imparts a sharp, spicy flavor and

provides an excellent contrast to the rich, creamy cheese.

Grading- applying specific standards of quality to products, food products are stamped with a grading seal informing consumers of food quality

Grains – Grasses that bear edible seeds, including corn, rice and wheat

Graters- Used to cut or shred foods by rubbing on its sharp, perforated surface.

Gratuity - Also called a tip: A sum of money for service rendered to customer.

Grease- the melted or rendered fat of plants or animals, especially in a soft state

Grease Trap – A device designed to capture most greases and solids before they enter a wastewater disposal system.

Green Goddess- Mayonnaise mixed with tarragon vinegar and anchovies, flavored with parsley, chives, scallions, and garlic

Green leaf lettuce – A curly green leaf variety with a delicate flavor and a mild, crisp texture.

Green Leafy Vegetables-Vegetable plants consisting of leaves. Examples include lettuce, Spring greens, field greens, mustard greens, spinach and Swiss chard. Green leafy vegetables are high in vitamins A and C, iron, and magnesium.

Griddles- a cooking surface made of metal where foods are cooked. They have a solid surface, and are usually used to cook pancakes, and hamburgers.

Griddling- To cook food on a hot flat, usually metal surface.

Grill- a cooking unit consisting of a large metal grate placed over a heat source. Used to cook meats, seafood, and poultry.

Grilling – A dry heat cooking method of cooking food over a heat source on open metal grates.

Grinding or chopping- Process that breaks down the connective tissues of cheaper less tender cut of beef. Grinding makes the meat easy to chew and quick to cook.

Groom – to make neat or tidy (cleaning, brushing, etc.)

Gross Profit – A company's revenue minus its cost of goods sold. Gross profit is a company's residual profit after selling a product or service and deducting the cost associated with its production and sale.

Ground Beef-Uncooked beef that has been ground and contains only fat that is there naturally.

Gruyere- named after a Swiss village. It is traditional, creamery, unpasteurized, semi-soft cheese. The natural, rusty brown rind is hard, dry and pitted with tiny holes. Slightly grainy

Guiding hand- the hand that controls the ingredient being cut

H

HACCP – Hazard Analysis Critical Control Plan; a system for maintaining food safety; often pronounced HAS-sup

Halving- Halving means multiply each ingredient by ½.

Ham- A cut of pork from the leg; can be fresh, cured or, smoked.

Hamburger-Uncooked beef that is ground which has additional fat added to it.

Hand mixer – An electric, hand –held mixing tool that has two removable metal beaters and variable speeds.

Hand Tool- Hand held implements used for many operations in the kitchen, such as cutting, preparing and serving food.

Hand truck- Device used for moving heavy items also called a dolly

Handle- the part you grasp to control the knife; composed of wood plastic, steel, titanium, or a number of synthetic materials

Hard Boiled Eggs – Cooked in boiling water with the shell still intact. Cooking long enough for the egg to coagulate and fully cook.

Hash browns – Potatoes that are shredded and may include onions or seasonings.

Havarti- a traditional, creamery and semi-soft cheese. It is a simple, washed-rind cheese with irregular holes throughout.

Hazard Analysis Critical Control Point (HACCP) – An industry recognized food safety system designed to reduce/prevent foodborne illness.

Hazardous Materials- aka HAZMAT; substances that are a source of danger or risk HazMat- hazardous material or dangerous goods

Heart-healthy menus – A diet composed of low-fat, low-cholesterol, reduced-meat and reduced-salt foods. Use of increased fiber and complex carbohydrate food items is encouraged

Hearty Soup- thickened broth with ingredients (pureed or left whole).

Heat Conduction- the transfer of heat through a material (bone, metal, etc.) that distorts an accurate temperature read.

Heimlich maneuver- A series of thrusts to the abdomen that can help dislodge something that is stuck in a persons' airway.

Hepatitis A – A disease that causes inflammation and swelling of the liver that is caused by improper hand washing and contact with contaminated water and shell fish.

Herbs & Spices & Flavorings- these add and enhance flavor. Warm spices include ginger, nutmeg, and cinnamon and are used in sweet cookies. Whole spice seeds and ground ones are great on crackers. Vanilla beans are popular, but expensive. Herbs add a savory taste to cookie dough.

Hinduism – Abstain from eating beef; many are vegetarian food allergy – allergic reaction to a substance ingested in food

Hollandaise – A sauce made from the emulsion of egg yolks and clarified butter.

Home fries – French fries that are diced or sliced, served during breakfast.

Honing/truing – The process of straightening and maintaining an edge on a blade of a knife.

Hors d'oeuvres- a very small portion of savory, flavorful dish, usually consumed in one or two bites served before a meal, usually at dinner. Means "outside the meal" in French

Hospitality- Cordial and generous reception of or disposition toward guests

Host/Hostess- Greets and seats guests, must be knowledgeable of the floor plan of the restaurant.

Hot box – A food warmer or holding cabinet.

Hotel Pan- rectangular metal pans of standard sizes used to cook, hold, and store foods.

Hydrogenated Oils- Oil in which the essential fatty acids have been converted to a different form chemically, which makes the oil more stable and prolongs shelf life

Hygiene – a condition or practice conducive to the preservation of health.

I

Ice machine – A piece of equipment usually found in bars, restaurants, and hotels that produces ice cubes.

Iceberg – A pale green head of lettuce which is round, dense and has no nutrienal value.

Incorporate- add by working in

Induction burner - A piece of cooking equipment that heats a cooking vessel with induction instead of electric coils or a gas flame.

Infrared Thermometer- Measures the external temperature of foods and cooking surfaces.

Ingredient- Something that enters into a compound or is a component part of any combination or mixture.

Inspection – Periodic food service facility reviews by the county health department where facility conditions and employee behavior are evaluated.

