

COMPETENCY ANALYSIS PROFILE
415A Cook and 415B Assistant Cook
(All unshaded skill sets must be demonstrated/completed)

Foundational Skills

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| DEMONSTRATE SAFE WORKING PRACTICES 9211.0 | Select, maintain, and wear Personal Protective Equipment (PPE) 9211.01 | Comply with accident prevention rules and regulations 9211.02 | Store non-food products and hazardous materials 9211.03 | Handle and use hazardous materials 9211.04 | Identify potential hazards 9211.05 |
| | Report potential hazards to supervisor or Health and Safety Committee 9211.06 | | | | |

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| PRACTICE FOOD SAFETY 9212.0 | Demonstrate personal hygiene 9212.01 | Perform workplace hygiene and sanitation 9212.02 | Control temperature during processing and preparation 9212.03 | Conduct cooling procedures 9212.04 | Perform procedures for reheating 9212.05 |
| | Adhere to holding temperatures 9212.06 | Perform food receiving and storage procedures 9212.07 | Follow instructions to accommodate food allergies, sensitivities or intolerances 9212.08 | Take preventative measures to eliminate food borne illness 9212.09 | |

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| PERFORM CULINARY TRADE PRACTICES 9213.0 | Maintain knives, tools and other kitchen equipment 9213.01 | Select and handle knives 9213.02 | Organize kitchen workplace 9213.03 | Prepare consistent product 9213.04 | Adjust recipes to scale 9213.05 |
| | Calculate measurement conversions 9213.06 | Demonstrate portion control 9213.07 | Perform basic inventory control 9213.08 | | |

COOK - ASSISTANT COOK

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| PREPARE STOCKS 9214.0 | Select ingredients 9214.01 | Prepare ingredients 9214.02 | Prepare vegetable stock 9214.03 | Prepare poultry stock 9214.04 | Prepare beef stock 9214.05 |
| | Prepare broth 9214.06 | Prepare fish stock 9214.07 | Prepare white stock 9214.08 | Prepare brown stock 9214.09 | Store stock 9214.10 |
| PREPARE SOUPS 9215.0 | Prepare ingredients 9215.01 | Prepare clear soups 9215.02 | Prepare cream soups 9215.03 | Prepare consommé soups 9215.04 | Prepare purée soups 9215.05 |
| | Prepare cold soups 9215.06 | Finish soup 9215.07 | Store soup 9215.08 | | |
| PREPARE SAUCES 9216.0 | Prepare ingredients 9216.01 | Prepare thickening agents 9216.02 | Prepare béchamel sauce 9216.03 | Prepare Espagnole sauce 9216.04 | Prepare Hollandaise sauce 9216.05 |
| | Prepare tomato sauce 9216.06 | Prepare velouté sauce 9216.07 | Prepare two non-derivative sauces 9216.08 | Prepare finishing sauces and flavoring agents 9216.09 | Finish sauce 9216.10 |
| | Store sauce 9216.11 | | | | |

COOK-ASSISTANT COOK

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| PREPARE FRESHWATER AND SALTWATER FISH AND SHELLFISH 9217.0 | Select freshwater and saltwater fish and shellfish 9217.01 | Clean, process and portion 9217.02 | Prepare freshwater and saltwater fish and shellfish 9217.03 | Cook freshwater and saltwater fish 9217.04 | Cook shellfish 9217.05 |
| | Finish freshwater and saltwater fish and shellfish 9217.06 | Store freshwater and saltwater fish and shellfish 9217.07 | | | |
| PREPARE MEAT AND POULTRY 9218.0 | Select and assess quality 9218.01 | Select cuts of poultry 9218.02 | Cook meat by moist- and dry-heat methods 9218.03 | Cook poultry by moist- and dry-heat methods 9218.04 | Determine doneness by various methods 9218.05 |
| | Carve cooked meat and poultry 9218.06 | Finish meat and poultry 9218.07 | Store meat and poultry 9218.08 | | |
| PREPARE FRUIT, VEGETABLES, HERBS AND SPICES 9219.0 | Select fruit and vegetables 9219.01 | Process fruit and vegetables 9219.02 | Cut fruit and vegetables 9219.03 | Cook fruit and vegetables by moist- and dry-heat methods 9219.04 | Finish fruit and vegetables with required garnish or sauce 9219.05 |
| | Prepare fruit and vegetables for hot and cold buffet setting 9219.06 | Prepare and arrange fruit and vegetable garnishes 9219.07 | Store fruit and vegetables 9219.08 | Select herbs and spices 9219.09 | Prepare herbs and spices 9219.10 |
| | Store herbs and spices 9219.11 | | | | |

COOK-ASSISTANT COOK

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| PREPARE STARCHES: POTATO, PASTA, RICE AND OTHER STARCH VARIETIES 9220.0 | Select potatoes | Process potatoes | Cook potatoes by moist and dry-heat methods | Prepare cooked potato dishes | Select pasta |
| | 9220.01 | 9220.02 | 9220.03 | 9220.04 | 9220.05 |
| | Prepare fresh and dry pasta | Select rice | Prepare rice by various methods | Prepare other starch varieties | |
| | 9220.06 | 9220.07 | 9220.08 | 9220.09 | |
| PREPARE GRAINS, SEEDS, PULSES, NUTS, SOY AND WHEAT-BASED PRODUCTS 9221.0 | Process grains and seeds | Prepare and finish grains and seeds | Process pulses and nuts | Prepare pulses and nuts | Process soy and wheat-based proteins |
| | 9221.01 | 9221.02 | 9221.03 | 9221.04 | 9221.05 |
| | Prepare soy and wheat-based proteins | Prepare hot and cold cereals | | | |
| | 9221.06 | 9221.07 | | | |
| PREPARE SALADS AND DRESSINGS 9222.0 | Select ingredients | Process and prepare salad ingredients | Prepare simple salads | Prepare compound salads | Prepare composed salads |
| | 9222.01 | 9222.02 | 9222.03 | 9222.04 | 9222.05 |
| | Prepare vinaigrette dressing | Prepare mayonnaise-based dressing | Finish salad | Store salads and dressing | |
| | 9222.06 | 9222.07 | 9222.08 | 9222.09 | |
| PREPARE EGG AND EGG-BASED PRODUCTS 9223.0 | Select eggs | Prepare fried and scrambled eggs | Prepare omelettes | Prepare boiled, steamed and poached eggs | Prepare broiled, baked eggs and egg-based products |
| | 9223.01 | 9223.02 | 9223.03 | 9223.04 | 9223.05 |
| | Prepare egg-based products: French toast, quiches, crepes, waffles | Prepare scotch and devilled eggs according to recipe specification | Finish egg and egg-based products | Store eggs and egg-based products | |
| | 9223.06 | 9223.07 | 9223.08 | 9223.09 | |

