



AMERICAN CULINARY FEDERATION

**Certified Master
Pastry Chef®
(CMPC)®
Examination Manual**

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Certified Master Pastry Chef® (CMPC®) Examination Manual

UPDATED JULY 2008

The American Culinary Federation (ACF), the premier certifying body for American chefs, is pleased that you have decided to embark on the journey to validate your skills at the pinnacle of pastry certification—Certified Master Pastry Chef (CMPC). The purpose of this practical exam is to verify the mastery of the baking and pastry skills of each candidate, and ensure that the candidate demonstrates the utmost professionalism.

CMPC exam candidates are expected to have exemplary organizational, sanitation, mentoring, baking and pastry skills. Every aspect of this exam is designed to verify those skills, and candidates are evaluated from the time of arrival until the kitchen is clean on the final day. It is the American Culinary Federation's greatest wish for your success and that upon completion you will be one of the elite CMPCs in the United States.

It is your responsibility to read and understand the contents of this manual before applying for the examination. This manual contains current information about the certification examination developed by the CMC/CMPC Committee in 2008, thereby nullifying all prior publications.

All correspondence should be directed to the national headquarters of the American Culinary Federation at the following address including: address changes, handbook requests, information about the development and administration of the CMPC practical examination, certification programs and recertification:

AMERICAN CULINARY FEDERATION
180 Center Place Way
St. Augustine, FL 32095
Phone: (800) 624-9458
Website: www.acfchefs.org



Application Process (for Candidates)

GENERAL QUALIFICATION GUIDELINES

- Possess the practiced skills to perform baking & pastry arts to the highest standards.
- Have a foundation of quality experience and education in advanced level courses, externships and/or competitions.
- Be physically and mentally prepared to perform eight days under extreme pressure.
- Secure funding to cover expenses: application fee, examination fee, travel, housing, meals and miscellaneous which may exceed \$6000.

SPECIFIC EXPERIENCE REQUIREMENTS

- Level of practice documentation of a Certified Executive Pastry Chef (CEPC) or Certified Culinary Educator (CCE) in good standing.
- Letters from two CMPCs/CMCs recommending the candidate for the exam.

SPECIFIC EDUCATION REQUIREMENTS

The following must be completed within the past five years. The ACF's Certified Culinary Administrator (CCA) exam will be accepted as an equivalency for Management and Cost Management coursework.

- Sanitation and food safety: current sanitation certificate or Hazard Analysis and Critical Control Point (HACCP) certification.
- Cost Management: approved course completion (classroom hours or credit transfer).
- Management: approved course completion (classroom hours or credit transfer).
- Wine: approved course completion or successful completion of a 30-hour wine course from an accredited institution.
- Nutrition – approved course completion or successful completion of a 30-hour nutrition course from an accredited institution.



Application Steps (for Candidates)

STEP 1

Submit a letter of intent, the completed application to apply for the ACF Certified Master Pastry Chef Exam, along with letters of recommendation from two CMPCs/CMCs and the nonrefundable application fee of \$300 to:

American Culinary Federation
180 Center Place Way
St. Augustine, FL 32095

Candidates will receive a copy of the Certified Master Pastry Chef Manual, be listed as a preparatory candidate and will be notified of each occurring exam for the following three terms.

Step 2

Upon receipt of the completed application and required documentation, the candidate will receive confirmation of receipt and the next scheduled exam date, as well as their status being updated to an active candidate. From this point forward, the candidate will be subject to all policies and procedures regarding the exam.

Step 3

The last step is to register for a CMPC examination. Active candidates are notified by mail of pending test dates. In addition, examination dates are listed in *The National Culinary Review*, the ACF's flagship publication and on the web site at www.acfchefs.org. There must be a minimum of six active candidates enrolled for a particular date in order for the exam to be held. Presently, ACF administers one test a year usually between January and April.



Fees, Payments, Refunds and Other Expenses (for Candidates)

Once a candidate has committed to an exam date they are to respond to the notice and follow the payment schedule as listed below.

