

# CULINARY ARTS I

## Curriculum Content Frameworks

*Prepared by*

Betty Gammel, Dermott High School  
Traci Matthews, Oak Grove High School  
Pamela Nacke, Nemo Vista High School  
Barbara Philpott, Jonesboro Area Technical Center  
Woody Powell, Metropolitan Career-Technical Center  
Kimberly Thompson, Northwood Middle School

*Facilitated by*

Karen Chisholm, Program Manager  
Office of Assessment and Curriculum  
Arkansas Department of Workforce Education

*Edited by*

Suellen Ward, Program Manager  
Suzanne Jones, Public School Program Advisor  
Rose Marie Willis, Public School Program Advisor  
Office of Family and Consumer Sciences  
Arkansas Department of Workforce Education

*Disseminated by*

Career and Technical Education  
Office of Assessment and Curriculum  
Arkansas Department of Workforce Education

# Curriculum Content Framework

## CULINARY ARTS I

Grade Levels: 10, 11, 12  
CIP Code:

Prerequisites: Introduction to Culinary Arts

Course Description: Culinary Arts I is a year course designed to expand students' knowledge in the culinary arts profession. Emphasis in this course is given to the study of kitchen staples, principals of cooking, soups, stocks and sauces, dairy products, eggs, fruit and vegetables, grains and pasta cookery, meat cookery and principles of baking. Upon completion of this course, students should have attained basic skills needed for entry level employment in the food service industry, customer relations, purchasing and storage of foods, cooking techniques and principles of baking.

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Glossary

Culinary Arts I

# Unit 1: Introduction to Culinary Arts I

## 5 Hours

**Terminology:** application form, area chef, Boucher, Chef de Cuisine, Chef de Partie, Department of Health, Education, and Welfare, Department of Labor, dependent, discrimination, employment agencies, Executive Chef, flexibility, Friturier, Garde Manger, Grillardin, health certificate, health record, Institutional Cook, interview, job application, kitchen brigade, Line Cook, minimum wage, National Sanitation Foundation, net pay, OSHA, overtime, Pastry Chef, Patissier, Poissonier, Potager, references, résumé, Rotisseur, salary, Saucier, Short Order Cook, Social Security Number, Sous Chef, Tourant, wage, withholding, work ethic, worker's compensation.

CAREER and TECHNICAL SKILLS What the Student Should Be Able to Do		ACADEMIC and WORKPLACE SKILLS What the Instruction Should Reinforce		
Knowledge	Application	Skill Group	Skill	Description
1.1 Identify terms related to culinary arts professions, menus and recipes, food service math, safety and sanitation and lab procedures		Foundation	Reading	Analyzes and applies what has been read to specific task. [1.3.2]  Comprehends written information for main ideas. [1.3.7]
			Writing	Communicates thoughts, ideas, or facts in written form in a clear, concise manner. [1.6.6]
1.2 Describe the food guide pyramid	1.2.1 Classify the food guide pyramid by groups	Foundation	Speaking	Applies/Uses technical terms as appropriate to audience. [1.5.2]  Asks questions to clarify information. [1.5.3]
			Writing	Composes and creates document-letters, manuals, reports, proposals, graphs, flow charts, etc. [1.6.8]  Organizes information into an appropriate format. [1.6.10]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
1.3 Review weights and measurements, conversions and costing	1.3.1 Demonstrate correct techniques for measuring and weighing foods and recipe costing	Foundation	Science  Speaking	Observes health code/sanitation requirements. [1.4.19]  Participants in conversation, discussion, and group presentations. [1.5.8]
1.4 Discuss safety and sanitation procedures	1.4.1 Demonstrate acceptable sanitation procedures	Foundation	Speaking	Participants in conversation, discussion, and group presentations. [1.5.8]
1.5 Identify lab safety procedures	1.5.1 Demonstrate proper lab procedures	Interpersonal	Teamwork	Contributes to group with ideas, suggestions, and effort [2.6.2]  Works effectively with others to reach a common goal [2.6.6]
1.6 Identify job opportunities in various commercial and noncommercial food service operations	1.6.1 Research various culinary careers	Foundation	Writing	Composes and creates document-letters, manuals, reports, proposals, graphs, flow charts, etc. [1.6.8]
1.7 Identify small business opportunities available in food service	1.7.1 Interview a business owner and prepare a written report  1.7.2 Present oral reports to class	Foundation	Speaking	Asks questions to clarify information [1.5.3]  Asks questions to obtain

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<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
	of interview			information [1.5.4]

## Unit 2: Culinary Production Techniques

5 Hours:

**Terminology:** allumette, appareils, aroma, batonnet, beurre manie', blends, bouillon, bouquet garni, broth, brunoise, chiffonade, clarify, coarse chopping, condiment, court bouillon, diagonal, dice, extracts, ferment, fermie're, flavor enhancers, flavorings, fumet, herbs, julienne, liaison, Milanese, mince, mise en place, oblique, opaque, paella, paysanne, pith, receptors, relishes, render, risotto, rondelle, roux, sachet, salsa, savory, seasonings, sensory evaluation, slurry, spices, stimuli, stock, tempering, tourner, translucent, zest.

CAREER and TECHNICAL SKILLS What the Student Should Be Able to Do		ACADEMIC and WORKPLACE SKILLS What the Instruction Should Reinforce		
Knowledge	Application	Skill Group	Skill	Description
2.1 Define terms related to flavoring food and mise en place		Foundation	Reading	Analyzes and applies what has been read to specific task [1.3.2]  Applies/Understands technical words that pertain to subject [1.3.6]
			Writing	Organizes information into an appropriate format [1.6.10]
2.2 Explain seasonings and flavorings	2.2.1 Contrast different types of seasonings and flavorings	Thinking	Knowing How to Learn	Locates appropriate learning resources to acquire or improve knowledge and skills [4.3.3]
		Foundation	Writing	Analyzes data, summarize results, and makes conclusions [1.6.2]  Evaluates written information for appropriateness/content/clarity [1.6.9]
2.3 Explain the characteristics of herbs versus spices	2.3.1 Research the origin of various herbs and spices	Foundation	Speaking	Asks questions to clarify information [1.5.3]

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<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
	2.3.2 Describe how to store herbs and spices			Communicates a thought, idea, or fact in spoken form [1.5.5]
2.4 Identify commonly used condiments	2.4.1 Describe how to store condiments  2.4.2 Match sample food selections with appropriate condiments	Foundation	Reading  Writing	Analyzes and applies what has been read to specific task [1.3.2]  Applies/Understands technical words that pertain to subject [1.3.6]  Organizes information into an appropriate format [1.6.10]
2.5 Identify a variety of nuts and seeds	2.5.1 Experiment with different ways to prepare nuts and seeds (Ex. Blanching, roasting, etc.)	Foundation	Science	Applies knowledge to complete a practical task [1.4.3]  Observes health code/sanitation requirements [1.4.19]
2.6 Identify the factors that affect sensory evaluation	2.6.1 Develop a food tasting to practice sensory evaluation  2.6.2 Analyze the importance of plate composition foods	Foundation  Thinking	Science  Creative Thinking	Applies knowledge to complete a practical task [1.4.3]  Measures dry and liquid supplies [1.4.17]  Combines ideas or information in new ways [4.1.2]
2.7 Identify various knife cuts and give appropriate measurements of each	2.7.1 Demonstrate knife cuts using fruits and/or vegetables	Foundation	Science	Applies knowledge to complete a practical task [1.4.3]