Internal Temperature- temperature of a food in the middle of the inside.

Inventory- A detailed list of all items in stock. It is a record of all products an operation has in storage and in the kitchen. This includes equipment, supplies and food. Larger restaurants may manage their inventory using computers.

Invoice- A list of the quantities of products and their prices that are being delivered to a restaurant after being ordered.

Iron – A mineral found in every cell of the body, is considered an essential mineral to making parts of blood cells.

Itemized – A list of individual items or a breakdown of a whole into basic parts.

J

Judaism and Islam – Abstain from eating pork

Julienne - to cut into long rectangular or matchstick strips approximately 1/8” wide and 1” to 2” long

K

Keel bone-Bone that joins the two halves of a breast of poultry.

Kitchen Shears- heavy-gauge scissors used in preparation of foods. They can be used for various tasks from trimming leaves to cutting through poultry bone.

Kitchen Spoons- large spoons used to serve or mix food.

Knead- working dough with the hands or by machine; the press-turn-fold action that causes pockets of air to form in the dough. Without a mixer can be done pressing dough down with the palm of the hand, folding the dough, and turning it a quarter turn. Using a mixer equipped with a dough hook is another way to knead yeast breads.

Kneading - to mix dough until smooth, pliable. Can be done with a dough hook on a mixer.

Knife- Food preparation tool used for cutting.

L

Lacto vegetarians – people who drink or eat some dairy products including some milk and cheese; do not eat eggs

Lacto-ovo vegetarians – people who eat both diary and egg products

Ladles with numbering (# 3 = 3 ounces) – Used to serve soups, stocks, dressings or sauces in accurate amounts

Ladles- used to serve soups, stocks, dressings, or sauces in accurate amounts.

Large dice- to cut into ¾" x ¾" x ¾"

Lattices- a pastry used in a criss-crossing pattern of strips in the preparation of various foods. Latticed pastry is used as a type of lid on many various tarts and pies. The openings between the lattice allows fruit juices in pie fillings to evaporate during the cooking process, which can caramelize the filling

Law of odds – Odd numbers are typically used in plate presentation to create harmony. (3, 5, 7 not even numbers)

Leach – to dissolve water-soluble vitamins into water

Lean ground beef- Has up to 22% fat content.

Lean-The muscle portion of beef cuts.

Leavening agents- process or addition of ingredient(s) to a food that causes the food to contain air bubbles. Includes air, steam, baking powders, baking soda, and yeast that causes them to rise.

Leeks – A member of the onion family with a mild flavor.

Legumes- The seed of pod-producing plants (beans or peas) eaten for their high protein, carbohydrate and B vitamins from the legume family.

Less Tender Cuts of Meat- Cuts of meat obtained from the area of the animal receiving the most exercise.

Level Off- Using the edge of a knife, or other flat tool, to run across the top of a measuring spoon or cup so excess ingredient is removed.

Liability- the legal responsibility that one person has to another.

Limited menu- offers a limited range of choices, fast food is an example

Lipids- fats

Liquid Measuring cups- a plastic or glass cup used to measure volumes of liquid

Liquid- activates the leavening agent. Includes milk, juices, water and other moist ingredients.

Listeria – A food-borne illness caused by a bacteria commonly found in water, soil or animals.

Listeria monocytogenes- toxin-producing bacteria; one of the most virulent foodborne pathogens, with 20 to 30 percent of clinical infection resulting in death

Loaf Pan- a short, deep, rectangular pan typically used for baking leaves of bread and pound cakes.

Lockout/tagout- requires all necessary switches on electrical equipment to be locked out and tagged when they are malfunctioning.

Luncheon- a formal, usually midday meal, as a part of a meeting or for entertaining guests

Lyonnaise: Containing or garnished with onions

M

Macerate- to soak a food product to add flavor and soften.

Magnesium – A key mineral for human metabolism.

Main course salad- Includes a protein and a variety of vegetables.

Manchego- named for the Spanish region of La Mancha. It has a number of holes and a mild, slightly briny, nutty flavor.

Mandolin- a manual slicing tool with adjustable steel blades used for slicing, and cutting julienne. With an attachment, it can make crinkle-cuts. It consists of two parallel working surfaces, one of which can be adjusted in height A food item is slid along the adjustable surface until it reaches a blade mounted on the fixed surface, slicing it and letting it fall.

Manners- social behavior

Marbling- Marbling, also called intramuscular fat, refers to white flecks and streaks of fat within the lean sections of meat.

Marinade-a spiced liquid mixture of oil, wine, vinegar, herbs, etc. in which meat or fish is soaked before cooking

Marinara- a sauce made from tomatoes, onions, and herbs, served especially with pasta

Marinating- to soak in a liquid mixture prior to cooking

Maytag Blue- blue cheese of cylindrical shape made from cow's milk. Has a crumbly texture and it reveals a very spicy flavor.

Measure- A unit or standard of measurement.

Measurement Equivalents- Something that is equal to something else. For example, in culinary, a cup is equal to 8 fluid ounces.

Measurements- Units of measure related to a profession. These include ounces, pounds, inches, feet, cups, teaspoons, etc.

Measuring cups – Can be dry or liquid used to properly measure ingredients.

Measuring Spoons- used to measure small amounts of liquid and dry ingredients, such as herbs and spices.

Mechanical leavening- includes beating, creaming, air, and steam.

Medium dice - to cut into ½" x ½" x ½"

Melon Baller- A small, bowl or oval shaped tool used to cut round or oval shaped pieces of melon, potato, cheese, butter, etc.

Melting Point- the temperature at which a solid state is changed to a liquid point

Menu- a list of the dishes served at a meal; food and drink choices, a bill of fare

Menu board- The menu board is on display, usually on the wall or an easel, for everyone to see. Menu items are either handwritten or printed

Meringue – A foam made of beaten egg whites and sugar.

