

Certified Culinarian (CC)

Written Exam Question Make-up:

- 60% Basic Cooking
- 10% Sanitation
- 10% Nutrition
- 10% Supervisory Management
- 10% Basic Baking

Topics Include:

1. Cooking Principles & Processing Terminology
2. Kitchen Equipment: Ranges and Ovens
3. Kitchen Utensils and Chefs Tools
4. Food Items and Ingredients
5. Seasoning, Flavoring, Spices, and Herbs
6. Breakfast Items and Egg Cookery
7. Stocks and Thickening Agents
8. Soups and Sauces
9. Hors d'oeuvres and Cheeses
10. Beef, Veal, Pork and Lamb: Cuts & Classifications
11. Meat Cookery
12. Poultry and Game: Cooking & Classifications
13. Fish and Shellfish: Cooking & Classification
14. Garde Manger: Salads and Salad Dressings
15. Garde Manger: The Cold Kitchen
16. Vegetables, Pasta, Potatoes and Rice: Cooking & Classification
17. Food Safety & Sanitation
18. Nutrition
19. Supervisory Management
20. Problem Solving, Time Management, and Decision Making