COOK-ASSISTANT COOK

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| PREPARE CHEESE, DAIRY AND RELATED PRODUCTS 9224.0 | Select cheese 9224.01 | Process cheese 9224.02 | Cook cheese 9224.03 | Assemble and garnish cheese platter 9224.04 | Process dairy and related products 9224.05 |
| | Store cheese, dairy and related products 9224.06 | | | | |

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| PREPARE BATTERS, QUICK BREADS, MUFFINS, COOKIES AND PIES 9225.0 | Prepare batters 9225.01 | Prepare yeast based dough 9225.02 | Prepare quick breads and muffins 9225.03 | Prepare cookies 9225.04 | Assemble pies and tarts 9225.05 |
| | Plate desserts for presentation 9225.06 | Store baked goods, pastry and desserts 9225.07 | | | |

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| PREPARE SANDWICHES, HORS D'OEUVRES and CANAPÉS 9226.0 | Prepare ingredients 9226.01 | Prepare and assemble hot and cold sandwiches 9226.02 | Present and finish sandwiches 9226.03 | Prepare and assemble hors d'oeuvres and canapés 9226.04 | Present and finish hors d'oeuvres/canapés 9226.05 |
| | Store sandwiches, hors d'oeuvres and canapés 9226.06 | | | | |

Cook 415A Advanced Skills

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| ADVANCED PREPARATION OF STARCHES 9227.0 | Prepare advanced cooked potato dishes 9227.01 | Process dough 9227.02 | Make and shape pasta dough 9227.03 | Prepare filling and assemble stuff pasta 9227.04 | Prepare gnocchi, noodles and dumplings 9227.05 |
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COOK-ASSISTANT COOK

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| ADVANCED PREPARATION OF SOUPS AND SAUCES 9228.0 | Prepare shellfish broth | Prepare specialty soups | Prepare béchamel sauce derivatives | Prepare Espagnole sauce derivatives | Prepare Hollandaise sauce derivatives |
| | 9228.01 | 9228.02 | 9228.03 | 9228.04 | 9228.05 |
| | Prepare tomato sauce derivatives | Prepare velouté derivatives | Prepare hot and cold gastrique | Prepare cold sauces | Preserve fruit and vegetables |
| | 9228.06 | 9228.07 | 9228.08 | 9228.09 | 9228.10 |
| | Prepare marinades and brines | | | | |
| | 9228.11 | | | | |

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| ADVANCED PREPARATION OF SEAFOOD, MEAT AND GAME 9229.0 | Cure freshwater and saltwater fish and shellfish | Process and prepare cephalopods and other non-shellfish | Butcher meat, game and variety meat | Butcher and fabricate poultry and game birds | Select cuts of variety meats |
| | 9229.01 | 9229.02 | 9229.03 | 9229.04 | 9229.05 |
| | Butcher and fabricate variety meat | Cook variety meat and game by moist and dry methods | Determine doneness of meat and game | Carve variety meat and game | Finish variety meat and game |
| | 9229.06 | 9229.07 | 9229.08 | 9229.09 | 9229.10 |
| | Store variety meat and game | Prepare sausage | | | |
| | 9229.11 | 9229.12 | | | |

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| ADVANCED BAKING, DESSERTS, AND CHOCOLATE PREPARATION 9230.0 | Prepare creams, mousses, fillings, frozen desserts, icings and toppings | Prepare pies, tart and flans | Prepare and assemble cakes and pastry | Finish baked goods, pastry and desserts | Select chocolate and ingredients |
| | 9230.01 | 9230.02 | 9230.03 | 9230.04 | 9230.05 |
| | Temper dark and white chocolate | Prepare chocolate and sugar garnish | Store chocolate | | |
| | 9230.06 | 9230.07 | 9230.08 | | |

COOK-ASSISTANT COOK

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| PREPARE GARDE MANGER 9231.0 | Prepare pâtés, terrines, mousse and farce 9231.01 | Form ingredients 9231.02 | Finish pâtés, terrines, mousse and farce 9231.03 | Prepare aspics, jellies and glazes 9231.04 | Prepare condiments and accompaniments 9231.05 |
| | Assemble charcuterie display 9231.06 | Assemble cold food displays and presentations 9231.07 | Store finished products 9231.08 | | |
| DEMONSTRATE CULINARY BUSINESS PRACTICES 9232.0 | Organize food production 9232.01 | Adapt workflow and procedures 9232.02 | Complete documentation 9232.03 | Develop menus 9232.04 | Adapt recipes to accommodate food allergies, sensitivities or intolerances 9232.05 |
| | Participate in cost management 9232.06 | Demonstrate leadership 9232.07 | Participate in continuous learning 9232.08 | | |