

Oklahoma CTE

Culinary Techniques (2016)

Adopted 2016

Discuss basic kitchen safety

Discuss basic kitchen safety

Discuss contents and reasons for using a standard recipe

Discuss contents and reasons for using a standard recipe

Outline the procedure for writing a standard recipe

Outline the procedure for writing a standard recipe

Describe the process for writing requisitions

Describe the process for writing requisitions

Discuss reasons for substitutions in standard recipes and how to make substitutions

Discuss reasons for substitutions in standard recipes and how to make substitutions

Explain the phrase "Mise en Place"

Explain the phrase "Mise en Place"

Describe procedures for organizing work and assembling supplies

Describe procedures for organizing work and assembling supplies

Discuss guidelines for timing food preparation

Discuss guidelines for timing food preparation

Write a standard recipe

Write a standard recipe

Prepare written requisitions for a recipe

Prepare written requisitions for a recipe

Weigh and measure dry ingredients using the proper equipment and tools

Weigh and measure dry ingredients using the proper equipment and tools

Weigh and measure liquid ingredients using the proper equipment and tools

Weigh and measure liquid ingredients using the proper equipment and tools

Read and follow a standard recipe

Read and follow a standard recipe

Identify smallwares and sharpening tools

Identify smallwares and sharpening tools

Discuss the parts of a knife and a steel

Discuss the parts of a knife and a steel

Discuss care of knives

Discuss care of knives

List rules to follow when sharpening and using knives

List rules to follow when sharpening and using knives

Describe classical cuts

Describe classical cuts

Identify food preparation tools and utensils

Identify food preparation tools and utensils

Identify cooking tools and utensils

Identify cooking tools and utensils

Identify baking tools and utensils

Identify baking tools and utensils

Identify food handling tools and utensils

Identify food handling tools and utensils

Discuss rules to observe when using and caring for tools and utensils

Discuss rules to observe when using and caring for tools and utensils

Use a steel

Use a steel

Sharpen a French knife	Sharpen a French knife
Demonstrate classical cuts	Demonstrate classical cuts
Discuss the types/categories of equipment used in a professional kitchen	Discuss the types/categories of equipment used in a professional kitchen
Identify basic tools and equipment	Identify basic tools and equipment
Describe basic safety techniques to use in a kitchen	Describe basic safety techniques to use in a kitchen
Discuss food contact surfaces that must be sanitized prior to use	Discuss food contact surfaces that must be sanitized prior to use
Identify the equipment in your lab kitchen	Identify the equipment in your lab kitchen
Operate the various pieces of equipment in your lab kitchen	Operate the various pieces of equipment in your lab kitchen
Clean and sanitize the various pieces of equipment in your lab kitchen	Clean and sanitize the various pieces of equipment in your lab kitchen
Discuss the elements of taste	Discuss the elements of taste
List basic staples of cooking	List basic staples of cooking
Discuss the use of seasonings, flavorings, extracts and aromatics	Discuss the use of seasonings, flavorings, extracts and aromatics
Describe the purpose and use of marinades	Describe the purpose and use of marinades and rubs