The examination fee for the Certified Master Pastry Chef or Certified Master Chef is \$3,300 (subject to change).

The application fee of \$300 is nonrefundable and entitles the candidate to be listed as a preparatory candidate for the next three exams.

Three months prior to the start of the exam, the candidate is required to make a deposit of \$1,000.

Three weeks prior to the exam, the candidate is required to pay the remaining balance of \$2,000 (amount subject to change).

Candidates accepted for an exam date, but who are unable to attend, must submit a written letter of withdrawal. Letters of withdrawal received one month prior to administration of the exam may be fully refunded. However, notices received after this time only qualify for a 75 percent refund. There will be no refunds once the exam has begun.

All other expenses associated with taking the exam (travel, room, board, etc.) are the responsibility of the candidate. This includes any charges required by the host institution for make-up exams.



Examination Site

The host institution conducting the examination has been carefully selected by the ACF Certification Committee in accordance with ACF standards. The host site will provide assistance to candidates to find reasonably priced room accommodations.

Facility

The building classrooms, kitchen laboratory and other instructional and examination areas have been deemed safe and meet all industry standards, as well as local codes for sanitation, health, fire and insurance. The test kitchen, classroom and examiner's room will be available for the duration of the eight-day exam. Faculty at the host institution will not serve as exam evaluators to avoid potential conflicts of interest.

Kitchen Laboratory

The Kitchen Laboratory contains between six and no more than 12 fully equipped individual testing stations. In addition to the individual test stations, the kitchen has already met the following requirements:

- Open gas ranges.
- General refrigerator and freezer.
- Small equipment in excellent working condition for each station.
- Community utensils and equipment.
- Observation windows on at least one side.
- Easily controlled entrances and exits.

Small equipment and utensils provided at each station include:

- Bain marie with whips and spoons.
- Cutting board.
- Ladles in two, four, six, eight and 12 ounces.
- China cap.
- Chinois.
- Spider.
- Skimmer.
- Food processor.
- Electric mixer.
- Scales.



Common community areas within the kitchen have the following equipment and utensils:

- Slicer.
- Blender.
- Ice cream freezer.
- Assorted pots, sheet pans and bowls.
- Cheesecloth, aluminum foil and plastic wrap.

Service equipment in the same pattern, sizes and color available to all candidates include:

- Large silver platter with the capacity to hold eight portions.
- Large china platter with the capacity to hold six portions
- Dessert plates 10"
- Sauce boats

One student apprentice will be available to each candidate for each kitchen laboratory segment of the entire examination. The host institution will attempt to provide each candidate with one student apprentice to remain with them for the duration of the examination; however, this is not guaranteed.

Classroom and Examiner's Room

Classroom space is provided for lectures and individual written testing. The examiner's room should be located next to the kitchen laboratory.

Resource Center

The host institution's culinary arts and hospitality management library, computers and related software, as well as audio and video equipment, will be made available to candidates.

Par Stock Items

The following is a sampling of products that should be available for use by the candidates. During the exam, any items needed by a candidate at any time must be requisitioned up to and including those on the following list. Seasonality will affect availability and should be taken into consideration by candidates.



Equipment in the Bake Shop

Work area	Marble slab
Steam kettle	Mixer
Food processor	Ovens: convection/deck/hearth
Proof box	Saran wrap
Parchment paper	Aluminum foil
Sifter	Rolling pins
Sheet pans	Ladles
Doilies China Cap	Mixing bowls
Balance beam scale	Spoons
Sauce pots	Bench brush

Fruit/Vegetables

Apples
Pears
Cantaloupe
Oranges
Limes
Lemons
Grapefruit
Grapes
Pineapple
Strawberries
Berries (in season)
Kiwi fruit
Bananas
Mangos
Papaya
Onions/Carrots etc.