Metric Measurements- The metric system is the measurement system used all over the world. Units of measuring in metric include gram, liter, milligram, meters, centimeters, etc.

Microorganism – any organism too small to be viewed by the unaided eye (bacteria, some fungi, algae, etc.)

Microplane- A registered trademark of Grace Manufacturing Inc., a company that makes tools for grating, grinding and sanding. Used for grating nutmeg, zesting lemon

Microwavable – A non-metal container used for heating liquids or food items.

Microwave Oven- a cooking unit using electronically generated microwaves to heat water molecules within foods to cook them.

Middle Albumen - (White) Closest to yolk. It is thicker and does not spread in higher grade eggs.

Milk – A dairy product that can cause a food allergy.

Milling- The process of cutting, crushing rolling or grinding up grains.

Mince or finely chop – to cut into pieces – 1/8" or smaller; a very fine and even cut, frequently used for garlic, shallots, and herbs

Mineral oil- oil used to keep the whetstone lubricated

Minerals – Essential part of bones and teeth and regulates body process such as nerve functions.

Mirepoix- is a combination of 50% onion, 25% carrots and 25% celery used to add flavor and aroma to stocks, sauces, soups and other foods.

Mise en place – A French term meaning to put in its place.

Mitigation- to moderate in force or intensity; alleviate.

Mixer- An electrically operated machine that uses an attachment to process foods that are in a bowl by stirring, kneading, whipping or a similar process.

Mixer attachments- common devices hooked to the mixer to perform a specific task including the flat paddle to mix, the dough hook to knead, and the wire whip to incorporate air in a food product

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Mixing – To incorporate two or more ingredients.

Mixing Bowl- a round, semi-spherical container used to combine, mix, and whip a variety of ingredients.

Mixing spoon – A tool used to mix or incorporate ingredients together.

Mono Unsaturated Fats- Found in nuts, fish

Monterey Jack- an American cheese that has a buttery, bland taste and melts easily.

Mother sauce – A basic sauce that serves as a base/foundation sauce to use in making other variations of the original sauce.

MSDS (Material Safety Data Sheets) – A formal document containing important information about the characteristics and actual or potentially hazards of a substance (chemical).

Muenster- an American cheese. Muenster has an orange rind with a white interior.

Muffin Pan- a large rectangular specialized baking pan with 6 or 12 cup-shaped depressions used to bake individual small cakes or muffins.

Used for cupcakes, muffins, and sticky buns.

Muffin top pan- A specialized baking pan with 6 or 12 cup-shaped shallow depressions that holds muffins or hamburger bun dough.

My Plate – The current nutrition guide that is published by the USDA defining the building blocks of a healthy diet.

N

Napkin-A cloth or linen, usually square, used while dining for use in wiping the lips and fingers.

Nappè- Term used to refer to the thickness of a sauce in which the consistency is thick enough to coat the back of a spoon .

Narrative Recipe Format- Recipe is written in paragraphs like some is telling you how to make the food. The ingredients and directions are written in sentences.

National Safety Federation (NSF) - A non-profit organization which provides research and education in the field of public health and safety. The NSF Mark symbolizes that the product is a high quality and safe product.

Natural Resources- Resources that occur naturally within the environment. Most exist relatively undisturbed by mankind. Examples include air, water, land, vegetation, minerals, rocks, natural gas and oil.

Near miss- an event in which property damage or injury is narrowly avoided.

Negative space – Empty space on a plate when doing plate presentation.

Niçoise (nee swahz) - Garnished with or containing tomato concassè cooked with garlic.

Non-food items- non-food restaurant supplies, including foil, paper cups, tooth picks, plastic storage bags, etc.

Non-Functional- Garnish that may not be consumed and would be added for color, aroma, and or structure to the entrée being consumed.

Non-renewable Natural Resources- Resources that cannot be replaced once they are used up. Examples include fossil fuels, oil, coal, copper, natural gas, minerals, and diamonds.

Norovirus – A food-borne illness that can be transmitted from infected people, surfaces or food also known as the stomach flu.

Nutrient Density- Foods that provide substantial amounts of vitamins and minerals and relatively few calories.

Nutrient loss – loss of vitamins and minerals due to age or resting in water for too long

Nutrients – A source of nourishment for the body that consists of six basic nutrients.

Nutrition – the science or study of, or a course of study in, nutrition, esp. of human

O

O'brien – Pan –fried potatoes mixed with onions, green and red bell potatoes.

Oblique – A cut that produces small rounded pieces with two angled sides.

Occupational Safety and Health Administration (OSHA) - federal agency that creates and enforces safety-related standards and regulations in the workplace.

Offset spatula – A thin, flexible metal spatula with a bent blade used in cake decorating hard to reach areas.

Oils- made by the process of pressing fruit, nuts, or seeds into extract the liquid fat.

Olive Oil- a healthy oil which is the juice from the fruit (olives) of a Mediterranean tree; needs to be stored properly or it can become rancid (go bad).

Organic- Food items are grown without the use of pesticides, synthetic fertilizers, sewage sludge or genetically modified organisms.

Original Yield- The amount of food a recipe makes now.

OSHA – Occupational Safety and Health Administration; a federal agency that regulates workplace safety and health.

Oven Spring- the initial rapid increase in the volume of a yeast dough during the first few minutes of baking when placed in a hot oven.

Oven- a closed, heated, container used to cook food.

Ovo vegetarians – people who eat eggs in addition to plant-source foods

P

Paddle attachment- used in a mixing method in which foods are agitated vigorously to incorporate air or develop gluten that is used for mixing and creaming ingredients.

Pairing- to provide a partner for; Pairing is the process of accompanying a food with complementary flavors, aromas, and textures

Pan Fry- Cooking food in a pan over medium heat the food item partially submerged in oil.