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	2.7.2 Prepare an example of decorative cut			Observes health code/sanitation requirements [1.4.19]
2.8 Explain how to prepare a thickener	2.8.1 Develop a recipe for a standard thickener	Thinking	Creative Thinking	Combines ideas or information in new ways [4.1.2]
	2.8.2 Prepare a roux, slurry, 'beurre manie' or liaison	Foundation	Science	Applies knowledge to complete a practical task [1.4.3] Follows safety guidelines [1.4.16] Observes health code/sanitation requirements [1.4.19]
2.9 Explain the categories of stocks, broths, and bouillons	2.9.1 Prepare an example of a stock, broth or bouillon	Foundation	Science	Applies knowledge to complete a practical task [1.4.3] Follows safety guidelines [1.4.16] Observes health code/sanitation requirements [1.4.19]

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2.10 Identify basic mise en place techniques	2.10.1 Demonstrate rendering and clarifying fats	Foundation	Science	Applies knowledge to complete a practical task [1.4.3]
	2.10.2 Practice separate eggs			Follows safety guidelines [1.4.16]
	2.10.3 Practice tempering ingredients			Measures dry and liquid supplies [1.4.17]
	2.10.4 Prepare foam and meringue			Observes health code/sanitation requirements [1.4.19]
	2.10.5 Practice reduction and straining			
	2.10.6 Prepare whipped cream			

## Unit 3: Principles of Cooking

### 5 Hours

**Terminology:** bake, baste, beat, blanch, boil, braise, bread, canola oil, caramelization, carryover cooking, chop, coagulate, combination cooking, convection, deep-frying, dredge, dry heat cooking, evaporation, fat, flash point, flavor, fold, fry, grilling, Hors d'oeuvres, hydrogenation, lipid, melting point, moist heat cooking, oils, olive oil, panfry, parboil, pigment, poach, rancid, roast, sauté, sear, shortening, simmer, smoking point, steam, steep, stew, whip, yield.

CAREER and TECHNICAL SKILLS What the Student Should Be Able to Do		ACADEMIC and WORKPLACE SKILLS What the Instruction Should Reinforce		
Knowledge	Application	Skill Group	Skill	Description
3.1 Identify terms related to temperatures, heat effects, and cooking methods		Foundation	Reading	Analyzes and applies what has been read to specific task [1.3.2]  Applies information and concepts derived from printed materials [1.3.3]
			Writing	Organizes information into an appropriate format [1.6.10]
3.2 Explain how cooking affects a food's nutritive value, texture, color, aroma, and flavor	3.2.1 Create a chart explaining how food's nutritive value, texture, color, aroma, and flavor are affected when cooked	Foundation	Listening	Comprehends ideas and concepts related to Culinary Arts [1.2.1]
			Reading	Applies/Understands technical words that pertain to subject [1.3.6]
			Science	Applies knowledge to complete a practical task [1.4.3]
3.3 Identify various cooking methods	3.3.1 List different cooking methods and examples of each	Foundation	Listening	Comprehends ideas and concepts related to Culinary Arts [1.2.1]
			Reading	Analyzes and applies what has been read to specific task [1.3.2]  Applies information and concepts

				derived from printed materials [1.3.3]
3.4 Identify dry cooking techniques	3.4.1 Demonstrate example of dry cooking technique	Foundation	Listening  Science	Comprehends ideas and concepts related to Culinary Arts [1.2.1]  Applies knowledge to complete a practical task [1.4.3]  Observes health code/sanitation requirements [1.4.19]

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<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
3.5 Explain moist cooking techniques	3.5.1 Demonstrate example of moist cooking technique	Foundation	Listening  Science	Comprehends ideas and concepts related to Culinary Arts [1.2.1]  Applies knowledge to complete a practical task [1.4.3]  Observes health code/sanitation requirements [1.4.19]
3.6 Identify combination cooking techniques	3.6.1 Demonstrate example of combination cooking technique	Foundation	Listening  Science	Comprehends ideas and concepts related to Culinary Arts [1.21]  Applies knowledge to complete a practical task [1.4.3]  Observes health code/sanitation

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<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
				requirements [1.4.19]
3.7 Define terms associated with emulsions, fats, and oils		Foundation	Reading  Writing	Analyzes and applies what has been read to specific task [1.3.2]  Applies/Understands technical words that pertain to subject [1.3.6]  Organizes information into an appropriate format [1.6.10]
3.8 Explain the emulsification process	3.8.1 Prepare a traditional mayonnaise  3.8.2 Prepare emulsified vinaigrette dressing	Foundation	Science  Math	Follows safety guidelines [1.4.16]  Observes health code/sanitation requirements [1.4.19]  Uses common measuring devices/tools to measure Culinary Arts [1.1.37]
3.9 Explain the variety of oils and how they are used in cooking	3.9.1 Create a chart to illustrate the types of oils that are derived from seeds, plants and vegetables  3.9.2 Match the types of fats and oils that re derived from animal and non-animal products  3.9.3 Analyze the reaction temperatures (melt point,	Thinking	Creative Thinking	Combines ideas or information in new way [4.1.2]  Finds new ways of dealing with existing problems/situations [4.1.5]

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	smoke point and flash point) of fats			
3.10 Describe fats used for deep frying	3.10.1 Compare a food fried in liquid oil with a food fried in hydrogenated oil  3.10.2 Illustrate how to properly maintain a deep fat fryer	Foundation  Thinking	Science  Creative Thinking	Follows safety guidelines [1.4.16]  Observes health code/sanitation requirements [1.4.19]  Creates new design by applying specified criteria [4.1.3]
3.11 Identify factors that can cause rancidity	3.11.1 Determine correct techniques for storing oils and fats	Foundation	Reading	Analyzes and applies what has been read to specific task [1.3.2]  Applies/Understands technical words that pertain to subject [1.3.6]

## Unit 4: Stocks, Soups, and Sauce

### Hours 10

**Terminology:** béchamel, `bisques, `borscht, `bouillon, `bouquet garni, broth, cheesecloth, china cap, chowder, clarified butter, clarify, cold soups, consommé, croquettes, deglaze, `dehydration, emulsification process, espagnole, extraction, French whip, garnish, gazpacho, hollandaise, lecithin, madrilène, puree, raft, roux, sauce, sieve, skimmer, soup, stock, thick soup, thickening agent, thin soup, veloute, vichyssoise.

CAREER and TECHNICAL SKILLS What the Student Should Be Able to Do		ACADEMIC and WORKPLACE SKILLS What the Instruction Should Reinforce		
Knowledge	Application	Skill Group	Skill	Description
4.1 Define terms related to soups, stocks, and sauces		Foundation	Reading	Applies/Understands technical words that pertain to subject [1.3.6]
4.2 Demonstrate knowledge of stocks and rules for preparing	4.2.1 List and discuss types of stocks and ingredients 4.2.2 Identify the criteria for acceptable stock 4.2.3 List the equipment needed for preparing stock 4.2.4 Discuss methods for safely storing stocks 4.2.5 Prepare one (1) type of stock 4.2.6 Evaluate results of lab on stocks	Foundation	Reading  Science  Listening  Mathematics  Writing	Draws conclusions from what is read [1.3.12]  Uses appropriate materials and techniques as specified [1.3.20]  Communicates a thought, idea, or fact in spoken form [1.5.5]  Determines quantities/measurements in English and metric units [1.4.15]  Listens to follow directions [1.2.6]  Analyzes and applies what has been read to specific task [1.3.2]  Analyzes data, summarizes