Staples

Cornmeal
Cornstarch
Arrowroot
Bread flour
Cake flour
Pastry flour
Whole wheat flour
Hi-gluten flour
Rye flour
Pumpernickel flour
Wild rice
Cracked wheat
Sugar, granulated/powdered/brown
Shortenings emulsified/regular
Carolina rice
Oil



Spices/Herbs

- Cinnamon
- Vanilla bean/extract
- Nutmeg
- Mace
- Cloves
- Mint
- Allspice
- Coriander
- Cardamon
- Parsley
- Basil
- Oregano
- Dill

Nuts/Miscellaneous

- Almonds, whole/ground/sliced
- Hazelnuts, ground/sliced
- Almond paste
- Pecans
- Walnuts
- Cashews
- Gianduja
- Assorted liquors
- Red wine
- White wine
- Brandy
- Sherry
- Apricot jam
- Raspberry jam
- Apricot glaze
- Piping gelee

Dairy

- Eggs, fresh/frozen
- Milk
- Heavy cream/sour cream
- Butter
- Assorted cheeses

Requisition and Other Supply Guidelines

The candidate is responsible for ensuring all food supplies are ordered and have arrived within the first hour of the preparation window. If the food supplies have not arrived, it is the responsibility of the candidate to inform the kitchen proctor.

China, glass and other items must be secured by the candidate by requisition within two hours of the service window. If any items are not available that are needed, it is the responsibility of the candidate to inform the kitchen proctor.



Guidelines for Apprentices

The apprentices for the Master Pastry Chefs Certification Examination hold important positions in that their *quickness, accuracy, dependability* and *efficiency* can drastically affect their candidate's performance. Both the candidates and apprentices should clearly understand the role of the apprentices as outlined below:

Apprentices Do:

- Report directly to the Master Chef Fellowship
- Assist candidates with basic preparations
- Act as runners
- Fill in requisition code numbers
- Clean kitchens and stations
- Perform other related jobs

Apprentices Do Not:

- Perform major culinary operations (i.e. finishing a torte)
- Make major decisions
- Coach, advise, counsel candidates
- Work double shifts on weekends
- Get excused from any class
- Request to work with specific chefs
- Show favoritism to any chefs

The professionalism, courtesy and respect demonstrated by the apprentices are viewed as critical.

Apprentices should always address their candidate, as well as test administrators, by their proper titles and names (i.e., Chef [LName] or Mr./Ms. [LName]).

Scheduling (determined by availability and hat draw)

- Teams will be set up consisting of 1 AM and 1 PM student
- Each student will assist the opposite shift
- One team will be assigned to each candidate for the duration of the test
- One team will be assigned to the chef instructor monitoring the test
- One team will be assigned to the Program Administrator
- One team will be assigned to the equipment organization and judging room
- Two teams will be assigned to the mise en place prep and par stock maintenance



- Two teams will be assigned to setting up for the next day's needs

Apprentices are to stay until the kitchens and facilities that have been used are *totally cleaned and organized for the next day.*

Although each day is different, the typical schedule for AM scheduled apprentices will be 7:30 a.m. to 1:30 p.m.

P.M. scheduled apprentices will typically be scheduled from 1:30 p.m. to 9:30 p.m.



Grading Criteria and Procedures

There are eight major categories in the eight-day master pastry chef examination. Each segment of the examination is graded in two parts:

- Kitchen Skills – maximum 100 points and weighted to reflect 35 points of final grade.
- Presentation and Tasting – maximum 100 points and weighted to reflect 65 points of final grade.

A perfect score is 100 points and a minimum passing score is 70 points. The minimum passing final cumulative score is 75 points.

Since each scoring segment can have one to five judges, a candidate's grade is determined by the average of the judge's scores. The minimum passing score (the combined average of the kitchen skill, and presentation and tasting scores) for each segment is 70 points.

A candidate must have a cumulative passing score of 75 percent during the first 4 days of the exam in order to participate in the last 4 days of the exam.

