

Cook (Hotel & Restaurant) - 313.361.014

The following schedule of work experience is intended as a guide. It need not be followed in any particular sequence, and it is understood that some slight adjustments may be necessary in the hours allotted for different work experience to become fully competent in all work processes which are a part of the trade. The apprentice will be fully instructed in safety and OSHA requirements.

A. CLEANLINESS AND MAINTENANCE OF EQUIPMENT (300 Hours)

1. Good practices and cleanliness in the kitchen
2. Use of Kitchen tools and equipment and safety
3. Use of condiments, spices and raw materials
4. Proper cleaning of dishes and silverware
5. Proper cleaning of cooking utensils
6. Proper cleaning of tables, stoves, refrigerators and all other equipment
7. Personal appearance and Hygiene

B. SOUPS (570 Hours)

1. Preparation of various stocks for soup
2. Time and portion control for cooking & safety
3. Types of soups: vegetable, black beans, puree of split pea, cream soups, tomato, potato, mangole, celery, asparagus, chicken, turkey, consomme, minestrone, rice and tomato, clear soups with garnishes, old fashioned chicken and others

C. SEAFOODS - SHELLFISH - FISH (850 Hours)

1. Various methods of preparation: stews, newburghs, broiled, baked, fried & safety
2. Time and portion control for cooking
3. Types of seafood: clams, oysters, crabs, lobsters, scallops
4. Types of fish: flounder, fillet of sole, lemon sole, haddock, scrod, mackerel, swordfish, halibut, snapper, trout, bluefish, etc.

D. MEAT AND FOWL (850 Hours)

1. Selection of grades and cuts for veal, pork, beef, lamb and grade of fowl
2. Methods of cooking and preparation: roasts, stews, including stroganoff, ragout & fricasee, deep frying, broiling, pan frying, boiling, steaming, grilling, patties, sweet breads, livers, Diane cacciatore, Eugene, etc.
3. Time and portion control for cooking
4. Carving and slicing techniques
5. Storing & Safety

E. VEGETABLES AND POTATOES (480 Hours)

1. Vegetables: use of carrots, beans, corn, squash, peas, beets, sprouts, cabbage, greens, lima beans, etc.
2. Potatoes: whipped, croquettes, patties, Dutch, scalloped, fried, french fried, Pan fried, home fried, cottage fried, Lyonnaise, O'Brien, etc.
3. Various ways of slicing, combining and cooking the different potatoes and vegetables and safety

F. PREPARATION OF SANDWICHES, SALADS, APPETIZERS & DRESSINGS (450 Hours)

1. Sandwiches: hot and cold such as grilled, hot with gravy, cold with proper garnish such as club, etc.
2. Salads: hearts of lettuce, tossed, Chefs Julienne salad, jellied, fruit, antipasto, etc.
3. Dressings: oil and vinegar, Russian, French, sweets, etc.
4. Appetizers: fruit cup, chicken livers, herring, baked grapefruit air sherry, oysters, clams on half shell, relishes, etc.
5. Use of various combination and safety

G. PREPARATION OF BEVERAGES (68 Hours)

1. Coffee, tea, cocoas, blends, iced drinks & safety

H. FOOD PURCHASING, RECEIVING STORAGE AND SAFETY (500 Hours)

1. Purchasing - quantities, prices
2. How to pack & cover foods to prevent waste
3. Refrigeration
4. Proper temperature for various foods
5. Checking foods length of time in freezer
6. Receiving and handling techniques, inventory control

I. BANQUET AND VOLUME COOKING (500 Hours)

1. Estimating
2. Preparing & safety
3. Cooking
4. Storing at proper temperatures
5. Garnishing plates
6. Serving when hot

J. MENU PLANNING (500 Hours)

1. Pricing, truth and menu law
2. Variety related to type of operation and clientele
3. Basic and specialty items
4. Relationship with cost and inventory

K. SUPERVISION (500 Hours)

1. Kitchen organization, layout and work flow and continuity
2. Various facets of handling, developing and training personnel

L. RELATED INSTRUCTION (432 Hours)

TOTAL - 6000 Hours

WAGE SCHEDULE

0 - 1000	Hours	_____
1001 - 2000	Hours	_____
2001 - 3000	Hours	_____
3001 - 4000	Hours	_____
4001 - 5000	Hours	_____
5001 - 6000	Hours	_____
Journeyman	Rate	_____