



Red Seal Examination Preparation – Certificate

100 Hours –5 weeks Full-time

This course is designed for working chefs who have completed, or almost completed, the 6,000 hour experience requirement needed to sit for the Red Seal examination and who need to review the theory essential to successful completion of the exam. This is not a diploma course, nor do the hours count towards Red Seal or other certifications. The Red Seal preparation course is however a very efficient and effective way to prepare for writing the Red Seal examination and will increase the potential for success significantly. To learn more about the Red Seal examination go to: <http://www.red-seal.ca/tr.1d.2@-eng.jsp?tid=54>

Program Highlights

Sanitation, Safety and Equipment

- Interpretation of Terms
- Personal Hygiene
- Food Contamination
- Safe Food Handling
- Construction Standards
- Maintenance Standards
- Sanitation Codes
- The Health Protection and Promotion Act
- Food Poison Prevention
- Dishwashing

Bake Theory

- Flour Production & Applications
- Types of Shortening
- Sugar Commodities
- Eggs in Baking
- Dairy Products
- Use of Salts
- Leavening Agents
- Chocolate and Flavorings

Basic Nutrition

- Major nutrient identification
- Energy sources
- Lipids
- Proteins and Vegetarian Diets
- Carbohydrate and Dietary Fibre
- Vitamins, Processing & Additives
- Mineral Elements
- Water – Sources, value & quality

- Developing Food Patterns

Culinary Techniques – Basic

- Kitchen Tools – Identification, Storage & Handling
- Uniform Standards
- Proper Food Storage and Packaging
- Fire Procedures
- Stock Cookery
- Thickening Agents
- Soup Cookery
- Sauce Cookery
- Egg & Breakfast Cookery
- Short Order Cookery
- Vegetable, Pasta & Rice Cookery
- Fish & Shellfish Cookery
- Meat Entrees
- Salads

Communications – Basic

- Basic Business Communications
- Accident Reports
- Resume preparation
- Cover Letters
- Application Forms

Calculations - Basic

- Addition, subtraction, multiplication & division
- Common Fractions
- Decimal Fractions
- Percentages
- Standards of Measurement
- Fahrenheit to Celsius conversions

Techniques of Baking

- Pie Dough
- Piping Batters
- Quick Breads and Muffins
- Cream Desserts
- Icings
- Yeast Dough
- Choux Paste Products
- Pastries
- Cake Preparation

Kitchen Management

- Hospitality /Tourism Perspectives and Organizations
- Orientation, Training and Career Planning
- Menu Planning and Basic Marketing
- Table Service
- Basic Kitchen Calculations
- Basic Purchasing
- Kitchen Organization, Maintenance and Security

Food Theory – Basic

- Major cooking methods
- Vegetable cuts and Flavoring Agents

- Stock and Soup Cookery
- Sauce Cookery
- Breakfast and Short Order Cookery
- Vegetable and Pasta & Rice Cookery

Quantity Food Preparation

- Rules of Personal Hygiene and Sanitation
- Safety Regulations
- Large Kitchen Equipment Identification
- Stock, Soup and Sauce Cookery
- Poultry, Lamb, Pork, Beef, Fish Cookery
- Potato and Vegetable Cookery
- Salad Preparation
- Dessert Preparation