A candidate may continue with the examination even if they fail one segment, but must maintain a cumulative average of 75 percent. The failure of two segments (less than 70 points) results in an automatic withdrawal from the examination.

The candidate may be permitted to retake any major segment failed. All retakes will be administered within two years or two exams (in case of cancellation one year) and availability is subject to the host institution. Candidates retaking tests do so at their own expense and fees as determined by the ACF /Host institution and are payable to the ACF (the CMC/CMPC Committee will approve any candidate's retaking of failed major segments in the event of discrepancies).

Candidates who fail a segment after taking it for the third time have failed the entire exam and may not retake the individual test segments. Instead they must reapply for the full eight-day examination.

If the candidate fails to retake the major segment within two years or two exams, their test scores are null and void, and they must reapply for the entire eight-day examination.

Score sheets are subject to change based on test requirements.



Certified Master Pastry Chef (CMPC) Examination (Proposed Revisions—July 2008)

Overview

The CMPC examination is administered over a period of 8 days. Each daily test covers one of the following major segments.

- ▶ Day 1—Nutritionally Balanced Baking & Preparation for Day 2
- ▶ Day 2—The Artistic Heart of Baking
- ▶ Day 3—Creative Composition/Freestyle & Contemporary Pastry Mystery Basket
- ▶ Day 4—Classical Tortes
- ▶ Day 5—Symphony of Plated Desserts & Presentation of Pastry Arts Buffet
- ▶ Day 6—Chocolates and Petit Fours with Centerpiece
- ▶ Day 7—International Pastries
- ▶ FINAL DAY—Grand Buffet Finale

The examination elements and their order during the examination always follow a fixed schedule according to the Certification Commission guidelines. However, start/stop times may vary depending on the host institution and evaluators. However, candidates are required to complete each segment within the designated time limit.

Orientation

Orientation of the overall CMPC examination to include the following objectives:

- ▶ Candidate responsibilities and professionalism;
- ▶ General guidelines on daily workstations;
- ▶ Introduction of student assistants;
- ▶ Walkthrough of the kitchen;
- ▶ Storeroom requisitions; and,
- ▶ Start and stop times for each day.



Candidates will provide a nutritional breakdown used for Day 1 (Nutritionally Balanced Baking) and will prepare a menu of 3 distinctive items that incorporate low-fat, non-gluten and sugar substitutes. The menu must incorporate bread and a hot and cold composite dessert (a minimum of 4 portions of each). The candidate must demonstrate knowledge of healthy baking principles through the development and preparation of a menu (4 servings). The objective is to be met through the preparation of the menu in accordance with sound nutritional principles, a balanced focus, portion size, and the use of added salt, fats and sugar. The mastery of baking principles will be assessed in the formulation of the menu and its components.

A nutritional analysis, verified by registered dietitian, of a menu and the appropriate food requisition and nutritional breakdown must be faxed to the ACF National Office (904-825-4758) 24 hours in advance of the examination date for review by the administrator. The ACF National Office will forward the documentation to the host site administrator. However, each candidate is responsible for contacting the ACF National Office (800-624-9458) to verify receipt of the fax.

Storeroom Requisitions

Requisitions for examination Days 1-8 should be completed in full detail and turned in to the exam administrator before the end of each day. The candidate will only be allowed to use items or product which are requested on the requisition and will have up to 11:59 PM at the end of each day to prepare and turn in a detailed requisition. The requisition should be typed and submitted to the storeroom via email to the address provided by the test administrator. No additional ingredients will be provided.



Examination Schedule

DAY 1

**NUTRITIONALLY BALANCED BAKING
PREPARATION FOR DAY 2**

**4 HOURS
2 HOURS**

This day focuses on preparation of flavorful, nutritional foods. The goal is to provide nutritious products that are formulated and prepared to aid consumers in resolving one of the greatest dilemmas they often face with healthy eating or enjoying what they eat.

Candidates will have 2 hours of preparation time at the end of Day 1 to begin the process for The Artistic Heart of Baking on Day 2.

