



Cook & Assistant Cook Training Standard Log Book Publication	
Trade Name & Code	<ul style="list-style-type: none"> • 415A Cook and 415B Assistant Cook
Implementation Date of New Standard	<ul style="list-style-type: none"> • January 27th, 2017, released as version V300
Implementation Plan	<ul style="list-style-type: none"> • Apprentices who began their apprenticeship on the former 2003 version of the 415A Cook Training Standard or the former 2000 version of the 415B Assistant Cook Schedule of Training can complete their program using that standard. • All apprentices with initial training agreements registered on or after January 27th, 2017 must be trained to the new standard. • On or after January 27th, 2017, any apprentice who loses his or her training standard must be trained to and completed with the new standard even if they began their apprenticeship with the previous versions.
Impact on Curriculum Standard	<ul style="list-style-type: none"> • The Curriculum Standard for both 415A and 415B is currently posted to the Ontario College of Trades website and will begin development in 2017.
Training Standard Access	<p>As of January 27th, 2017:</p> <ul style="list-style-type: none"> • The new Log Book will be available on the Ontario College of Trades website. • Apprentices who become new members of the Apprentices Class in the 415A Cook or 415B Assistant Cook trades will be sent a printed Log Book with the apprentice's Statement of Membership card • If the apprentice wants a copy of the Log Book before receiving the printed copy in the mail, the apprentice can download/print a copy from the OCOT website.
Skill(s) Added	<p>New skill sets introduced in this standard are:</p> <p>9212 Practice Food Safety 9213 Perform Culinary Trade Practices 9221 Prepare Grains, Seeds, Pulses, Nuts, Soy and Wheat-based Products 9232 Demonstrate Culinary Business Practices,</p> <p>Rationale: The 2017 Cook Apprenticeship Training Standard Log Book has been significantly revised to reflect occupational trends, new technologies, work practices and health and safety regulation that affect the sector.</p> <p>A section of 9231 Prepare Garde Manger was reintroduced in the Advanced Skills section and includes a new skill: 9231.06 Assemble Charcuterie Display. Some existing skills were clustered into new sections, for example 9212.01 Demonstrate Personal Hygiene was removed from 9211 Demonstrate Safe Working Practices and clustered with 9212 Practice Food Safety Procedures.</p> <p>Rationale: Food safety practices and knowledge of dietary requirements and modifications related to food allergies and sensitivities are critical competencies for Cooks. There are legal obligations for food safety as well as public demand to meet the dietary requirements for health and cultural and religious reasons.</p>

9213.01 Maintain Knives, Tools and Other Kitchen Equipment

9213.02 Selecting and Handle Knives

9213.04 Prepare Consistent Product

9213.05 Adjusting Recipes to Scale

9213.06 Calculate Measurement Conversions and

9213.07 Demonstrate Portion Control

Rationale: Culinary Trade Practices are the foundational competencies that an apprentice needs to demonstrate consistently throughout their apprenticeship and have been clustered into one training unit, rather than having them been repeated throughout the Standard.

The new Advanced Skills section also includes training units on:

9227 Advanced Preparation of Starches

9228 Advanced Preparation of Soups and Sauces

9229 Advanced Preparation of Seafood, Meat and Game

9230 Advanced Baking, Desserts and Chocolate Preparation

Rationale: The skills sets for 415B Assistant Cook were defined as the foundational skills, whereas the 415A Cook skills sets encompass both the foundational and advanced skills and thus, it was necessary to create these advanced skill sets.

9232.02 Adapt Workflow and Procedures

9232.03 Complete Documentation

9232.04 Develop Menus

9232.06 Participate in Cost Management

9232.07 Demonstrate Leadership and

9232.08 Participate in Continuous Learning

Rationale: Cooks are often mentors and trainers to apprentices and may move to positions such as sous-chefs, chefs, executive chefs, banquet managers or own their own restaurant. For this reason a general performance skill set of demonstrate culinary business practices was added these are skills taken from the old standard and new skills added such as demonstrate leadership and participate in continuous learning.

Other revisions to the 2017 Standard include:

- The skill sets that were previously part of former Assistant Cook Schedule of Training **1.8 Perform Basic Kitchen Management Functions** were separated and replaced with **9212.07 Perform Food Receiving and Storage Procedures** as a standalone skill within **9212 Practice Food Safety** and **9213.08 Perform Basic Inventory Control** was added under **9213 Perform Culinary Trade Practices**.
- The former Skill Set **4503 Prepare Basic Sauces and Compound Butters** was separated into **9216 Prepare Sauces** (Foundational skills) and **9229 Advanced Preparation of Soups and Sauces**. The skills in **9216 Prepare Sauces** include:

9216.01 Prepare Ingredients
9216.02 Prepare Thickening Agents
9216.03 Prepare Béchamel Sauce
9216.04 Prepare Espagnole
9216.05 Prepare Hollandaise Sauce
9216.06 Prepare Tomato Sauce
9216.07 Prepare Veloute
9216.08 Prepare Two Non-Derivative Sauces
9216.09 Prepare Finishing Sauces and Flavoring Agents
9216.10 Finish Sauce and 9216.11 Store Sauce

