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Level 3

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PRESCRIBED TEXTS

- On Cooking

SUPPLEMENTARY TEXTS

- Food Safe Handbook Levels I, II & III
- What is WHMIS
- Employment Standards Bulletins
- Responsibility That We All Share - B.C. Human Rights Council

LEVEL THREE PRACTICAL COMPETENCIES

A four-course meal will be prepared using a modified Black-Box format. A bread product, prawn, pasta, game and dessert course will be presented. Two servings of each course will be presented within the designated time frame.

Occupational Skills

- Develop test day work plan
- Accurately cost menu items
- Develop accurate product inventory sheet

Stocks, Sauces, Soups (Black Box)

- Prepare sauces to complement the 4 course menu items

Vegetables and Fruits (Black Box)

- Prepare vegetables and fruits to complement the 4 course menu items

Pasta and Farinaceous Products (Black Box)

- Prepare pasta for pasta course
- Prepare Starch product for Entrée

Game, Meats and Poultry

- Prepare Braised Venison Shanks

Fish and Seafood

- Clean and Grill Prawns

Garde Manger

- Prepare cold salmon mousse

Baked Goods

- Prepare a sample yeast bread

Desserts

- Produce Lemon Curd
- Temper chocolate
- Produce caramel
- Prepare sample dessert from above dessert products