Activity

Candidates will prepare a pastry menu of 3 distinctive items that incorporate low-fat, non-gluten and sugar substitutes. Each candidate will prepare a composition dessert consisting of one (1) hot dessert and one (1) cold dessert, and a bread. The menu must incorporate breads and desserts (a minimum of 4 portions of each) and ***must be approved by a registered dietitian prior to this examination.***

Composition Desserts – Sugar Free – Low Fat

Each dessert must not exceed 200 calories per serving including accompaniments and garnishes. All desserts should contain:

- ❖ Less than 45 grams of carbs
- ❖ Less than 5 grams of protein
- ❖ Less than 10 grams of fat
- ❖ Less than 25 mg of cholesterol
- ❖ Less than 80 mg of Sodium

Low Fat; 5 gram or less; no trans fat or saturated. Use of mono or polyunsaturated fat inclusion of omega 3 should be considered.

Sugar Free; Less than .5 gram of refined sugar



Bread Selection – Gluten Free

The bread may be a savory or sweet bread recipe. All bread must include the following nutritional content:

- ❖ Breads should not exceed 30-35 grams per portion
- ❖ Caloric content must be 75-125 calories per slice
- ❖ Less than 100 milligrams of sodium
- ❖ Less than 25 milligrams of cholesterol
- ❖ Less than 30% of calories from fat
- ❖ Less than 10% of calories from refined sugars

Ingredients

A wide variety of ingredients may be utilized in the recipes including, but not limited to:

- ❖ Ancient or whole grains (such as amaranth, quinoa, teff or buckwheat)
- ❖ Fruits or fruit purees
- ❖ Beans (such as garbanzo, navy or fava)
- ❖ Nuts (such as almonds or hazelnuts)
- ❖ Millet
- ❖ Brown rice
- ❖ Sorghum
- ❖ Flax
- ❖ Mesquite pods
- ❖ Indian rice grass
- ❖ Alternative sugar substitutes such as Splenda® or other natural sugars (such as honey or beet juice)

Gluten Free; No wheat or Gluten product

Briefing

Orientation will be presented prior to the beginning of this segment and Day 2, The Artistic Heart of Baking. Prepare requisitions for the following day and turn in to the exam administrator by 11:59 PM.



DAY 2

THE ARTISTIC HEART OF BAKING

8 HOURS

Candidates must display knowledge and preparation of the competencies listed below. The purpose of this segment is to demonstrate that the candidate has mastered baking skills to the satisfaction of the evaluation team. Special attention should be paid to product consistency and detail of the finishing techniques such as product shape, baking doneness, size consistency and marketability.

Activity

Candidates will prepare each of the recipes listed below.

1. Produce 5 lbs of a straight dough to complete the make up below.
 - ❖ Vienna (Yield: 2 loaves each 14 oz)
 - ❖ French (Yield: 2 loaves each 18 oz)
 - ❖ Kaiser (Yield: 2oz rolls, 8 each)
2. Produce 4 lbs of recipe for Artisan breads:
 - ❖ Pain de Campagne (Yield: 2 loaves each 16 oz)
 - ❖ Pain Rustique (Yield: 2 loaves each 16 oz)
3. Produce 5 lbs of croissants with 3 application of infusion of flavors (choose any three items from the following list to produce a total of 6 products):
 - ❖ Plain (Yield: 12 ea)
 - ❖ Almond (Yield: 12 ea)
 - ❖ Chocolate (Yield: 12 ea)
 - ❖ Pesto (Yield: 12 ea)
 - ❖ Sun dried tomato (Yield: 12 ea)
4. Produce 3 lbs of each of the following European breads:
 - ❖ Black Tea Brack (Yield: 3 loaves each 16 oz)
 - ❖ Stollen (Yield: 3 loaves each 16 oz)

Briefing

Orientation for the next day will be presented at the end of this segment. Random selections for Day 3—Creative Composition/Freestyle & Contemporary Pastry Mystery Basket will be assigned.