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
				results, and makes conclusions [1.6.2]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
4.3 Demonstrate knowledge of soups and proper preparation of various types	4.3.1 Identify and discuss the types of soups 4.3.2 List the criteria for the various types of soups 4.3.3 State the basic steps and procedures for preparing soups 4.3.4 Demonstrate ability to make a thin soup and a thick soup	Foundation	Reading Listening	Comprehends ideas and concepts related to Culinary Arts [1.2.1] Listens to follow directions [1.2.6] Analyzes and applies what has been read to specific task [1.3.2] Comprehends written information and applies it to a task [1.3.8] Follows written directions [1.3.13]
4.4 Demonstrate knowledge of sauces	4.4.1 List and discuss the basic types of sauces 4.4.2 Discuss the characteristics of well-prepared sauces 4.4.3 List and discuss the types of thickening agents 4.4.4 Explain the steps for making a mother sauce 4.4.5 Demonstrate ability to make a sauce	Foundation	Reading	Comprehends written information for main ideas [1.3.7] Listens to follow directions [1.26] Follows written directions [1.3.13]

# Culinary Arts I

## Unit 5: Dairy Products

### 10 Hours

**Terminology:** buttermilk, clarified butter, creams, curdling, dry milk powder, evaporated milk, firm cheese, fresh cheese, half-and-half, hard cheese, heavy whipping cream, homogenization, imitation cheese, lactose, light cream, light whipping cream, margarine, pasteurization, processed cheese, scald, semi-soft cheese, sour cream, sweetened condensed milk, ultra-pasteurization, yogurt.

CAREER and TECHNICAL SKILLS What the Student Should Be Able to Do		ACADEMIC and WORKPLACE SKILLS What the Instruction Should Reinforce		
Knowledge	Application	Skill Group	Skill	Description
5.1 Identify a variety of milk based products				
5.2 Identify concentrated, cultured dairy, cream and butter products	5.2.1 Sample a variety of concentrated, cultured dairy, cream and butter products in the laboratory	Foundation  Thinking Skills  Interpersonal Skills	Reading  Knowing How To Learn  Teamwork	Comprehends written information and applies it to a task [1.3.8]  Contributes to group with ideas [2.6.2]  Uses available resources to acquire new skills or improve skills [4.3.4]
5.3 Recall proper procedures for whipping cream, scalding milk, souring milk	5.3.1 Examine proper procedures for whipping cream, scalding milk and souring milk in laboratory	Thinking Skills	Problem Solving	Draws conclusions from observations, evaluates conditions, and gives possible solutions [4.4.5]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
5.4 Explain various techniques and associated problems while cooking with dairy products	5.4.1 Demonstrate techniques and associated problems that arise while cooking with dairy products	Thinking Skills	Problem Solving	Identifies possible reasons for problem [4.4.6]  Tracks and evaluates results [4.4.10]
5.5 Plan laboratories using milk products	5.5.1 Prepare recipes using milk products	Thinking Skills  Interpersonal Skills	Problem Solving  Teamwork	Finds new ways of dealing with existing problems/situations [4.1.5]  Works effectively with others to reach a common goal [2.6.6]
5.6 Identify various cheeses		Foundation	Reading  Writing	Draws conclusions from what is read [1.3.12]  Uses technical words and symbols [1.6.20]
5.7 Differentiate between fresh, semi- soft, firm and hard cheeses		Foundation  Thinking Skills	Reading  Reasoning	Analyzes and applies what has been read to specific task [1.3.2]  Sees relationship between two or more ideas, objects, or situations [4.5.5]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
5.8 Describe the process of cheese-making	5.8.1 View media exhibiting the cheese-making process	Foundation	Science	Converts quantities and measurements from one form to another [1.4.13]
5.9 Classify foods that are complementary with a variety of cheeses		Thinking Skills	Creative Thinking	Makes connections between seemingly unrelated ideas [4.1.6]
			Decision Making	Identifies pros and cons to assist in decision-making process [4.2.7]
5.10 Compare the taste, texture, aroma and color of a variety of cheeses	5.10.1 Host a cheese tasting event using complementary foods and judging the taste, texture, aroma, and color of cheeses	Interpersonal Skills	Leadership	Delegates responsibility to an individual within the group or team [2.4.4]
			Negotiation	Assists in reaching a settlement/conclusion through compromise [2.5.1]
			Teamwork	Works effectively with others to reach a common goal [2.6.6]

## Unit 6: Eggs 10 Hours

**Terminology:** albumen, chalazae cord, grading, omelet, quiche, shell, shirred eggs, soufflé, yolk.

CAREER and TECHNICAL SKILLS What the Student Should Be Able to Do		ACADEMIC and WORKPLACE SKILLS What the Instruction Should Reinforce		
Knowledge	Application	Skill Group	Skill	Description
6.1 Define terms related to the composition of eggs		Foundation	Reading	Applies/Understands technical words that pertain to subject [1.3.6]
			Writing	Applies/Uses technical words and concepts [1.6.4]
6.2 Describe techniques used to purchase and store eggs	6.2.1 Arrange in order the steps used in purchasing eggs	Foundation	Mathematics	Calculates measurements taken from measuring devices [1.1.9]
	6.2.2 Demonstrate correct methods used in storing eggs	Management	Science	Reads measurements from common measuring devices [1.4.21]
6.3 Analyze purposes of eggs used in cooking	6.3.1 Determine appropriate uses for eggs in cooking	Thinking	Reading	Comprehends written information and applies it to a task [1.3.8]
	6.3.2 Demonstrate various methods using both eggs and egg substitutes	Application	Writing	Analyzes own knowledge, skills, and ability [3.1.2]
6.4 Determine recipe modifications used in	6.4.1 Modify recipes by increasing and decreasing	Foundation	Reading	Applies/Understands technical words that pertain to subject

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
egg preparation	quantity			[1.3.6]
6.5 Define basic cooking terms for eggs with the correct definitions		Foundation	Reading	Applies/Understands technical words that pertain to subject [1.3.6]
			Writing	Applies/Uses technical words and concepts [1.6.4]
6.6 Assess various techniques and methods of egg preparation	6.6.1 Execute egg preparation techniques and methods	Foundation	Arithmetic	Calculates different units of measurement [1.1.6]
	6.6.2 Prepare eggs using the following moist heat methods: baking, sautéing, and pan frying	Interpersonal Skills	Listening	Evaluates oral information/presentation [1.2.2]
			Analyzes	Analyzes and applies what has been read to specific task [1.3.2]
6.6.3 Prepare eggs using the following moist heat methods: in-shell cooking, poaching, breakfast preparations	Personal Management Skills	Teamwork	Works effectively with others to reach a common goal [2.6.6]	
			Career Awareness	Analyzes own knowledge, skills, and ability [3.1.2]

## Unit 7: Fruits & Vegetables 20 Hours

**Terminology:** acidulation, anthocyanin, blanch, carotene, cellulose, chlorophyll, cider, flavones, hybrid, jam, jelly, juice, legume, marmalade, nectar, papain, pectin, preserves, refreshing, respiration rate, varieties, vegetable, vegetable oil, vegetarianism.