Pan Size- to mix dough until smooth, pliable. Can be done with a dough hook on a mixer.

Pan- A cooking vessel with one long handle and shallow sides that is most often used for foods containing a smaller amount of liquid.

Pan-broil- A method of cooking meat without adding any fat. Fat will normally accumulate from the meat itself during cooking.

Pan-broiling consists of removing this fat as well.

Parchment paper- A moisture-resistant, grease-resistant paper that has a non-stick surface; used for lining baking pans.

Paring knife – A knife with a stiff blade used for trimming and peeling fruits and vegetables; blade is 2 to 4" inches long.

Parmentier (par mawn tyay) - Garnished with or containing potatoes.

Par-stock Level or Par-list- The amount of food a restaurant needs to have on hand to ensure it would not run out before the next delivery of stock was received.

PASS – Pull, Aim, Squeeze and Sweep – the method for using a fire extinguisher.

Pasta- Pasta is a generic term for noodles made from dough of flour, water and/or eggs. Pasta means "paste" in Italian.

Pastry Bags- a cone-shaped paper, canvas, or plastic bag with two open ends. The smaller one to fit a pastry tip. It is used to pipe soft food into a decorative pattern. Mainly used to decorate cakes.

Pastry blender- A utensil, made of parallel, c-shaped piano wire hooked to a handle; used to efficiently cut-in fat into the flour in baking and pastry products.

Pastry Brush- a flat-edged brush used to apply liquids such as egg wash or melted butter onto products before, during, and after baking.

Pastry tip- A cone-shaped metal or plastic accessory that has the end open so that a food product such as frosting can be extruded through it in a decorative manner. It is used on the end of a pastry bag.

Pastry wheel- A utensil similar in shape to a pizza cutter, which is used to cut pie dough into strips. Fluted cutters give a designed edge to the cuts while a straight edge pastry wheel makes straight cuts.

Pate a choux dough – A pastry dough that is used to produce cream puffs or eclairs.

Particle- a very small piece or part; a tiny portion or speck

Pathogen –disease-producing organism such as a bacterium, virus, parasite, or fungi

Patron- a regular customer

Patronage- support and approval by customers

Peelers- a hand- held cutting tool with two blades used to remove skin or a thin peel from fruits and vegetables.

Perishable foods- Foods, such as meats and milk that must be properly wrapped or kept cold until they can be stored in a refrigerator or freezer.

Perpetual Inventory- An estimate of stock on hand based on the cost difference between food sales to customers and food purchases from venders. This type of inventory can be kept a log or on a computer.

PHF - Potentially Hazardous Foods – A food classification that requires time, temperature and control to keep food safe.

Physical Food Hazard – When food is contaminated with a physical object like a finger nail, bandage or twist tie.

Physical Inventory- The actual counting of all stock on hand. For instance, counting all the cans of tomato sauce in the stock room.

Pie Pan- a round baking pan with sloping sides; typically 8” or 9” in diameter, similar to a cake pan except that it has slanted sides. Used to make fruit and meat pies.

Pilaf – The process of sautéing a grain in fat before adding a liquid.

Pint- Equal to 2 cups or 16 fluid ounces.

Piquant-agreeably pungent or sharp in taste or flavor; pleasantly biting or tart

Plate composition- Arrangement of food and garnishes carefully planned to present contrasts in color or appearance, height, shape, texture, flavor, and temperature of foods

Plate presentation- the way food is put into a dish or on a plate

Poached – A moist-heat cooking method that cooks with less liquid and less heat than simmering or boiling.

Poached Eggs – Cooked in water out of the shell.

Point of Sale System (POS) - an intuitive software application that enables businesses to manage inventory, process orders and checks, and

track, record and communicate information

Pollyundsaturated fat – Found in soybeans and flaxseed

Polish- To make smooth and glossy by rubbing or using friction

Pomes- Fruits that contain a few seeds covered by a membrane.

Pommes Anna- Potatoes peeled, thinly sliced, arranged in a shallow tart pan with melted butter and seasoning. Baked in the oven to golden yellow.

Pont neuf – squaring off a potato to make it easier to handle

Popover pan- a deeper muffin-like pan used for making popovers.

Pork chop- A cut of pork from the loin (may be bone in or bone out).

Porridge- A soft food made by boiling oatmeal or another meal in water or milk.

Portion Scale- a mechanical, spring-loaded scale that can be zeroed out by twisting the dial.

Portion size – The amount of an individual serving.

Portioning – Dividing a large amount of food in desired serving size.

Portions- How many or what standard amount of an item is needed in a recipe. (counterclockwise)

POS system (Point-of-Sale System) - A computerized system that sends orders to the kitchen and tracks inventory.

Positive Work Flow – The flow of the kitchen that allows it to operate efficiently.

Pot- A deep cooking vessel with two short handles used for foods containing a large amount of liquid or volume.

Potassium – A mineral that the body needs to allow organs to function properly.

Poultry- Refers to any domesticated bird used for human consumption.

Pour Batter- Quick bread using a 1:1 ratio of dry to liquid ingredients.

Premises- refers to all the property around the restaurant.

Prepare food- To make food, typically using a recipe.

Preservatives- a chemical added to keep foods from spoiling.

Primal cuts of meat-Large cuts of meat from an animal. Also known as the wholesale cuts of meat.

Princesse- Garnished with asparagus.

Prix fixe menu- offers a complete meal for a set price; diners are usually offered a choice for one or more of the courses. Diners can choose luxury items for a supplemental charge

Probe Thermometer- Measures the internal temperature of foods.

Proof - to let rise

Proofer- a tall, narrow stainless steel box that allows temperature and humidity to be adjusted; with moisture used to help yeast dough rise or dry to keep food warm after cooking. Can be used to proof breads before baking.