DAY 3

CREATIVE COMPOSITION / FREESTYLE & CONTEMPORARY PASTRY MYSTERY BASKET

8 HOURS

First Session

Candidates will focus on a mystery basket component designed to provide an opportunity to demonstrate a mastery of all competencies and understanding of the current trends in the pastry industry. Candidates are required to write and prepare a pastry menu within a specified time constraint. The menu must show mastery of all baking fundamental skills. All kitchen activities will be thoroughly scrutinized and evaluated during this segment and it is fully expected that each candidate will demonstrate a mastery of baking and pastry.

Activity—First Session

Time Format.....30 minutes to write menu
15 minutes to fill out a requisition form
15 minutes to set up kitchen
3 hours of cooking and presentation time (items will be presented to the tasting judges)

Candidates will prepare a traditional pastry menu that incorporates not only savory elements, but gives a contemporary and unique twist to the menu. Items that represent a contemporary approach utilize traditional herb and spice ingredients (examples include rosemary, sage, thyme, verbena, lavender, pepper, chervil). Each item from the mystery basket must be at least partially incorporated into each item so that the unique properties of each savory element can be experienced to its fullest extent. The menu must consist of the following 3 items (4 portions of each) and include at least one savory element: bread, table side and a plated dessert.

Candidates are required to write and prepare a pastry menu within the specified time constraint of 30 minutes. The menu must show mastery of all baking fundamental skills. All kitchen activities will be thoroughly scrutinized and evaluated during this segment and it is fully expected that each candidate will demonstrate a mastery of baking and pastry.

Second Session

Candidates will display their own individuality by creating two tortes—one traditional and one freestyle. Each candidate must demonstrate a contemporary and unique style of design, as well as his/her own personal philosophy of the pastry arts. Items produced during the Second Session on Day 3, as well as those products made during Days 4 and 5 will be featured in a Pastry Arts Buffet on Day 5.



Activity—Second Session

Candidates will have 4 hours to complete their Creative Composition/Freestyle tortes (10" in size, 16 portions each). The first torte will be traditional in design. The second item will be a freestyle composition torte based on the first traditional torte produced, but utilizing the same base ingredients. The architectural formation of the tortes should include, but are not limited to, a biscuit or cake base with the incorporation of a mousse and finished with the appropriate garnishes. The tortes must be partially cut by the candidate to display their mastery of layering skills. The judges will be looking for complexity of design, composition, balance of flavor, color and ease of service.

Briefing

Orientation for the next day will be presented at the end of this segment. Prepare requisitions for the following day and turn in to the exam administrator by 11:59 PM.



DAY 4

CLASSICAL TORTES

8 HOURS

Candidates must display knowledge of the different traditional classical types of cakes and torte products including their make-up and preparation procedures as influenced by traditional European preparation methods, as well as an understanding of the functionality of the item. Candidates must demonstrate various skills and prove that they have mastered the competencies involved in cake and torte production. List below are examples; however, other classical tortes may be included.

Activity

Candidates will prepare and finish two identical classical cakes and one wedding cake (for a total of 3 cakes). Each candidate will randomly select a sealed envelope containing two tortes from the classical list below to prepare.

1. Classical cake Items may include, but are not limited to:

- ❖ Sacher
- ❖ Dobos
- ❖ Opera
- ❖ Black Forrest
- ❖ Truffle Torte
- ❖ Bavarian
- ❖ Basque Cake
- ❖ Zuger Kirsch Torte
- ❖ Pithiviers
- ❖ Charlotte Royale
- ❖ Charlotte Russe
- ❖ St. Honore
- ❖ Dacquoise
- ❖ Paris-Brest
- ❖ Molonkoff

2. Two Tier Wedding Cake (one 6" tier and one 8" tier) demonstrating techniques such as layer cutting, flavor infusions and assembly. Must include one (1) portion cut per service.