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
Knowledge	Application	Skill Group	Skill	Description
7.1 Identify varieties of fruit using family classifications	7.1.1 Purchase different varieties of fruit and judge taste, texture, color use and ripeness	Foundation	Reading	Analyzes and applies what has been read to specific task [1.3.2]
		Thinking Skills	Reasoning	Uses logic to draw conclusions from available information [4.5.6]
			Problem Solving	Tracks and evaluates results [4.4.10]
7.2 Judge a fruits ripeness	7.2.1 In lab, calculate ripening times and factors affecting ripening of a variety of fruits	Foundation	Mathematics	Creates tables, graphs, diagrams, and charts to convey quantitative information [1.1.18]
		Thinking	Knowing How To Learn	Uses available resources to apply new skills [4.3.6]
			Problem Solving	Tracks and evaluates results [4.4.10]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
7.3 Demonstrate ways to prepare garnishes, peel, segment, slice, pit, core and juice a variety of fruits	7.3.1 Practice techniques used to peel, segment, slice, pit, core and juice fruits 7.3.2 Prepare garnishes using fruits	Foundation Interpersonal	Listening Teamwork	Listens to follow directions [1.2.6] Works effectively with others to reach a common goal [2.6.6]
7.4 Analyze various ways to cook fruits	7.4.1 Prepare fruits using a variety of cooking methods	Foundation Interpersonal Thinking	Reading Teamwork Problem Solving	Analyzes and applies what has been read to specific task [1.3.2] Demonstrates understanding, friendliness, adaptability, empathy, and politeness in new and ongoing group settings [2.6.3] Draws conclusions from observations, evaluates conditions, and gives possible solutions [4.4.5]
7.5 Determine various ways to preserve fruits	7.5.1 Develop a class presentation using one method of preserving fruits	Foundation Personal Management	Reading Teamwork Problem Solving	Analyzes and applies what has been read to specific task [1.3.2] Demonstrates understanding, friendliness, adaptability, empathy, and politeness in new and ongoing group settings [2.6.3] Draws conclusions from observations, evaluates conditions, and gives possible solutions [4.4.5]
7.6 Prepare fruits for serving	7.7.1 Prepare a fruit tray	Thinking	Problem Solving	Devises and implements a plan of action to resolve problem [4.4.3]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
7.7 Using vegetable classifications, identify varieties of each	7.7.1 Create a class exhibit distinguishing varieties of vegetables	Foundation  Thinking Skills	Reading  Writing  Decision Making	Identifies relevant details, facts, and specifications [1.3.16]  Composes and creates document-letters, manuals, reports, proposals, graphs, flow charts, etc. [1.6.8]  Evaluates information/data to make best decision [4.2.5]
7.8 Demonstrate ways to prepare vegetables for cooking and serving and garnishing	7.8.1 Practice preparing vegetables using knife skills  7.8.2 Create vegetable garnishes	Foundation	Science	Determines quantities/measurements in English and metric units [1.4.15]  Monitors variables in experiment [1.4.18]  Solves practical problems using scientific methods and techniques [1.4.23]
7.9 Demonstrate ways to cook vegetables	7.9.1 Prepare vegetables using a variety of cooking methods  7.9.2 Demonstrate ways to test vegetables for doneness	Foundation	Science	Measures dry and liquid supplies [1.4.17]  Solves practical problems using scientific methods and techniques [1.4.23]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
7.10 Observe methods for preserving vegetables	7.10.1 Research various methods for preserving vegetables	Foundation Thinking	Reading  Problem Solving	Draws conclusions from what is read [1.3.12]  Follows written directions [1.3.13]  Identifies relevant details, facts, and specifications 1.3.16 4.4.10

## Unit 8: Grains and Pasta 10 Hours

**Terminology:** Al Dente, bran, colander, endosperm, Farinaceous Cookery, gelatinize, germ, hominy, parboil, pilaf, polenta, polished rice, risotto, semolina flour, wild rice.

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
Knowledge	Application	Skill Group	Skill	Description
8.1 Identification of types of grains	8.1.1 Describe grain classification and methods for processing	Foundation	Reading  Writing	Applies/Understands technical words that pertain to subject [1.3.6]  Applies/Uses technical words and concepts [1.6.4]
8.2 Identification of pasta	8.2.1 Describe pasta classifications and the difference in factory produced pasta and fresh pasta	Foundation	Reading  Writing	Applies/Understands technical [1.3.6]  Applies/Uses technical words and concepts [1.6.4]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
8.3 Preparation of grains and pastas	8.4.1 Understand and demonstrate the preparation of grains and pastas	Foundation	Reading  Listening	Analyzes and applies what has been read to specific task [1.3.2]  Receives and interprets verbal messages [1.2.8]  Applies information and concepts derived from printed materials  Applies information and concepts derived from printed materials [1.3.3]  Applies information to job performance [1.3.4]  Comprehends ideas and concepts related to Culinary Arts [1.2.1]  Listens to follow directions [1.2.6]

## Unit 9: MEAT, POULTRY and FISH COOKERY: 15 Hours

**Terminology:** bake, barbecue, baste, braise, bread, broil, brown, cube, deep fry, dredge, grilling, marinate, pan broil, portion control, roast, sauté, simmer, standardize recipe, steam, stew.

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
9.1 Define basic cooking terms with the correct definitions		Foundation	Reading  Writing	Applies/Understands technical words that pertain to subject [1.3.6]  Applies/Uses technical words and concepts [1.6.4]
9.2 Analyze structure and composition of meats	9.2.1 Define terminology used in identifying muscle composition	Foundation	Reading  Writing  Speaking  Responsibility	Comprehends written information and applies them to a task [1.3.8]  Organizes information into an appropriate format [1.6.10]  Organizes ideas and communicates oral messages to listeners [1.5.7]  Pays close attention to details [3.4.8]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
9.3 Understand meat Inspection and grading	9.3.1 Demonstrate knowledge of meat grading processes	Foundation	Knowing how to learn	Locates appropriate learning resources to acquire or improve knowledge and skills [4.3.3]
	9.3.2 Identify the variety of meat cuts: beef, pork, poultry, fish, and shellfish		Seeing Things In Minds Eye	Imagines the flow of work activities from narrative descriptions [4.6.1]
9.4 Identify techniques of proper meat purchase and storage	9.4.1 Determine correct purchasing procedures and requirements for meats: beef, pork, poultry, fish and shellfish	Foundation	Listening	Calculates different units of measurement [1.1.6]
	9.4.2 Demonstrate proper storage procedures for beef, pork, poultry, fish and shellfish	Thinking	Reading	Analyzes data, summarizes results, and makes conclusions [1.6.2]
9.5 Assess various techniques and methods of meat, poultry and fish preparation	9.5.1 Select appropriate recipes beef, pork, poultry, fish and shellfish	Organizational	Organizational Effectiveness	Analyzes effectiveness of performance evaluation system [3.32]
9.6 Analyze selection and use of recipes	9.6.1 Prepare recipes including beef, pork, poultry, fish and shellfish	Foundation	Arithmetic/ Mathematics	Calculates different units of measurement [1.1.6]
		Thinking	Listening	Evaluates oral information/presentation [1.2.2]
			Writing	Analyzes and applies what has been read to specific task [1.3.2]

## Unit 10: Principles of Baking 54 Hours

**Terminology:** bench rest, benching, carbon dioxide, docking, dough, drop batter, egg wash, fermentation, flute, formula, gluten, knead, leavening agent, meringue, oven spring, panning, peel, pour butter, proof, punching, quick breads, reel oven, retard, rolled in, scaling, shaping, sheeter, staling, starter, tunnels, yeast, yeast breads.

