

Certified Chef de Cuisine® (CCC®)

Written Exam Question Make-up:

25% Basic Cooking
20% Advanced Cooking
15% Supervisory Management
15% Sanitation
15% Nutrition
10% Basic Baking

Topics Include:

1. Culinary Principles & Processing Terminology
2. Kitchen Equipment
3. Chefs Utensils & Tools
4. Seasoning, Flavoring, Spices and Herbs
5. Stocks and Thickening Agents
6. Soups & Sauces
7. Beef: Cuts & Classification
8. Veal, Pork and Lamb: Classification and Cuts
9. Meat Cooking
10. Poultry and Game: Classification and Cooking
11. Fish and Shellfish: Classification and Cooking
12. Garde Manger: Hors d'oeuvres, Salads and Dressings
13. Garde Manger: The Cold Kitchen
14. Vegetables: Cooking & Classification
15. Potatoes, Pasta & Rice
16. Baking & Pastry
17. Desserts
18. Food Costing
19. Nutrition
20. Food Safety & Sanitation
21. Supervisory Management
22. Communication and Leadership
23. Discipline, Motivation, and Morale
24. Problem Solving, Time Management, and Decision Making