Proofing- an environment that allows yeast products to rise a final time caused by the release of carbon dioxide gas, typically by using moisture and warmth in a draft-free environment.
Protective clothing- apparel, such as gloves, apron, etc., used to minimize contamination and/or protect clothing.

Protein – A nutrient that builds, maintain and repairs body tissue.

Provençal- tomatoes with garlic, parsley, and sometimes mushrooms and/or olives.

Provolone- all-purpose cheese used for cooking, dessert purposes and even grating. It is traditional, creamery, stretched, curd cheese.

Psychological Factors- Mechanisms and underlying psychological principles of mental processes and their applications (for purpose of this lesson, factors that take into account how a customer perceives specific menu items.)

Punching down- deflating the dough to get rid of any big air pockets.

Purchasing- The activity of completing requisitions to order food or goods from the company's purchasing department or approved vendor.

Purée (pyur-ay) - A sauce or paste of vegetables or fruits made by using a food processor or blender to chop very fine.

Q

Quart- Equal to 2 pints or 32 fluid ounces.

Quaternary Ammonium Compounds- Referred to as quats, this sanitizer kills micro-organisms and is designed to sanitize food contact surfaces such as food preparation tables

Quenelle- Food item made into an oval or egg shape.

Quick Bread- A type of bread made from quick-acting leavening agents including baking soda, baking powder, steam and air. Besides the main ingredients spices, nuts, and fruit are added to alter flavors.

R

Radiation- method of heat transfer through waves of heat. (Ex. Broiling, microwave)

Raft- a combination of ingredients added to mixture to clarify it by trapping impurities and raises to the top.

Rancid- Having the disagreeable odor or taste of decomposing oils or fats; rank.

Rangers- a large appliance with surface burners used to cook food. Also called a stove top.

Rapid rise yeast- "quick rise" yeast; in dry form can be added directly the dry ingredients before the liquid is added. Works well in bread machines. Dissolves faster in dough and produces a greater amount of carbon dioxide.

Ratites-Family of flightless birds, such as the ostrich, emu, and rhea. Their meat is a rich red color, lean, and low in fat.

Reach-in refrigerator – Two or three door refrigerator with sliding shelves.

Ready to Eat (RTE) - Food products that are prepared in advance and can be eaten as sold.

Reasonable care: due care, the care that a reasonable man would exercise under the circumstances; the standard for determining legal duty.

Receiving- The point at which the restaurant takes responsibility for delivered foods or goods.

Recipe – A precise set of directions for using ingredients, procedures and cooking instructions for a specific dish.

Recipe conversion- Adjustment of the quantities of ingredients in a recipe so that the yield is either increased or decreased.

Recyclable material – To take a product at the end of its use and to turn into a raw material that makes a different product.

Recycle- to take a product at the end of its use and turn it into a raw material to make a different product

Red wine vinegar- made from fermenting red grapes.

Reduction- The process of gently simmering the water out of a liquid through evaporation to concentrate the flavor and thicken the texture of the food.

Refined Grains- Grains that have been processed (milled) to remove some of all of the bran and germ; this process removes fiber, vitamins, and minerals from the grain.

Reflection- Mental concentration; careful consideration. A thought or an opinion resulting from such consideration.

Refrigerated Storage- areas used to store foods at 41˚ F or lower. Assists in keeping the level of microorganisms low.

Regular ground beef- Has up to 30% fat content.

Regulations- rules by which government agencies enforce minimum standards of quality.

Regulatory Agencies- a governmental agency that regulates businesses in the public interest

Religious dietary laws – Specific dietary laws dictated by specific religions and religious beliefs

Render- The technique that uses a low heat to melt fat away from any connective tissues.

Renewable Natural Resources- Resources that can be replaced in a short time. Examples include animals, insects, reptiles, plants, trees, water, grass, solar, and wind energy.

Repurposing Food- Food that customers did not eat, but that back-of-the-house staff prepared, cooked, cooled, and held safely.

Requisition – An internal invoice that allows management to track the physical movement of inventory through a business.

Retail Cuts – The smaller cuts of meat often referred to as sub-primal made from the primal or wholesale cuts.

Retention – maintaining nutritional value by holding on to vitamins and minerals

Revenue – The amount of money that a company actually receives during a specific period.

Rice ratio – The most common ratio equals 2 parts water to one part rice

Rice wine vinegar-made from fermented rice.

Risotto - A rice dish in which the grain has been sautéed in fat and simmered in a flavorful cooking liquid which has been added gradually.

Rivets- metal fasteners used to attach the tang of a knife to the handle

Roast- To cook food by surrounding the item with hot, dry air in the oven.

Roasting – Cooking by surrounding a food item with dry air usually large meat cuts.

Roasting Pan- a rectangular pan with deep sides that is used to roast medium to large-sized pieces of meat, poultry, and veggies.

Rolling pin – A long cylinder used to stretch, flatten and roll dough including pie crust, cookies and tortillas.

Romaine - A crisp, narrow green leaf.

Rondeau- a wide, shallow-walled, round pot used for braising, stewing, and searing meats.

Rondelle – A disc-shaped cut.

Root Vegetables-Vegetables that exist above and below the ground. Examples include carrots, beets, radishes, turnips, and onions. These vegetables are rich in sugars, starches, vitamins and minerals.

Roquefort- considered the "King of cheeses". It has a tingly pungent taste and ranks among blue cheeses. Only the milk of specially bred sheep is used and is ripened in limestone caverns. It has the cylinder-shape with sticky, pale ivory, natural rind. Ripe Roquefort is creamy, thick and white on the inside and has a thin, burnt-orange skin.

Roux – A mixture of wheat flour and fat, traditionally clarified butter. It is typically made of equal parts flour and fat by weight and is cooked for varying lengths of time to get white, blonde or brown roux.