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
10.1 Recognize and select ingredients in a bake shop	10.1.1 Identify ingredients in a bake shop by categories	Foundation	Reading  Listening	Identifies relevant details, facts, and specifications [1.3.16]  Comprehends ideas and ideas related to Culinary Arts [1.2.1]
10.2 Understand the baking process	10.2.1 Apply the baking process to understand the effect of time and temperature on baking raw materials			

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
10.3 Identify specialized tools of the bake shop	10.3.1 Use the specialized tools of the bake shop to produce baked goods	Foundation	Listening  Speaking	Comprehends ideas and concepts related to Culinary Arts [1.2.1]  Asks questions to clarify information [1.5.3]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
10.4 Discuss purchasing and storage of baking supplies	10.4.1 Know the purchasing specifications and proper storage for all baking supplies	Foundation	Reading	Analyzes and applies what has been read to specific task [1.3.2]

<b>CAREER and TECHNICAL SKILLS</b> What the Student Should Be Able to Do		<b>ACADEMIC and WORKPLACE SKILLS</b> What the Instruction Should Reinforce		
<b>Knowledge</b>	<b>Application</b>	<b>Skill Group</b>	<b>Skill</b>	<b>Description</b>
10.5 Critique the preparation of baked items	10.5.1 Prepare yeast breads and rolls 10.5.2 Prepare Quick Breads 10.5.3 Prepare pastry dough 10.5.4 Prepare fillings 10.5.5 Prepare cakes 10.5.6 Prepare frostings and toppings 10.5.7 Prepare cookies	Foundation	Reading  Science  Speaking	Applies information and concepts derived from printed materials [1.3.3]  Applies information with job performance [1.3.4]  Converts quantities and measurements from one form to another [1.4.13]  Asks questions to clarify information [1.5.3]

Unit 1  
Introduction to Culinary Arts I

1. Application Form - a form that asks personal information.
2. Area Chef - usually in larger operations, this chef is responsible for specific facilities or functions such as banquets. This term is part of the modern kitchen brigade.
3. Boucher - the chef responsible for butchering meats and poultry. This term is part of the classic kitchen brigade.
4. Chef de Cuisine - the top chef of the kitchen, responsible for all kitchen operations, ensures quality, menu and recipe development and purchasing. This term is part of the classic kitchen brigade.
5. Chef de Partie - produces the menu items under the direct supervision of the chef or Sous chef. Also called a station chef. This term is part of the classic kitchen brigade.
6. Department of Health, Education, and Welfare - an agency that checks to see that an establishment has eliminated safety hazards from a workplace, in addition to inspecting for the sanitary handling of food.
7. Department of Labor - encourages employer to prevent hazards in the workplace and to improve existing safety and health programs.
8. Dependent - someone whom you support, such as a child.
9. Discrimination - when someone is judged upon by race, religion, national origin, sex, or limits to physical or mental abilities that do not affect work performance.
10. Employment Agencies - a matchmaker between job seekers and companies with job openings.
11. Executive Chef - the top chef of the kitchen, responsible for all kitchen operations, ensures quality, menu and recipe development and purchasing. This term is part of the modern kitchen brigade.
12. Flexibility - the ability to move your muscles and joints through their full range of motion. Capable of being adapted, modified, or molded.
13. Friturier - the chef responsible for all fried items. This term is part of the classic kitchen brigade.

14. Garde Manger - the chef in charge of cold food production including salads and salad dressings, cold appetizers and buffet items. Also called a pantry chef. This term is part of the classic kitchen brigade.
15. Grillardin - the chef responsible for all grilled items. This term is part of the classic kitchen brigade.
16. Health Certificate - a certificate stating you are free of disease.
17. Health Record - a record of your past health history.
18. Institutional Cook - a chef who generally works with large quantities of prepackaged or prepared foods for a captive market such as school, hospital, or prison. This term is part of the modern kitchen brigade.
19. Interview - a get acquainted meeting between an employer and a job applicant. The method most widely used by employers to assess an applicant's qualifications.
20. Job Application - a form in which you supply information about yourself that will help an employer make a hiring decision.
21. Kitchen Brigade - a system of staffing a kitchen so that each worker is assigned a set of specific tasks often related by cooking method, equipment or food being prepared. There are classic brigade terms and modern brigade terms, each reflecting the changes in kitchen organization based on the times.
22. Line Cook - the chef responsible for preparing menu items according to recipe specifications. This term is part of the modern kitchen brigade.
23. Minimum Wage - the least amount of money that can be earned by the hour.
24. National Sanitation Foundation - agency that ensures public safety by protecting air and water quality and enforcing adherence to sanitation standard.
25. Net Pay - the amount of income left after taxes and other deductions are taken out.
26. OSHA - (Occupational Safety and Health Administration) - an organization created within the Department of Labor that sets standards and inspects workplaces to ensure that employers provide safe and healthful environments.
27. Overtime - extra pay for each hour worked in excess of 40 hours per week.

28. Pastry Chef - the chef responsible for developing recipes for and preparing desserts, pastries, frozen desserts and breads. This term is part of the modern kitchen brigade.
29. Pâtissier - the chef responsible for all baked items including breads, pastries, and desserts. This chef is not necessarily under the Sous chef's direct supervision. This term is part of the classic kitchen brigade.
30. Poissonier - the chef responsible for fish and shellfish items. This term is part of the classic kitchen brigade.
31. Potager - the chef responsible for soups and stocks. This term is part of the classic kitchen brigade.
32. References - people who know an applicant well and can provide information about that person his or her character, work ability, or academic standing; needed for job application forms.
33. Résumé - a summary of your qualifications for a job.
34. Rotisseur - the chef responsible for all roasted items and jus or other related sauces. This term is part of the classic kitchen brigade.
35. Salary - money earned on a fixed basis, usually by people in management and professional positions.
36. Saucier - the chef responsible for all sautéed items and most sauces. This is one of the most demanding jobs in the kitchen. This term is part of the classic kitchen brigade.
37. Short Order Cook - a chef who is responsible for quickly preparing foods to order in smaller operations and will work across many stations. This term is part of the modern kitchen brigade.
38. Social Security Number - individual number for each person to protect against loss of earnings after retirement, unemployment, disability, or death of a supporting spouse.
39. Sous Chef - a cook who supervises food production and reports to the executive chef. This position is second in command in the kitchen. This term is used in both the classic and modern kitchen brigades.
40. Tourant - the cook who works needed. Also called the roundsman or swing cook. This term is part of the classic kitchen brigade.

41. Wage - money earned by the hour.
42. Withholding - deduct, as money from a paycheck.
43. Work Ethic - a personal commitment to doing your very best as part of the workplace team.
44. Worker's Compensation - provides income and medical benefits to employees injured in work related accidents.

## Unit 2 Culinary Production Techniques

1. Allumette - a matchstick cut of 1/8 inch by 1/8 inch by 2 inches usually used for potatoes
2. Appareils - formal preparation.
3. Aroma - a distinctive pleasing smell.
4. Batonnet - 1/4 inch thick matchstick shaped cuts.
5. Beurre Manie - a combination of equal amounts by weight of flour and soft whole butter. It is whisked into a simmering sauce at the end of the cooking process for quick thickening and added sheen and flavor.
6. Blends - combinations of herbs, spices and seeds that are used as flavorings.
7. Bouillon - a clear seasoned soup made usually from lean beef.
8. Bouquet Garni - fresh vegetables and herbs tied together and used to flavor stocks.
9. Broth - liquid that results from simmering meats; also called bouillon.
10. Brunoise - 1/8 inch thick cubes cut from julienne slices.
11. Chiffonade - to finely slice or shred leafy vegetables or herbs.
12. Clarify - to remove particles in a soup as they float to the top.