and rubs

Discuss condiments

Discuss condiments

Describe various cooking methods and their use

Describe various cooking methods and their use

Discuss the physiology of applying heat to "cook" items

Discuss the physiology of applying heat to "cook" items

Discuss color and texture in cooking

Discuss color and texture in cooking

Explain the rules of presentation

Explain the rules of presentation

Review standard weights and measures

Review standard weights and measures

Determine proper cooking methods for various items

Determine proper cooking methods for various items

Determine seasonings for specific foods

Determine seasonings for specific foods

Design a plate and platter presentation

Design a plate and platter presentation

Identify spices, herbs, and seasonings

Identify spices, herbs, and seasonings

Identify basic types, uses, and quality of stocks

Identify basic types, uses, and quality of stocks

Discuss the basic types, uses, and quality of sauces

Discuss the basic types, uses, and quality of sauces

Describe thickening agents

Describe thickening agents

Identify types and standards of quality for soups

Identify types and standards of quality for soups

Discuss factors related to the use of convenience foods

Discuss factors related to the use of convenience foods

Describe ways to serve soups and sauces

Describe ways to serve soups and sauces

Create an evaluation sheet for stocks, sauces, and soups

Create an evaluation sheet for stocks, sauces, and soups

Prepare and evaluate various convenience products

Prepare and evaluate various convenience products

Prepare and evaluate stocks

Prepare and evaluate stocks

Prepare and evaluate sauces

Prepare and evaluate sauces

Prepare and evaluate soups

Prepare and evaluate soups

List the basic types of salads

List the basic types of salads

State the basic parts of a salad

State the basic parts of a salad

Discuss the preparation, handling, and storage of salad ingredients

Discuss the preparation, handling, and storage of salad ingredients

Describe basic guidelines for making salads

Describe basic guidelines for making salads

Identify factors related to quality

Identify factors related to quality

Discuss factors affecting gelatins

Discuss factors affecting gelatins

Describe methods of serving salads

Describe methods of serving salads

List the basic types of dressings and how to use them

List the basic types of dressings and how to use them

Prepare and evaluate dressings

Prepare and evaluate dressings

Prepare and evaluate various salads

Prepare and evaluate various salads

State basic guidelines for vegetable and fruit production

State basic guidelines for vegetable and fruit production

Discuss guidelines for fruit production

Discuss guidelines for fruit production

Describe market forms of vegetables and fruits

Describe market forms of vegetables and fruits

Discuss standards of quality for fresh and cooked vegetables

Discuss standards of quality for fresh and cooked vegetables

Discuss standards of quality for fresh and cooked fruits

Discuss standards of quality for fresh and cooked fruits

List methods of preparing vegetables

List methods of preparing vegetables

Describe methods of preparing fruits

Describe methods of preparing fruits

Outline methods of cooking and serving vegetables

Outline methods of cooking and serving vegetables

Outline methods of cooking and serving fruits

Outline methods of cooking and serving fruits

Prepare and evaluate vegetables

Prepare and evaluate vegetables

Prepare and evaluate fruits

Prepare and evaluate fruits

List common types of pasta

List common types of pasta

List types and market forms of rice

List types and market forms of rice

Discuss legumes

Discuss legumes

Describe grains and other starches

Describe grains and other starches

Describe procedures for handling and storing starches

Describe procedures for handling and storing starches

Outline factors to consider when cooking and using starches

Outline factors to consider when cooking and using starches

Discuss standards of quality for various starches

Discuss standards of quality for various starches

Prepare and evaluate pasta

Prepare and evaluate pasta

Prepare and evaluate rice

Prepare and evaluate rice

Prepare and evaluate legumes

Prepare and evaluate legumes

Prepare and evaluate grains and/or other starches

Prepare and evaluate grains and/or other starches

Describe basic types of sandwiches

Describe basic types of sandwiches

Discuss basic sandwich ingredients

Discuss basic sandwich ingredients

Outline types, use, and care of special tools, equipment, and utensils used in sandwich making

Outline types, use, and care of special tools, equipment, and utensils used in sandwich making

