

**The School of Culinary Arts Competency List**  
**Art of Cooking Diploma Program**

***Safety & Sanitation***

- Recognize the basic principals of sanitation & safety
- Apply the basic principals of sanitation & safety in food service operations
- Receive a sanitation certification from National Restaurant Association
- Consistently operated, cleaned and maintained kitchen equipment, appliances and tools safely\*
- Selected/demonstrated optimum storage conditions for foods and sundry products
- Identified time and temperature requirements for various foods, especially high risk products
- Identified causes and symptoms of food borne illness
- Identified operational procedures for the prevention of cross contamination of foods
- Demonstrated proper procedure for the prevention of cross contamination of foods
- Described the safe and appropriate use of current types of cleaners & sanitizers
- Demonstrated how to use MSDS sheets (regarding hazardous materials)
- Identified various types of burns, cuts and injuries common to a kitchen
- Identified appropriate treatment and/or procedure for common types of burns, cuts and injuries
- Defined and applied requirements of Hazardous Analysis Critical Control Point
- Identified procedures to prevent the common causes of injuries and accidents
- Consistently demonstrated proper procedure for washing hands
- Consistently demonstrated appropriate procedure for washing foods
- Consistently demonstrated appropriate procedure for washing pots, pans, china, glass and tableware

***Intro to Culinary Skills***

- Identified commonly used hand tools of the professional kitchen
- Matched common hand tools to appropriate use
- Identified commonly used equipment & appliances of the professional kitchen
- Matched common equipment and appliances to appropriate use
- Shown the ability to make common knife cuts; chop, slice, mince, etc.
- Shown the ability to make classic knife cuts; tourner, flute, julienne, brunoise, etc.
- Identified primal, sub-primal and markets cuts of beef, veal, lamb, port, game, poultry and seafood
- Shown an ability to fabricate seafood and meats into market cuts
- Demonstrate proper classic stock making and handling
- Demonstrate a proper consommé
- Demonstrate a proper Béchamel
- Demonstrate a proper Veloute
- Demonstrated a proper Espagnole
- Demonstrate a proper Demi-Glace
- Demonstrate a proper Jus lie
- Demonstrate a proper Tomato sauce
- Demonstrate a proper Hollandaise
- Demonstrate a proper Beurre Blanc
- Demonstrate a proper broth based soup
- Demonstrate a proper cream soup

- Demonstrate a proper pureed soup
- Demonstrate proper Sautéing
- Demonstrate proper Grilling
- Demonstrate proper Broiling
- Demonstrate proper Deep Frying
- Demonstrate proper Pan Frying
- Demonstrate proper Roasting/Baking
- Demonstrate proper Poeling
- Demonstrate proper Braising
- Demonstrate proper Stewing
- Demonstrate proper Poaching
- Demonstrate proper Simmering
- Demonstrate proper Steaming
- Demonstrate proper Boiling

### *World Cuisines*

- Recognize the terminology, trace the history and identify the pantry of Mediterranean Cuisine
- Apply proper cooking methods of Mediterranean Cuisine
- Recognize the terminology, trace the history and identify the pantry of Classic French Cuisine
- Apply proper cooking methods of Classic French Cuisine
- Recognize the terminology, trace the history and identify the pantry of Asian Cuisine
- Apply proper cooking methods of Asian Cuisine

### *Garde Manger*

- Properly prepared a variety of charcuterie products
- Demonstrate basic knowledge of traditional & modern plate, table and buffet setup & presentation, as well as garnishing and accompaniments common to pantry setup
- Define Garde Manger and appropriate terminology in food products, tools and basic mise en place
- Differentiate and utilize various preservation methods
- Prepare various spreads, dough, and bases commonly associated with hors d'oeuvres and appetizers
- Execute and organize cold food platter to include meats, fruits, cheeses, and other reception foods
- Use proper methods for preparing plates & passed hors d'oeuvres and appetizers, both hot and cold
- Use proper methods and demonstration of knife skills associated with hors d'oeuvres and canapés and buffet cold foods
- Understand and articulate knowledge of primal, sub-primal and typical portion cuts of beef, lamb and pork
- Understand and demonstrate the skills necessary to properly trim, cut, debone, fillet,
- Demonstrate the production skills for all types of forcemeats, pates, mousses, terrines, and galatines as well as the techniques and skills necessary for basic sausage making
- Prepare hot and cold sandwiches and soups
- Define and demonstrate emulsions, dressings, and cold sauce techniques
- Effectively establish, organize and prepare salads with relation to pantry station

***American Regional Cooking***

- Assemble a menu using local ingredients from the United States
- Be able to discuss the various influences affecting the people of the United States
- Cook in a diverse fashion, tying in the various cultures of the United States