13. Coarse Chopping - unrefined knife cuts that yield irregular pieces.
14. Condiment - cooked or prepared flavorings.
15. Court Bouillon - water simmered with vegetables, seasonings and an acidic product such as vinegar or wine and is used for simmering or poaching fish, shellfish, or vegetables.
16. Diagonal - elongated or oval shaped slices of cylindrical vegetables or fruits.
17. Dice - to cut into very small cubes of even size.
18. Extracts - concentrated liquid flavors that contain alcohol and are used as flavorings, such as lemon and vanilla.
19. Ferment - to chemically change, such as pickles made from certain vegetables that are fermented in flavored and seasoned brines or vinegars.
20. Fermi ere - tenant farmer, farmer's wife.
21. Flavor Enhancers - seasonings that increase the way you perceive a food's flavor without changing the actual flavor.
22. Flavorings - ingredients that change the natural flavor of the foods they are added to.
23. Fumet - a stock made from fish bones or shellfish shells and vegetables simmered in a liquid with flavorings.
24. Herbs - the leaves and stems of plants that are used as flavor builders.
25. Julienne - to cut into long narrow strips.
26. Liaison - a mixture of egg yolks and heavy cream used to thicken and enrich sauces.
27. Milanese - Italian.
28. Mince - to cut into very fine pieces.

29. Mise en Place - literally, in French, "to put in place"; the preparation and assembly of ingredients, pans, utensils, and equipment or serving pieces needed for a particular dish or service.
30. Oblique - small pieces of food, usually vegetables, with two angle-cut sides.
31. Opaque - not transmitting light rays.
32. Paella - Spanish dish of rice with hashed meat.
33. Paysanne - foods cut into flat square, round or triangle items with dimensions of 1/2 inch by 1/2 inch by 1/8 inch.
34. Pith - a central strand of spongy tissue in the stems of most vascular plants that probably functions chiefly in storage.
35. Receptors - a cell or group of cells that receives stimuli.
36. Relishes - a pleasing appetizing taste.
37. Render - to melt down, extract by heating.
38. Risotto - a cooking method for grains in which the grains are lightly sautéed in butter and then a liquid is gradually added.
39. Rondelle - 1/8 inch thick disk shaped slices of cylindrical vegetables or fruits.
40. Roux - equal parts of cooked flour and fat used to thicken liquids; used in Cajun cooking.
41. Sachet - French for "bag of spices", aromatic ingredients tied in a cheesecloth bag and used to flavor stocks and other foods.
42. Salsa - Spanish for "sauce", generally a cold chunky mixture of fresh herbs, spices, fruits and/or vegetables used as a sauce for meat, poultry, fish or shellfish.
43. Savory - pleasing to the taste or smell.
44. Seasonings - something that serves to season, an ingredient added to food primarily for savor.
45. Sensory Evaluation - a method of scientifically testing food, using the human senses of sight, smell, taste, touch and hearing.

46. Slurry - a mixture of raw starch and cold liquid used for thickening.
47. Spices - any of various aromatic plant products used to season or flavor foods.
48. Stimuli - something that rouses mind or spirits or incites to activity.
49. Stock - flavorful liquid made by gently simmering bones or vegetable to extract their flavor, aroma, color, body, and nutrients.
50. Tempering - to heat chocolate gently and gradually so it will form a smooth, even shell when it cools.
51. Tournier - French for "to turn", cut foods usually vegetables into football-shaped pieces with seven equal sides and blunt ends.
52. Translucent - to allow light to shine through.
53. Zest - the thin colored part of a citrus peel.

### Unit 3 Principles of Cooking

1. Bake - cook in the oven in dry heat without a cover.
2. Baste - to spoon pan liquids over the surface of food during cooking to keep the food moist and add flavor.
3. Beat - mix or stir quickly, bringing the contents of bowl to the top and down again.
4. Blanch - to briefly immerse food in boiling water or steam. It inactivates the enzymes in foods.
5. Blend - to mix ingredients until thoroughly combined.
6. Boil - to heat a liquid until bubbles rise to the surface, a method of cooking food in a boiling liquid.
7. Boil - to heat a liquid until bubbles rise to the surface, a method of cooking food in a boiling liquid.

8. Braise - a long, slow combination cooking technique in which food is seared and then simmered in enough liquid to cover no more than 2/3 of the food.
9. Bread - to coat a food item with crumbs and egg.
10. Canola Oil - neutral, light colored oil with little flavor, high in monounsaturated fat.
11. Caramelization - the chemical browning reaction that can occur when a sugar is heated. A characteristic color and flavor develops.
12. Carryover Cooking - additional cooking that takes place after you remove food from the heat source.
13. Chop - to cut into small pieces.
14. Coagulate - to change from a liquid or semi liquid state to a drier, solid state.
15. Combination Cooking - cooking method that involves more than one cooking method such as both moist and dry heat.
16. Convection Cooking - method of cooking in which foods are baked or roasted in a stream of heated air.
17. Deep Fry - to cook submerged in a large amount of hot fat.
18. Dredge - to coat a food by sprinkling it with or dipping it in a dry ingredient such as flour or bread crumbs.
19. Dry Heat Cooking - cooking food uncovered without added liquid or fat.
20. Evaporation - when moisture escapes into the air.
21. Fat - in cooking, a lipid that is solid at room temperature.
22. Flash Point - temperature at which a solid fat melts.
23. Flavor - the distinctive quality or the combined effect of taste and aroma that comes from a food's unique blend of appearance, taste, odor, feel and sound.

24. Fold - to add ingredients carefully as not to lose air bubbles. The utensil is passed down through the mixture, across the bottom, and up the opposite side of the bowl, gently turning the mixture over.
25. Fry - to cook in hot fat.
26. Grilling - a method of short order cooking on a griddle.
27. Hors d'oeuvres - small, bite sized finger foods that have a spicy or savory flavor, used often as an appetizer.
28. Hydrogenation - the process used to harden oils.
29. Lipid - a group of compounds that includes triglycerides (fat and oil), the phospholipids (lecithin), and sterols (cholesterol). They are insoluble in water and have a greasy feel.
30. Melting Point - the temperature at which a substance changes from a solid to a liquid.
31. Moist Heat Cooking - method in which food is cooked in hot liquid, steam, or a combination of both.
32. Oils - types of fats that remain liquid at room temperature.
33. Olive Oil - quality depends on soil, high in monounsaturated fat and ranges in color from deep green to pale yellow.
34. Panfry - a method of cooking in which a moderate amount of fat is heated in a pan before adding food.
35. Parboil - to boil briefly as a preliminary or incomplete cooking procedure.
36. Pigment - the matter in cells and tissue that gives them their color.
37. Poach - to cook in a small amount of simmering liquid.
38. Poach - to cook in a small amount of simmering liquid.
39. Rancid - the term that describes the unpleasant flavors that develop as fats oxidize in food.
40. Roast - to cook uncovered in the oven with dry heat.

41. Sauté - to cook food in a small amount of fat, stirring or flipping it frequently.
42. Sear - to brown food quickly over high heat; usually done as a first step for combination cooking methods.
43. Shortening - a white, flavorless solid fat formulated for baking or deep frying; any fat used in baking to tenderize the product by shortening gluten strands.
44. Simmer - a moist cooking technique in which food is cooked slowly and steadily in a liquid just below the boiling point. (185 degrees 200 degrees F.)
45. Smoking Point - the temperature at which a fat produces smoke.
46. Steam - to cook with vapor produced by a boiling liquid without allowing it to come in contact with the water.
47. Steep - to cover with boiling water and let stand without additional heating until flavor and color is extracted as for tea.
48. Stew - to cook one food or several foods together in a seasoned liquid for a long period of time.
49. Whip - to beat rapidly usually with a whisk to increase volume and incorporate air.
50. Yield - the number of servings, or portions, that a recipe produces.

