

## **Personal Certified Executive Chef™ (PCEC™)**

### **Written Exam Question Make-up**

25% Advanced Cooking  
15% Sanitation  
15% Nutrition  
15% Personal Chef Management  
15% Basic Cooking  
10% Basic Baking  
5% Advanced Baking

### **Topics Include:**

1. Culinary Principles & Processing Terminology
2. Kitchen Equipment
3. Chefs Utensils and Tools
4. Seasoning, Flavoring, Spices and Herbs
5. Stocks and Thickening Agents
6. Soups & Sauces
7. Beef: Classification and Cuts
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 & Dressings
13. Garde Manger: The Cold Kitchen
14. Vegetables, Cooking & Classification
15. Pasta, Potatoes and Rice
16. Baking and Pastry
17. Desserts
18. Food Costing
19. Personal Chef Management
20. Problem Solving, Time Management, and Decision Making
21. Marketing
22. Nutrition
23. Food Safety & Sanitation