Hospitality & Culinary Arts Careers

CERTIPORT
A PEARSON VUE BUSINESS

Culinary Foundations

with World Association of Master Chefs

Objective Domains

The Culinary Foundations exam certifies that a candidate has successfully demonstrated the essential knowledge and skills—including set up procedures, food safety and sanitation, executing recipes, and time management—necessary to work professionally in a commercial kitchen. A candidate who earns this certification is qualified to work in a kitchen as a cook, such as restaurant, short order, delicatessen, line or station, and/or prep cooks. **150 hours or more of instruction and/or hands-on experience should be completed prior to taking this exam.**

1. Food Storage

1.1 Determine appropriate food storage for ingredients

- Walk-in, pantry, freezer, organization in each
- Which shelf meat goes on
- FIFO order
- Identify the flow of food in the industry.

1.2 Describe how to correctly label stored items

- Date marking, product name.

2. Set Up Procedures

2.1 Define mise en place

- Types of mise en place - equipment, ingredient, mental

2.2 Differentiate between types of knives and the primary uses for each

- Chefs/French, paring, boning, fileting, serrated

2.3 Recognize basic knife cuts and the primary uses for each

- Dice (different sizes), julienne, batonnet, diagonal, mince, slice

2.4 Identify common kitchen tools and equipment, and the primary uses for each

- Hotel pans, commercial ovens and refrigerators, bain marie, pots and pans, stock pots, sauté pans, saucepans, sheet pans, sous vide, mixers, slicers, blast chillers, food processors, dough ballers, folders, rollers, sheeter, blenders (immersion), microplane, dough scraper, small hand tools, bench scraper, spatulas and rubber scrapers

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2.5 Identify common ingredients

- Animal proteins
- Produce
- Wet and dry goods
- Dairy
- Herbs

2.6 Given a recipe, identify the methods, ingredients, equipment, process, and outcome

- Interpret methods that need to be used.
- Follow steps in an order for efficiency.
- Use proper equipment for a recipe.

2.7 Calculate quantities to scale recipes and convert between measurements

- Least amount of measuring
- Conversion between metric and imperial measurements
- Accuracy of measuring

3. Food Safety and Sanitation

3.1 Identify correct times and temperature controls

- Thawing, cooking, hot and cold holding, cooling, cold storage, reheating, danger zones

3.2 Explain basic food segregation for safety

- Allergens, foodborne illnesses, cross-contamination, cross-contact

3.3 Identify correct sanitation in a food operation

- General cleanliness, work exclusions, and personal hygiene and grooming

4. Kitchen Environment

4.1 Describe the kitchen hierarchy

- Prep cook, lead cook, chef de cuisine, executive chef, executive pastry chef, sous chef

4.2 Identify equipment safety risks

- What to do about frayed cords

4.3 Describe basic equipment maintenance

- Knives (including sharpening angle), small appliances, cutting boards, tools

4.4 Describe basic workplace safety practices

- Avoiding cuts, burns, slips, and falls, fire and electrical safety

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5. Cooking Methods and Terminology

5.1 Explain preparation methods

- Whipping, creaming, muffin method, whisking, folding, making doughs and batters

5.2 Explain wet heat cooking methods

- Boiling, steaming, parboiling, par-cooking (blanching)

5.3 Explain dry heat cooking methods

- Roasting, baking, grilling, sauteing, frying (pan and deep), broiling, searing, browning

5.4 Explain combination heat cooking methods

- Graising, stewing

5.5 Explain methods for making stocks, sauces, and soups

- Sauce making: deglazing, reducing
- Thickening agents and methods

6. Clean Up

6.1 Recognize chemicals and chemical storage and their primary uses

- Degreaser vs sanitizer
- Cleaning vs sanitizing
- Cleaning supplies in primary labeled container

6.2 Identify waste management and recycling methods

6.3 Identify cleaning equipment and their primary uses

6.4 Identify types of sinks and their primary uses

- Hand washing, prep, utility, three-compartment

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