Discuss wrapping and storage of sandwiches

Discuss wrapping and storage of sandwiches

Outline standards of quality for sandwiches

Outline standards of quality for sandwiches

List types of hors d'oeuvres and canapés

List types of hors d'oeuvres and canapés

Discuss factors to consider when making and storing hors d'oeuvres and canapés

Discuss factors to consider when making and storing hors d'oeuvres and canapés

Describe proper platter presentation for hors d'oeuvres and canapés

Describe proper platter presentation for hors d'oeuvres and canapés

Prepare and evaluate hot sandwiches

Prepare and evaluate hot sandwiches

Prepare and evaluate cold sandwiches

Prepare and evaluate cold sandwiches

Prepare and evaluate hors d'oeuvres and canapés

Prepare and evaluate hors d'oeuvres and canapés

Plate and present sandwiches, hors d'oeuvres and canapés

Plate and present sandwiches, hors d'oeuvres and canapés

List the main classes of cheese

List the main classes of cheese

Outline quality grades

Outline quality grades

Describe cheese making processes

Describe cheese making processes

Discuss common cheese textures

Discuss common cheese textures

Describe proper handling of cheese

Describe proper handling of cheese

Outline the uses of cheese

Outline the uses of cheese

Discuss types of food using cheese as a main ingredient

Discuss types of food using cheese as a main ingredient

Describe the principles of cheese cookery

Describe the principles of cheese cookery

Outline the nutritional importance of eggs

Outline the nutritional importance of eggs

Discuss the common uses of eggs and common egg dishes

Discuss the common uses of eggs and common egg dishes

List market forms of eggs, their use and storage

List market forms of eggs, their use and storage

Describe ways to keep eggs and egg products safe and sanitary

Describe ways to keep eggs and egg products safe and sanitary

Discuss the various types of milk and cream and their uses

Discuss the various types of milk and cream and their uses

Describe various types of cultured dairy

Describe various types of cultured dairy products

products

Discuss the uses of butter and margarine

Discuss the uses of butter and margarine

Prepare and evaluate cheese dishes

Prepare and evaluate cheese dishes

Prepare and evaluate egg dishes

Prepare and evaluate egg dishes

Discuss features unique to breakfast meals

Discuss features unique to breakfast meals

List common breakfast foods and condiments

List common breakfast foods and condiments

Describe types of breakfast menus

Describe types of breakfast menus

Outline uses of fruit and juices in breakfast menus

Outline uses of fruit and juices in breakfast menus

Discuss battered products

Discuss battered products

Outline the steps in preparing to serve breakfast

Outline the steps in preparing to serve breakfast

Prepare and evaluate breakfast fruits and juices

Prepare and evaluate breakfast fruits and juices

Discuss poultry type and fabrication

Discuss poultry type and fabrication

Describe safe handling of poultry

Describe safe handling of poultry

Discuss methods for cooking poultry and factors affecting cooking

Discuss methods for cooking poultry and factors affecting cooking

Recognize types of meat (beef, pork, lamb, veal, variety meats)	Recognize types of meat (beef, pork, lamb, veal, variety meats)
Discuss cuts and grades of beef and veal	Discuss cuts and grades of beef and veal
Describe cuts and grades of pork	Describe cuts and grades of pork
Discuss cuts and grades of lamb	Discuss cuts and grades of lamb
Outline portion weight specifications and shrinkage for meats and poultry	Outline portion weight specifications and shrinkage for meats and poultry
Discuss methods for cooking meat and factors affecting cooking	Discuss methods for cooking meat and factors affecting cooking
Recall factors affecting meat carving and carving techniques	Recall factors affecting meat carving and carving techniques
Discuss fish and seafood types and fabrication	Discuss fish and seafood types and fabrication
Describe factors affecting selection, storage and use of fish and seafood	Describe factors affecting selection, storage and use of fish and seafood
Outline principles and common methods of cooking fish and seafood	Outline principles and common methods of cooking fish and seafood
Discuss types and fabrication of game	Discuss types and fabrication of game
Describe other protein sources	Describe other protein sources
Identify cuts of beef	Identify cuts of beef

Cut up a whole chicken	Cut up a whole chicken
Prepare and evaluate poultry dishes	Prepare and evaluate poultry dishes
Prepare and evaluate meat dishes using moist heat methods	Prepare and evaluate meat dishes using moist heat methods
Prepare and evaluate fish/seafood dishes	Prepare and evaluate fish/seafood dishes
Prepare meat, fish or poultry dish using combined methods of cooking	Prepare meat, fish or poultry dish using combined methods of cooking
Define baking terms	Define baking terms
Identify baking equipment and utensils including use and care	Identify baking equipment and utensils including use and care
Identify ingredients, properties, and functions of various ingredients used in baking	Identify ingredients, properties, and functions of various ingredients used in baking
List steps for using yeast	List steps for using yeast
Discuss techniques used in baking	Discuss techniques used in baking
List common types of yeast breads and quick breads	List common types of yeast breads and quick breads
Discuss standard of quality and factors which influence the quality of bread products	Discuss standard of quality and factors which influence the quality of bread products