- **9228 Advanced Preparation of Soups and Sauces** includes:
9228.02 Prepare Speciality Soups
9228.03 Prepare Béchamel Sauce Derivatives
9228.04 Prepare Espagnole Derivatives
9228.05 Prepare Hollandaise Sauce Derivatives
9228.06 Prepare Tomato Sauce Derivatives
9228.07 Prepare Veloute Derivatives
9228.08 Prepare Hot and Cold Gastrique
9228.09 Prepare Cold Sauces
New skills **9228.10 Preserve Fruit and Vegetables** and **9228.11 Prepare Marinades and Brines** and were also added to this section.
- The former skill set **4504 Prepare Fish and Shellfish** was revised in the new **9217 Prepare Fresh and Salt Water Fish and Shellfish**.
- A section on **9228 Advanced Preparation of Seafood, Meat and Game** was added to and now includes:
9229.01 Cure Fresh, Salt Water Fish and Shellfish
9229.03 Butcher, Meat, Game and Variety Meat
9229.04 Butcher and Fabricate Poultry and Game Birds
9229.05 Select Cuts of Variety Meats
9229.06 Butcher and Fabricate Variety Meat
9229.09 Carve Variety Meat and Game
9229.10 Finish Variety Meat and Game
9229.11 Store Variety Meat and Game
- The former skill set **4509 Prepare Eggs and Dairy Products** was separated into two skills sets: **9223 Prepare Egg and Egg-Based Products** and **9224 Prepare Cheese, Dairy and Dairy Related Products**.
- Competencies related to the preparation of herbs and spices were added within the renamed section: **9219 Prepare Fruit, Vegetables, Herbs and Spices**. In addition, a new skill: **9219.06 Prepare Fruit and Vegetables for Hot and Cold Buffet Setting** was also added.

	<ul style="list-style-type: none"> The former skill set 4510 Prepare Baked Goods, Pastry and Desserts was changed to 9225 Prepare Batters, Quick Breads, Muffins, Cookies and Pies and placed in the Foundational skills section. Rationale: With the trend toward increased use of convenience products (for ease and reduced cost), cooks will assemble pies and filling using prepared pie dough and fillings, versus preparing from scratch. In skill set 9230 Advanced Baking, Desserts and Chocolate Preparation incorporates the skills of: 9230.01 Prepare Creams, Mousses, Fillings, Frozen Desserts, Icings and Toppings replacing the former skills: 3.6 Prepare Royal, Cream and Fondant Icings in former Assistant Cook Schedule of Training and 3.8 Prepare High and Low Ratio Cakes with Fillings in the former Assistant Cook Schedule of Training. 9230.02 Prepare Pies, tarts and flans – this section was placed into the Advanced Baking skills; the foundational skill section was revised as 9225.05 Assemble Pies and Tarts 9230.03 Prepare and Assemble Cakes and Pastry Rationale: The trend in the industry is toward increased use of convenience products and less scratch cooking and baking, (for ease and reduced cost), for this reason, some of the baking skills were removed and placed in the advanced skill sets. Assistant cooks are more likely to work with premade frozen pie dough and fillings. Competencies related to preparing Chocolate were also added to 9230 Advanced Baking, Desserts and Chocolate Preparation; these include: Selecting, tempering dark and white chocolate, preparing a chocolate sugar garnish and storing chocolate.
Optional Skills Become Mandatory	N/A
New Optional Skills or Mandatory Skills Become Optional	<ul style="list-style-type: none"> 9229.12 Prepare Sausage was added as an optional skill set in the section: 9229 Advanced Preparation of Seafood, Meat and Game
Skill(s) or Skill Set(s) Removed	N/A
Format Changes	To enhance the layout within the document, a bullet format was introduced in some sections. This provided examples of methods, techniques or type of products related to the specific competency such as sauce derivatives or various methods to butcher and fabricate poultry and game birds. The examples can be used as a reference tool for the employer and apprentice to map out what specific skills or technique have been acquired and what skills need to be developed.

General Notes & Rationale

The Standard is now aligned with the knowledge and key competencies in the 2015 National Occupational Analysis (NOA) for the trade of Cook. Cooks are now expected to utilize a broader range of skills and it is recognized that it may be difficult for apprentices to practice/master all the competencies in one establishment and thus labour mobility may be required.

Having one Training Standard for both the Cook and Assistant Cook Program emphasizes the sequential learning of skills in these trades. The registration of apprentices in the Assistant Cook program is significantly less than the Cook 415A trade. Thus producing one document is not only efficient but could potentially encourage Assistant Cook apprentices to complete the entire program when apprentices realize that it only requires the completion of an additional six skill sets.

The new Standard has been structured to include both the skill sets for Assistant Cook (415B) and Cook 415A. This standard replaces the Schedule of Training Assistant Cook (415B)

The Assistant Cook (415B) Standard are the foundational skills starting with **9211 Demonstrate Safe Working Practices** through to **9226 Prepare Sandwiches, Hors d'œuvres and Canapés** inclusive.

The Cook (415A) Standard encompasses **9211 Demonstrate Safe Working Practices** through to **9232 Demonstrate Culinary Business Practices**; Units **9227** to **9232** are the Advanced Skills.