RTE (ready-to-eat foods) – A food that do not require any additional washing or cooking.

Rubber spatula – A tool used to scrap food from the inside of a bowl.

Russian dressing- Mayonnaise mixed with ketchup and possibly relish or pickles

Russian Service- Meals are served on large platters and served and eaten family style.

S

Sachet (sachet d'epice) - A piece of cheese cloth filled with aromatic ingredients such as herbs, spices, mushroom stems, leeks, and other aromatic vegetables.

Salad dressing- used to flavor salads and sometimes to hold a salad together and sometimes used as dips

Salad Plate/Dessert Plate- Plate used to serve the salad or dessert course of a meal, they resemble dinner plates and range in size from 6" to 8."

Salamander- A small gas or electric broiler that is often attached to an open-burner range. The heat source is above the food. Not as intense as a standard broiler.

Salmon- Round, fatty fish light pink in color.

Salmonella – A food-borne illness that is a type of bacteria, commonly associated with contaminated foods such as meat, eggs, and dairy products, that may enter the digestive tract causing abdominal pains and violent diarrhea; has been found recently in fresh unclean produce, including spinach, green onions and melons

Salt and Pepper Shaker- Small containers used for dispensing salt and pepper onto food.

Sanitizer – A substance or preparation for killing germs especially designed for use on food equipment and surfaces. Designed for sanitizing hand washed items such as knives, chemical sanitizers kill micro-organisms

Saturated Fats- Located in meats, milk and butter (animal products)

Saucepan- A small, slightly shallow one-handled pan with straight or slightly sloped sides used for smaller amounts of soups, sauces, and pasta.

Saucepot- A 2-handled smaller container commonly used for smaller amounts of soups, sauces, and pasta.

Sausage- A food that is made from meat that has been ground up and often has herbs and spices added to it.

Sauté Pan- a specialized one-handled pan used to cook small pieces of food at high heat. Sauté is typically done to cook small pieces of meats and vegetables.

Sauté- To cook a food item quickly over direct heat, and in a small amount of fat.

Scald- to heat milk right below the boiling point, this prevents sugars from caramelizing.

Scale – A tool used to weigh or measure ingredients (portion, digital, bakers)

Scale types- Includes portion scales, baker's scales, digital scales.

Scaling- an apparatus used in weighing ingredients on a scale using measurements of grams, ounces, or pounds.

Scallions – A green onion.

Scoops- used to serve food in accurate amounts.

Scrambled Eggs – Made by beating the whites and yolks together, and cooking them in a pan stirring frequently.

Scraper- A tool made out of nylon, rubber, or silicone which can effectively remove food from the surface of an object.

Seafood fork- Fork used for eating seafood and assisting with the opening of shellfish (also known as a cocktail fork)

Seed or Pod Vegetables- Vegetables that are seeds of the plant or pods from the plant. Examples include corn, peas, beans, and pea pods.

Sensory evaluation- systematic assessment of the many interrelated sensory characteristics of food to objectively appraise food

Sensory perception- How a person's eyes, nose, mouth, and skin detect and evaluate the environment

Separated- isolated layers of ingredients.

Serrated edge- knife edge that has a row of teeth; works well for slicing foods with a crust or firm skin

Serrated Knife – A knife edge that has a row of teeth; works well for slicing food with a crust or thick skin.

Server- Works directly with guests to take order, and ensure that guests are enjoying their dining experience, must be knowledgeable of the menu.

Serving- To divide food into an amount that is appropriate for giving to one person.

Sharp- having an acrid taste

Sharpening steel- a steel instrument – usually a round rod – used for sharpening knives

Sheet cake pan- A rectangular, deep-sided cake pan used for baking cakes.

Sheet Pan- a flat, rectangular baking pan with ¾ inch sides used to bake a variety of items including cookies, biscuits, and sheet cakes; a half sheet pan is half the size of a full pan.

Shelf Life- the amount of time food stays usable in the fridge before it begins to lose its freshness or effectiveness

Shell Membrane - Surrounds the albumen and provides a protective barrier against bacteria.

Shellfish – A sea animal that has an outer shell that may cause food allergies.

Shigella – A food-borne illness that is caused by a bacteria that disrupts the intestinal tract.

Show plate- Larger, and sometimes a design plate used under a service place to showcase the different courses of a meal.

Shrinkage - The percentage of food lost during shortage and preparation.

Side salad- served to accompany the main dish.

Side Work- Small jobs that must be completed prior to guest arriving for service in order for the service to run smoothly.

Sifter- used to aerate and remove and large impurities from powdered or dry ingredients.

Silicone Baking Mats- a woven silicone nonstick mat that does not need greasing because nothing sticks to them.

Simmer- to cook in a liquid that is kept at or just below the boiling point.

Slice – to cut into large, thin pieces

Slicer– A narrow, flexible blade used to carve meat and slice breads, cakes and pastry items.

Slicer Knife- a narrow, flexible blade used to carve meat and slice breads, cakes, and pastry items (may be serrated)

Sliver- To cut or divide into long, thin pieces, or into very small pieces.

Slurry – A mixture of cornstarch and a cold liquid used to thicken a sauce or soup.

Small dice - to cut into ¼" x ¼" x ¼ "

Small Wares- Non-electrical hand held items used to prepare, hold, and store food.

Smoke point- A key consideration when choosing a fat for frying, the temperature at which a cooking fat or oil begins to smoke and break down to glycerol and free fatty acids

Smoking- A method for cooking and preserving protein. Done by slowly cooking the protein in a moist smoky environment while also imparting flavor.

Sodium – A mineral needed by the human body.

Soft Dough- Quick bread using a 3:1 ratio of dry to liquid ingredients.