Calculate recipe conversions

Calculate recipe conversions

Prepare and evaluate crusty, soft, and specialty yeast products

Prepare and evaluate crusty, soft, and specialty yeast products

Prepare and evaluate quick breads

Prepare and evaluate quick breads

List types of cakes

List types of cakes

Discuss mixing and baking techniques

Discuss mixing and baking techniques

Describe standards of quality for cakes

Describe standards of quality for cakes

State basic types of icing and preparation

State basic types of icing and preparation

Describe basic icing and decorating tools and techniques

Describe basic icing and decorating tools and techniques

List types of fillings, toppings, and sauces for baked goods

List types of fillings, toppings, and sauces for baked goods

Describe the basic types of cookies

Describe the basic types of cookies

List general rules for cookie preparation and quality standards

List general rules for cookie preparation and quality standards

Discuss the application of mixes and other value added products

Discuss the application of mixes and other value added products

Describe storage of cakes and cookies

Describe storage of cakes and cookies

Prepare and evaluate various cakes

Prepare and evaluate various cakes

Prepare and evaluate icings

Prepare and evaluate icings

Demonstrate basic icing and decorating techniques

Demonstrate basic icing and decorating techniques

Create a variety of fillings and toppings for baked goods

Create a variety of fillings and toppings for baked goods

Prepare and evaluate various types of cookies

Prepare and evaluate various types of cookies

Plate baked goods for presentation

Plate baked goods for presentation

Describe the various types of pies and crusts

Describe the various types of pies and crusts

List steps in making, rolling, shaping, and baking pie dough

List steps in making, rolling, shaping, and baking pie dough

Describe various types of pastry and pie fillings and toppings

Describe various types of pastry and pie fillings and toppings

Outline quality standards for pastry products

Outline quality standards for pastry products

Discuss laminated doughs, paté a choux, and other specialized dough

Discuss laminated doughs, paté a choux, and other specialized dough

Describe fillings, sauces, and toppings for pastries and other desserts

Describe fillings, sauces, and toppings for pastries and other desserts

Outline process for creating soufflés

Outline process for creating soufflés

Discuss the production of fritters, crepes, cobblers, and crisps

Discuss the production of fritters, crepes, cobblers, and crisps

Describe ways to plate desserts for presentation

Describe ways to plate desserts for presentation

Prepare and evaluate pies and tarts

Prepare and evaluate pies and tarts

Prepare and evaluate the three basic meringue types

Prepare and evaluate the three basic meringue types

Prepare and evaluate laminated doughs

Prepare and evaluate laminated doughs

Prepare and evaluate paté a choux

Prepare and evaluate paté a choux

Produce and evaluate creams, custards, puddings and related sauces

Produce and evaluate creams, custards, puddings and related sauces

Prepare and evaluate dessert sauces

Prepare and evaluate dessert sauces

Produce and evaluate basic hot soufflés

Produce and evaluate basic hot soufflés

Prepare and evaluate fritters, crepes, cobblers, and crisps

Prepare and evaluate fritters, crepes, cobblers, and crisps

Plate baked goods for presentation

Plate baked goods for presentation

Identify types of beverages and when they are served

Identify types of beverages and when they are served

Discuss coffee quality

Discuss coffee quality

Outline types and quality standards of tea

Outline types and quality standards of tea

Discuss ways to properly make and serve teas and coffees

Discuss ways to properly make and serve teas and coffees

Describe the use of convenience beverages

Describe the use of convenience beverages

Discuss the use of carbonated beverages and soda systems

Discuss the use of carbonated beverages and soda systems

Prepare and evaluate hot beverages

Prepare and evaluate hot beverages

Prepare and evaluate cold beverages

Prepare and evaluate cold beverages

Outline types, use, and care of special tools, equipment, and utensils used in garde manger

Outline types, use, and care of special tools, equipment, and utensils used in garde manger

Identify and discuss ingredients used in the cold kitchen

Identify and discuss ingredients used in the cold kitchen

Describe basic garnishes and quality standards

Describe basic garnishes and quality standards

Discuss edible ingredients used as garnish

Discuss edible ingredients used as garnish

Describe techniques for adding design and form

Describe techniques for adding design and form

Discuss items served from the cold kitchen

Discuss items served from the cold kitchen

Describe presentation of cold food items

Describe presentation of cold food items

Identify and discuss cheese and dairy products used in garde manger

Identify and discuss cheese and dairy products used in garde manger

Discuss the production of decorative centerpieces

Discuss the production of decorative centerpieces

Create basic garnishes

Create basic garnishes

Prepare and evaluate cold food items

Prepare and evaluate cold food items

Develop fundamental skill in the preparation of forcemeats

Develop fundamental skill in the preparation of forcemeats

Prepare and evaluate mousses and gelatins

Prepare and evaluate mousses and gelatins

Demonstrate food presentation techniques for various functions/events

Demonstrate food presentation techniques for various functions/events

Produce decorative centerpieces

Produce decorative centerpieces