



CULINARY ARTS PROGRAM

Professional Cook 1 & 2

Course Outline

Culinary Arts

Chef Instructors: Jim Armstrong, Mike Barillaro, Perry Bentley, Geoffrey Couper, Reinhard Foerderer, Stuart Klassen, Rob Walker, Tanya Garrett

Course Times: 8:00 AM to 2:15 PM – in Kitchens CA101, 102, 103, 104
 2:00 PM to 8:15 PM – in PC2 Lab CA 201
 2:00 PM to 9:30 PM – in Restaurant CA 105, 205

CULINARY ARTS PROFESSIONAL COOK 1 (PC1)

CODE	COURSES	WEEKS
CA 101	Lab Kitchen	6
<p>This course introduces the learner to the various subjects that make up the Culinary Arts Certificate program. The daily activities follow the format of classroom instruction/lecture, individual and group study, followed by an instructional demonstration where appropriate and then a cooking assignment. Course content is drawn from blocks A to I of the provincial curriculum and includes program orientation, trade knowledge, kitchen safety, food safety, production procedures, ordering and inventory; stocks, soups and sauces; vegetable and starch cookery; meat, poultry and seafood cookery; salads and dressings; kitchen math; receiving and storing; breakfast and egg cookery. Reference: Block A: Occupational Skills ; Block B: Stocks, Soups and Sauces; Block C: Fruits and Vegetables; Block D: Starches; Block E: Meats; Block F: Poultry; Block G: Seafood; Block H: Cold Kitchen; Block I: Dairy and Eggs; Block J: Baking; Block K: Beverages</p>		
CA 103	Hot Kitchen	6
<p>The hot kitchen is a production area where students are involved in the day-to-day running of the kitchen. Course content is drawn from blocks B, C, D, E, F, G and I (see CA 101 for reference) and includes fast food production, stocks, soups and sauces, vegetable and starch cookery and breakfast and egg cookery.</p>		
CA 102	Cold Kitchen	6
<p>The cold kitchen is a production area where students are involved in the day-to-day running of the kitchen. Course content is drawn from blocks A, C, E, F, G and H (see CA 101 for reference) and includes the receiving and storing of foods, meat cutting and the production of various cold foods from sandwiches to buffet platters. The satellite food service outlets are also managed and staffed by students for the Level I cold kitchen.</p>		
CA 105	Infusions Restaurant	6
<p>Students' progress towards the latest culinary techniques and presentations during this course. Students in the restaurant component run both the food and service sides of a restaurant. Course content is drawn from blocks A to K inclusive (see CA 101 for reference). Students will be instructed in and given hands-on tasks related to every area of the curriculum both hot and cold.</p>		
CA 104	Bakery	6
<p>The bakery is a production area where students are involved in the day-to-day running of the pastry kitchen. Course content is drawn from blocks A and J (see CA 101 for reference) and includes principles of baking, ingredients and nutrition, pastry and desserts, quick breads and yeast breads.</p>		
ITA*	PC1 Practical Assessment – Cook Off	
<p>At the end of PC1, students plan, prepare and serve a 5-course menu and are assessed on 1) Safety and Sanitation, 2) Organization, Technical (prep) Skills, Cooking Technique, 3) Finished Products. The passing rate for all ITA exams 70%. This mark is presented as a "Pass or Fail".</p>		
ITA*	PC1 Technical Training	
<p>The result is based on the average combined practical and theory marks taken from all the PC2 courses. . The passing rate for all ITA exams 70%. This mark is presented as a percentage out of 100%.</p>		
(900 hours)	PC1 TOTAL WEEKS	30

CULINARY ARTS CO-OP

Students are paid by their employer during the 10-week Co-op period. Students must submit their work-based training hours to the Culinary Arts department for approval.

CODE	SUBJECT	WEEKS
CA 250	Co-op	10
To facilitate the ITA PC1 requirement of 400 hours of industry training, the 10-week Co-op placement will introduce students to real workplace environments, as well as provide perspectives to industry standards and expectations. Prerequisite: PC1 completed.		
(400 hours)	CO-OP TOTAL WEEKS	10

CULINARY ARTS PROFESSIONAL COOK 2 (PC2)

CODE	COURSE	WEEKS
CA 201	Lab Kitchen	5
This course expands upon the concepts attained in PC1 training. The learner will build upon techniques and skills to achieve their Culinary Arts Certificate. The daily activities are structured with classroom instruction/lecture followed by practical cooking applications in a lab setting. Instructor demonstrations are applied where appropriate. Course content is drawn from Block A to H and Block J of the Provincial Curriculum and includes Occupational Skills; Stocks, Soups and Sauces; Fruits and Vegetables; Starches; Meats; Poultry; Seafood; Garde Manger; Baked Goods and Desserts. Reference: Block A: Occupational Skills; Block B: Stocks, Soups and Sauces; Block C: Fruits and Vegetables; Block d: Starches; Block E: Meats; Block F: Poultry; Bock G: Seafood; Bock H: Garde Manger; Block J: Baked Goods and desserts. Prerequisite: Completion of PC1 or equivalent.		
CA 205	Infusions Restaurant	5
Students' progress towards the latest culinary techniques and presentations during this course. Students in the restaurant component run both the food and service sides of a restaurant. Course content is drawn from blocks A to K inclusive (see CA 101 for reference). Students will be instructed in and given hands-on tasks related to every area of the curriculum both hot and cold.		
ITA*	PC2 Practical Assessment – Cook Off	
At the end of PC2, students plan, prepare and serve a 5-course menu and are assessed on 1) Safety and Sanitation, 2) Organization, Technical (prep) Skills, Cooking Technique, 3) Finished Products. The passing rate for all ITA exams 70%. This mark is presented as a "Pass or Fail".		
ITA*	PC2 Technical Training Result	
The result is based on the average combined practical and theory marks taken from all the PC2 courses. . The passing rate for all ITA exams 70%. This mark is presented as a percentage out of 100%.		
(300 hours)	PC2 TOTAL WEEKS	10
(1600 hours)	TOTAL WEEKS	50

*Industry Training Authority of British Columbia – Okanagan College is your training provider and your sponsor during the program. This means that the College reports the practical assessment and technical training results to the ITA. In addition, the College reports all work-based training hours to the ITA for the duration of the program. To learn about earning Professional Cook Red Seal Certification through the ITA, check out the website at <http://www.itabc.ca/>