Solid waste- packaging material, containers, and recyclables

Solidify- to become a solid or non-liquid, often accomplished by cooking

Solution- same qualities exist throughout a liquid mixture

Soup- liquid food served in a bowl.

Soy – A plant-based food product that is high in protein that is commonly consumed by vegetarians and vegans.

Soybean Oil- a vegetable oil made from soybeans; has a shelf-life of about a year.

Sparingly- use minimally. (Use a little bit, not very much)

Spatula- A handled tool used for scraping food out from containers; to gently fold ingredients together; to spread icings on cakes; or to lift and turn foods from hot surfaces.

Specialty Soup- soup specific to a region or ethnicity.

Spoken menu- Servers memorize the menu and then repeat it to the customers.

Spoon- A long handled tool used to scoop, skim, mix and serve.

Springform Pan- a cake pan with a clamp (fastener) on the side that can be unhooked to release the pan side from the base, leaving the cake intact on the base. Used to bake delicate pastries such as cheese cakes.

Square pieces- a cube of equal sides

Stack oven- ovens that can be stacked on each other that have like characteristics.

Stand/bench mixer – A commercial mixer used to mix dough or batters.

Standard American Place Setting- builds on the Continental practice of arranging silver to follow the order in which food appears.

Standardized Recipe Format- Ingredients are listed in order of use at top of recipe. Directions are listed below ingredients in paragraph form or in number list.

Standardized Recipe- A set of written instructions used to consistently prepare a known quantity and quality of a certain food for a food service establishment.

Standards- established models or examples used to compare quality

Staphylococcus aureus (Staph) – toxin-producing bacteria known to cause a disease known as staph; the number one cause of foodborne illness

Staple Food- Foods eaten regularly and in such quantities as to constitute the dominant part of the diet and supply a major proportion of energy and nutrient needs.

Steak Knives-A Small serrated knife used for cutting steak and other protein.

Steam- High temperatures cause the liquid to turn to steam. The batter must be capable of holding the steam until the product is set or it will be dense and unappealing to eat. Cream puffs use steam as their leavening. Steam is a mechanical leavening agent.

Steamer- a cooking unit that uses steam to cook food.

Steaming - A moist heat cooking method that surrounds the food.

Steam-Jacketed Kettle: a large cooking kettle that has a hollow lining where steam is pumped so it can heat food without touching it, lowering the chance of burning.

Steel - Is used to keep a knife blade straight and smooth out irregularities.

Stem Vegetables-Vegetable stems that we eat. Examples include asparagus, celery, artichokes, and mushrooms.

Stewing- a combination cooking method, searing and then completely covering the meat with liquid.

Stir Fry- Cooking method similar to sautéing. Food is cooked over a very high heat source, generally in a wok with little fat and stirred quickly.

Stock Pot – A large, two-handled container used to make stock and soups.

Stock- the liquor or broth prepared by boiling meat, fish, chicken, etc., with or without vegetables or seasonings, and used esp. as a foundation for soups and sauces.
Stock- The supplies a restaurant has available for future use.

Stockpot- a large, high-walled, 2-handled pot that is taller than it is wide used to make stocks and soups.

Strainer- Cup-shaped utensil made of perforated mesh; used to drain pasta, vegetables, and stocks after cooking.

Streptococcus – A toxin bacteria commonly found in the throat and on the skin.

Substitution – to take the place of; replace; Putting a food in the place of another food.

Sugar Caddie-Small container used to store sugar packets placed on a table.

Suggestive Selling- used to increase the purchase amount of the client and revenues of the business by asking a customer if they would like to include an additional purchase or by recommending a product which might suit the client.

Sunny Side Up Eggs – Cooked in a pan without mixing or flipping over.

Supreme-Boneless, skinless breast of poultry with one wing joint still attached.

Surface tension- attraction and bonding of like liquids

Sustainability-The capacity to endure.

Sweeteners- provide tenderness, flavor, crispness, and brownness. Types of sugars are granulated, superfine (caster), confectioner's (powdered), brown, evaporated cane sugar, demerara (raw) sugars, syrups, honey, molasses, corn syrup, and artificial sweeteners.

Symmetric - Equal on both sides of a central line.

T

Table Cloth- A cloth or linen for covering the top of the entire table.

Table d'hôte menu- Often featured for banquets and receptions, Table d'hôte offers a complete meal- from appetizer to a dessert and often includes a beverage- for a set price.

Table Mounted Can Openers- heavy-duty can openers that can open large canned goods quickly and easily.

Table tent menus- Folded cards placed directly on the tables to tell customers about specials

Table Top Overlay-A cloth or linen that covers the entire top of the table and hangs down about 5 inches from the top.

Table Top Runner- A narrow cloth or linen that lies across the table to add a decorative touch.

Tang- the unsharpened tail of the blade that extends into the handle of a knife

Tangy- having a pungent, fresh, or briny flavor or aroma sourish tart

Tare weight (empty container) - The button used after a container is added on the scale so that the weight of the container is zeroed out. Some scales have a "zero" button on them, which is the same function as "tare."

Tart Pan- a fluted, straight-sided shallow baking pan with a removable bottom that is typically used to bake foods with delicate crusts such as tarts, and quiches.

Tartar- Mayonnaise mixed with dill pickles, capers, onions, lemon juice, or vinegar.

TCS (time/temperature control for food safety)

Teamwork- Cooperative or coordinated effort on the part of a group of persons acting together as a team or in the interests of a common cause.

Technique- To make food, typically using a recipe.

Temper – To heat gently and gradually; refers to the process of slowly adding a hot liquid to eggs or other foods to raise their temperature without causing them to curdle.

Tender Cuts of Meat- Cuts of meat obtained from the least exercised part of the animal.

Tenderizer- a substance applied to meat to make it tender; for example, the plant enzyme papain, rubbed onto meat softens the fibers and makes it tender

Texture - The feel, consistency or appearance of a food.