Unit 4  
Soups, Stocks and Sauces

1. Béchamel - a rich cream sauce or white sauce.
2. Bisque - thick, very rich soup usually made from shellfish such as lobster and shrimp with a cream base thickened with roux.
3. Borscht - a Russian beet soup which may include other ingredients such as onions, tomatoes, and beef stock.
4. Bouillon - a clear seasoned soup made usually from lean beef.
5. Bouquet Garni - fresh vegetables and herbs tied together and used to flavor stocks.

6. Broth - liquid that results from simmering meats; also called bouillon.
7. Cheesecloth - a light, fine mesh gauge used to strain liquids and make sachets.
8. China Cap - used for straining sauce and gravy and for making puree.
9. Chowder - an unstrained stew-like soup of fish or vegetables with milk and potatoes; usually contains salt pork and no other meat.
10. Clarified Butter - clear butter made by melting butter and removing the solid particles.
11. Clarify - to remove particles in a soup as they float to the top.
12. Cold Soups - soups classified according to their consistency and served cold such as jellied consommé and vichyssoise.
13. Consommé' - broth or stock that has been clarified.
14. Croquettes - a food that has been pureed or bound with a thick sauce, made into small shapes and then breaded and deep fried.
15. Croquettes - a food that has been pureed or bound with a thick sauce, made into small shapes and then breaded and deep fried.
16. Deglaze - process of adding a liquid to a cooking pan to remove the crusted juices and browned food particles to retain flavor.
17. Dehydration - the process that drives water out of food.
18. Emulsification Process - process by which generally unmixable liquids such as oil and water are forced into a uniform distribution.
19. Espagnole - a sauce prepared from brown stock and roux.
20. Extraction - process of pulling or drawing out flavor from foods.
21. French Whip - used for general mixing, stirring, and beating heavy liquids. Also called a Wire Whip.

22. Garnish - decorative, edible items added to enhance the appearance of the main food item.
23. Gazpacho - spicy, chilled soup of Spanish origin made of tomato juice and tomatoes, bouillon, cucumber and other fresh vegetables and seasonings.
24. Hollandaise - a rich, warm, mayonnaise like sauce made from egg yolk and butter and seasoned with lemon juice and salt.
25. Lecithin - a natural emulsifier found in egg yolks.
26. Madrilène - a clean, highly seasoned consommé with tomato and served jellied or hot.
27. Puree - to put food through a fine sieve or a food mill to form a thick and smooth liquid.
28. Raft - hardened mass which rises to the top of the stock pot and must be removed with a skimmer.
29. Roux - equal parts of cooked flour and fat used to thicken liquids; used in Cajun cooking.
30. Sauce - any fluid or dressing which is served with or on other foods to enhance flavor.
31. Sieve - strainer for separating solid or partly solid particles from liquids.
32. Skimmer - a tool used to remove a substance from the surface of a liquid.
33. Soup - liquid or semi-liquid obtained by cooking meat, vegetables, fish or shellfish in liquid.
34. Stock - flavorful liquid made by gently simmering bones or vegetable to extract their flavor, aroma, color, body, and nutrients.
35. Thick Soup - soups which derive thickness from products added to the stock or pureed vegetables such as cream soups, chowders, and bisques.
36. Thickening Agent - ingredients used to thicken sauces such as flour, cornstarch, arrowroot, gelatin, and liaisons.
37. Thin Soup - clear rich liquid prepared without the use of a thickener such as French onion, bouillon or consommé.
38. Veloute - sauce derived from stock made from chicken, veal or fish with light roux added for thickening.

39. Vichyssoise - a cream soup of potatoes and pureed leaks that may be served hot or cold.

## Unit 5 Dairy Products

1. Buttermilk - produced by adding a culture to fresh pasteurized whole or skim milk.
2. Clarified Butter - clear butter made by melting butter and removing the solid particles.
3. Creams - include light, fluffy or creamy textured dessert foods made with whipped cream or whipped egg whites such as Bavarian Creams, Chiffons, Mousses and Crème Chantilly.
4. Curdling - formation of curds that happen when milk is overheated or an acid food is added to milk products.
5. Dry Milk Powder - made by removing all moisture from pasteurized milk to create a shelf stable powder.
6. Evaporated Milk- produced by removing approximately 60% of the water from the whole homogenized milk.
7. Firm Cheese - a category of cheeses characterized by a flaky sometimes dense texture.
8. Fresh Cheese - uncooked and unripened cheese.
9. Half and Half - a mixture of whole milk and cream containing between 10-18% milk fat.
10. Hard Cheese - a category of cheese characterized by a hard or brittle texture. These cheeses have been carefully aged for extended periods of time and have a moisture content of 30%.
11. Heavy Whipping Cream- a product containing not less than 36% milk fat that whips easily and hold a whipped texture longer than other creams.
12. Homogenization - a process that reduces milk fat to a smaller and more uniform size and distributes it evenly throughout the milk.
13. Imitation Cheese - usually manufactured with dairy or soy products to mimic characteristics of various cheeses.

14. Lactose - a disaccharide that occurs naturally in mammalian milk. Also called Milk Sugar.
15. Light Cream- product with more than 18% but less than 30% milk fat.
16. Light Whipping Cream- a product containing between 30-36% milk fat that is used for thickening and enriching sauces and making ice cream.
17. Margarine- not a dairy product, but frequently substituted for butter.
18. Pasteurization - a heat treatment used to destroy bacteria and other microorganisms in foods such as milk, eggs, wine and juice.
19. Processed Cheese - made from a combination of aged and green cheeses mixed with emulsifiers and flavorings, pasteurized then poured into molds to set.
20. Scald - to heat a liquid to just below the boiling point; to dip food into boiling water or pour boiling water the food.
21. Semi-soft Cheese - a category of cheeses characterized by a mild, buttery flavor with a smooth sliceable texture.
22. Sour Cream - produced by adding a culture to homogenized light cream.
23. Sweetened Condensed Milk - milk that has had 60% of its water removed and contains a large amount of sugar.
24. Ultra-Pasteurization - process in which milk is heated to very high temperature for a very short time to destroy virtually all bacteria.
25. Yogurt - a thickened, tart custard-like product made from milk.

1. Albumen - the clear runny part of an uncooked egg that turns milky white when cooked. Also called Egg White.
2. Chalazae Cord - thick, twisted strands imbedded in the albumen of an egg that anchors it to the yolk.
3. Grading - differentiating between types and sizes of eggs.
4. Omelet - slightly beaten egg dish usually with a filling.
5. Quiche - classical breakfast and brunch entrée created by baking an egg custard mixture and fillings in a crust.
6. Shell - the outer most part of an egg, it is made up of calcium carbonate.
7. Shirred Eggs - baked eggs in individual cups.
8. Soufflé' - light, fluffy baked egg dish consisting of a base (such as a heavy white sauce) mixed with egg yolks and flavoring ingredients into which beaten egg whites are folded just before baking.
9. Yolk - the yellow center part of an egg.