Thermometer- An instrument used to measure the temperature of a product; calibrate for accuracy (bi-metal/stem, digital, candy).

Thin-bladed Spatula- A narrow, flat tool with handle used to spread a topping or lift food.

Tilt skillet- a piece of cooking equipment with a large-capacity pan, and tilting mechanism, and a cover. Is highly versatile. A smaller version of the steam-jacketed kettle that can be tilted.

Tomato Sauce- A Mother sauce made from tomatoes, vegetables, seasonings and stock or another liquid. Often used for pasta dishes.

Tomato Shark- removes the core of tomatoes with ease.

Tongs- Spring action or scissor-like tools used to pick up food. Used to pick up a serve food without touching the food with your hands.

Tournee Cut- An oblong/football-shaped cut for vegetables such as carrots, potatoes or squash.

Tournée Knif- (number of side) Knife - A specialty knife that is similar in size to a paring knife with a curved blade that looks like a bird's beak

that produced 7 sided foot shaped cut.

Trans fats – An unsaturated fat that goes through the hydrogenated process.

Tree Nuts – Any nut that comes from a tree that could cause a food allergy.

Trim- To remove something dispensable, such as fat or inedible parts, by cutting or snipping it off.

Trimming – To cut off excess fat or to cut food to desired shape or size.

Tropical Fruits- Fruits that are grown in tropical climates that won't tolerate frost. Examples include figs, dates, kiwis, mangos, bananas, papayas, pomegranates, guava, star fruit, and passion fruit.

Trussing-Tying or securing poultry or other food so it maintains its shape while cooking.

Truth-in-menu laws- laws designed to protect consumers from fraudulent claims related to foods and menus

Tube Pan- a round, high-sided pan with a hollow center tube used to bake cakes and pastries such as angel food, and sponge cake. The hollow center tube ensures that the baked product is not undercooked in the center.

Tuber Vegetables-Vegetables that are fat, underground stems which are capable of generating a new plant. Examples include potatoes, sweet potatoes and yams.

Tunnels- large, irregular holes inside a muffin due to over-mixing.

Turner- A wide, flat rectangular tool that has a handle that is used to lift and turn food over.

Two stage/ Two-step cooling method – A method of cooling potentially hazardous food from its cooked temperature to 70 degrees in the first two hours and then to 41 degrees within the next 2 – 4 hours.

U

Units of measure- In the United States, the customary units of measure used in culinary arts include the teaspoon, tablespoon, cup, fluid ounce, ounce, pound, pint, quart, and gallon.

Unsaturated Fats- Found in avocados, canola and olive oils, often seem as healthier than saturated fats

Up-selling- Up-selling is simply getting a customer to spend more than he was originally intending by recommending a brand or larger portion

USDA – United States Department of Agriculture: Responsible for developing and executing U.S. federal government policy on farming, agriculture and food.

Useable Waste – Scraps of food that be reused into another recipe.

V

Veal- Meat from a calf.

Vegans – people who do not eat meat or animal products of any kind

Vegetables- An edible plant or part of a plant.

Vegetarianism – principle or practice of eating a diet consisting primarily of plant food items and excluding meat and other animal products

Veloute – Meaning "velvet". This sauce is made from a blonde roux and white stock.

Vendor- Person or business selling items to a restaurant. Also called supplier, purveyor, or producer.

Vichyssoise – A cold version of potato leek soup.

Vidalia – A sweet variety of onion also may be referred to as a Texas onion.

Vinaigrette- a dressing made by combining oil and vinegar into an emulsion (sometimes temporary and sometimes an emulsified vinaigrette) typically composed of one part vinegar and three parts oil, a 1:3 ratio

Vinegar--a sour liquid consisting of dilute and impure acetic acid, obtained by acetous fermentation from wine, cider, beer, ale, or the like: used as a condiment, preservative, etc.
Viscosity- the level of liquid consistency (thick, thin, etc.).

Vitamins – Substance that helps regulate bodily functions.

W

Walk-in Cooler – A source of refrigeration that you walk into.

Waste- having served or fulfilled a purpose; no longer of use

Waste Management- Controlling the amount of food, paper, glass and plastic waste by reducing, reusing, and recycling.

Water Conservation- Refers to reducing the usage of water and recycling of waste water for different purposes such as cleaning, manufacturing and agricultural irrigation.

Water-soluble – capable of dissolving in water

Weighing- A measure of heaviness or mass of a solid or dry ingredient on a scale; the most accurate form of measurement. Also called scaling ingredients.

Wheat – A versatile grain that is also milled into semolina and cracked wheat.

Whetstone- a stone used to grind the edge of a blade to the proper angle for sharpness

Whip- to beat heavy cream or eggs to incorporate air.

Whisk- a tool consisting of thin, wire loops hooked to a handle; used to whip soft ingredients together.

Whisk attachment- used in a mixing method in which foods are agitated vigorously to incorporate air.

White stock- Stock produced by lightly simmering raw poultry, beef, veal, pork of fish bones in water with vegetables.

White wine vinegar- made from fermenting white grapes.

Whole Grains-Whole grains are cereal grains that contain the germ, endosperm, and bran.

Wholesomeness- Conducive to sound health or well-being; salutary

Wok- a versatile round-bottomed cooking vessel. Used for stir frying, steaming, deep frying, braising, stewing, smoking, or making soup.

Y

Yeast – A living organism used as a leavener.

Yield- The amount or total number of servings a recipe produces.

Yolk - The yellow part of an egg. Contains a major source of eggs vitamins, fat, and most of the protein.

Yolk Membrane - Clear seal that holds the yolk.

Z

Zest- the outer brightly colored skin of citrus used for flavor.

Zester- a small tool used to scrape the outer brightly colored skin of citrus into tiny strips used for flavor
equipment