#### Unit 7 Fruits and Vegetables

1. Acidulation - immersing cut fruits in an acidic solution to prevent enzymatic browning.
2. Anthocyanin - the pigment that gives some red vegetables their color.
3. Blanch - to briefly immerse food in boiling water or steam. It inactivates the enzymes in foods.
4. Carotene - an orange plant pigment that can be changed into Vitamin A and gives color to yellow and orange vegetables.
5. Cellulose - a complex carbohydrate found in the cell wall of plants. It is edible but not digestible.
6. Chlorophyll - green pigment in vegetables and fruits.

7. Cider - mildly fermented apple juice.
8. Flavones - pigment in white vegetables.
9. Hybrid - fruit that results from cross breeding fruits from different species that are genetically unlike.
10. Jam - a fruit gel made from fruit pulp and sugar.
11. Jelly - a fruit gel made from fruit juice and sugar.
12. Juice - liquid extract from any fruit or vegetable.
13. Legume - a group of vegetables with double seamed pods with a single row of seeds. Dry beans and peas.
14. Marmalade - a citrus jelly containing unpeeled slices of a citrus fruit.
15. Nectar - diluted, sweetened juice of certain fruits.
16. Papain - a dry powder containing enzymes, which is used to tenderize meat.
17. Pectin - a gelatin like carbohydrate obtained from certain fruits, use to thicken jams and jellies.
18. Preserves - a fruit gel containing large pieces of whole fruit.
19. Refreshing - cooked vegetables added to ice water to stop the cooking process.
20. Respiration Rate - rate at which the cells of a fruit use up oxygen and produce carbon dioxide during ripening.
21. Varieties - result from breeding fruits of the same species but that have different qualities.
22. Vegetable - any herbaceous plant with little woody tissue that is edible.
23. Vegetable Oil - a polyunsaturated fat blended from many sources.
24. Vegetarianism - practice of eating a diet consisting entirely or largely of food from plant sources.

## Unit 8 Grains and Pasta

1. Al dente` - a French term which means "to the tooth" and refers to a food being prepared so that it is firm to the bite, not soft or mushy.
2. Bran - the tough outer layer of a cereal grain and the part highest in fiber.
3. Colander - used to rinse and drain salad greens, vegetables, and fruit.
4. Endosperm - the largest part of a cereal grain and a source of protein and carbohydrates (starch). It is used primarily in milled products.
5. Farinaceous Cookery- the art of cooking grains and pastas.
6. Gelatinize - process by which starch granules are cooked.
7. Germ - the part of the grain where the oil and most nutrients are found.
8. Hominy- dried corn soaked in lye.
9. Parboil - to boil briefly as a preliminary or incomplete cooking procedure.
10. Pilaf- a method of cooking grains in which the grain is sautéed in butter before being added to the cooking liquid.
11. Polenta- a starch dish that is made from corn meal that is gradually sprinkled into simmering water and stirred until it forms a thick paste.
12. Polished Rice - rice in which the germ has been removed.
13. Risotto - a cooking method for grains in which the grains are lightly sautéed in butter and then a liquid is gradually added.
14. Semolina Flour - high-protein flour which produces the best dry pasta. Pasta is made with 100% semolina flour.

15. Wild Rice - long, slender grains with a dark brown to black color, nutty flavor and chewy texture.

## Unit 9 Meat Cookery

1. Bake - cook in the oven in dry heat without a cover.
2. Barbecue - to cook by broiling, grilling, roasting, or baking. Traditionally to cook meat on a rack or spit over hot coals.
3. Baste - to spoon pan liquids over the surface of food during cooking to keep the food moist and add flavor.
4. Braise - a long, slow combination cooking technique in which food is seared and then simmered in enough liquid to cover no more than 2/3 of the food.
5. Bread - to coat a food item with crumbs and egg.
6. Broil - a dry cooking method in which food is cooked directly under a primary heat source.
7. Brown - to turn the surface of a food brown by quickly cooking it in hot fat or placing it under a broiler.
8. Cube - to cut into small squares of equal size.
9. Deep Fry - to cook in a large amount of hot fat.
10. Dredge - to coat a food by sprinkling it with or dipping it in a dry ingredient such as flour or bread crumbs.
11. Grilling - a method of short order cooking on a griddle.
12. Marinate - to soak foods in a liquid to improve texture or flavor. The liquid generally contains herbs, spices, and other flavoring ingredients, as well as an oil, and an acid, such as wine, vinegar, or lemon juice to break down the connective tissue of meat.
13. Panbroil - to cook without fat in an uncovered skillet without grease and pouring off excess fat as it accumulates.
14. Portion Control - measuring each serving to achieve equal and correct amounts.

15. Roast - to cook uncovered in the oven with dry heat.
16. Sauté - to cook food in a small amount of fat, stirring or flipping it frequently.
17. Simmer - a moist cooking technique in which food is cooked slowly and steadily in a liquid just below the boiling point. (185 degrees 200 degrees F.)
18. Standardized Recipe - a recipe giving exact directions about ingredient amounts and preparation methods.
19. Steam - to cook with vapor produced by a boiling liquid without allowing it to come in contact with the water.
20. Stew - to cook one food or several foods together in a seasoned liquid for a long period of time.

Unit 10  
Principles of Baking

1. Bench Rest - a short proofing stage for dough allowing gluten to relax.
2. Benching - the handling of the dough on the baker's table.
3. Carbon Dioxide - a gas released by the action of yeast in bread dough that makes the dough rise.
4. Docking - process of making small holes in the surface of an item before baking.
5. Dough - a mixture that can be worked with the hands.
6. Drop Batter - a batter thick enough to be spooned.
7. Egg Wash - where beaten egg is applied to bake goods by brushing to improve the finished appearance.
8. Fermentation - a chemical reaction that splits complex organic compounds into relatively simpler substances.
9. Flute - a manner of decorating crust by making uniform folds, groves or twists in the crust, such as around the edge of a pie.

10. Formula - a special type of recipe used in bake shop.
11. Gluten - protein found in flour that develops into long, elastic strands during the mixing and kneading process; it produces a light, even texture in the finished bread product.
12. Knead - a mixing process in which dough is folded, pressed, and squeezed to strengthen the gluten strands and allow yeast dough to develop the proper texture.
13. Leavening Agent - any product, mechanical, chemical, or biological, that is used in baking that creates rise by releasing a gas when subjected to heat, moisture, or acid.
14. Meringue - a mixture of sugar and stiffly beaten egg whites.
15. Oven Spring - the sudden rise and expansion of dough in the oven.
16. Panning - a process of placing dough in correct pan.
17. Peel - a wooden board used to remove breads from the oven.
18. Pour Batter - a batter thin enough to be poured.
19. Proof - in yeast dough production, the final rising stage that occurs after the dough is shaped but before baking.
20. Punching - the process of deflating yeast dough which increased uniformity.
21. Quick Breads - bread products that do not need time to rise. Usually made with chemical leavening agents such as baking soda or powder which work more quickly than yeast.
22. Reel Oven - an oven with multiple rotating shelves.
23. Retard - the chilling of yeast dough to keep it from rising.
24. Rolled In - a type of dough which the fat is combined in a rolling, folding action.
25. Scaling - the division of the dough into the size pieces needed.

26. Shaping - forming dough into shapes.

27. Sheeter - equipment that rolls out large pieces of dough.

28. Staling - process by which moisture is lost in a product.

29. Starter - mixture of flour, yeast, sugar and liquid that begins a leavening action.

30. Tunnels - holes in quick bread products due to over mixing.

31. Yeast - microscopic fungi that thrive on carbohydrates, warmth and moisture. They release carbon dioxide gas that makes bread dough rise.

32. Yeast Breads - bread made from dough that uses yeast as the leavening agent.