- ❖ Fresh fondant
- ❖ Royal icing
- ❖ French buttercream
- ❖ German buttercream
- ❖ Italian buttercream
- ❖ Chocolate glaze

Briefing

Orientation for the next day will be presented at the end of this segment. Prepare requisitions for the following day and turn in to the exam administrator by 11:59 PM.



DAY 5

SYMPHONY OF PLATED DESSERTS & PRESENTATION OF PASTRY ARTS BUFFET

8 HOURS

Candidates should skillfully present understanding of the composition of plated desserts utilizing and combining a variety of components to create a pleasing taste and visual experience. Each plated dessert must demonstrate various components (which cannot be duplicated within each plate). This day will also encompass the Pastry Arts Buffet incorporating items produced during the Second Session on Day 3, as well as those products made during Days 4 and 5.

Activity

Candidates will produce 4 types of finished plated desserts (4 portions each). Standard 12" china plates will be provided (other varieties of china may be available for selection prior to testing depending on host site). List below are examples of plated dessert components and other selections may be included.

The elements for this segment include, but are not limited to:

1. Main dessert component served warm.

- ❖ Soufflé
- ❖ Cobbler
- ❖ Molten
- ❖ Diplomatic pudding
- ❖ Baklava
- ❖ Zabaglione
- ❖ Ouefs a la neige
- ❖ Compote
- ❖ Cabinet pudding

2. Main dessert component served cold.

- ❖ Sponge
- ❖ Mousse
- ❖ Pâté décor
- ❖ Trifle
- ❖ Panna cotta
- ❖ Tiramisu
- ❖ Tart
- ❖ Millie feuille
- ❖ Strudel
- ❖ Dacquoise
- ❖ Japonaise

3. Main dessert component served frozen.

- ❖ Bombe
- ❖ Soufflé
- ❖ Baked Alaska
- ❖ Cassata



4. Main dessert component that is a yeast product.

- ❖ Savarin
- ❖ Baba
- ❖ Kugelhopf
- ❖ Donuts
- ❖ Beignet
- ❖ Brioche

Briefing

Orientation for the next day will be presented at the end of this segment. Prepare requisitions for the following day and turn in to the exam administrator by 11:59 PM.



DAY 6

CHOCOLATES AND PETIT FOURS WITH CENTERPIECE

8 HOURS

Candidates will demonstrate mastering various mediums and techniques of petit fours and chocolates. The centerpiece will demonstrate imagination and creativity, and the ability to integrate a theme that will be presented on the final day in the Grand Buffet Finale. Candidates will have the opportunity to finish and present their products on the Final Day.

Activity

Three activities are represented in this segment:

1. Centerpiece

The centerpiece should be a minimum of 8", but not exceeding 20" in height. Various mediums can be combined in the centerpiece and must incorporate a minimum of 3 of the following components:

- ❖ Chocolate
- ❖ Pulled sugar
- ❖ Poured sugar
- ❖ Blown sugar
- ❖ Pastillage
- ❖ Nougat
- ❖ Cocoa painting
- ❖ Airbrushing
- ❖ Royal icing
- ❖ Marzipan
- ❖ Fondant

2. Chocolates

Candidates will present an array of chocolates and produce 6 varieties (8 of each, 8-14 grams in size) using a combination of milk, dark and white chocolate. Each candy will be evaluated based on the mastering of tempering and composition of the chocolate candies.

- ❖ Hand formed or piped (2 different varieties)
- ❖ Hollow shell with a fruit ganache filling (2 different varieties)
- ❖ Hand dipped (2 different varieties)



3. Petit Fours

Candidates will also prepare 8 different Petit Fours (4 glaze and 4 sec) utilizing a variety of fillings and mixtures. Petit Fours should be 1 to 2 bites in size (8 portions of each, 8-14 grams). List below are examples of petit four components and other selections may be included.

- ❖ Marzipan
- ❖ Almond macaroons
- ❖ Tuilies
- ❖ Biscotti
- ❖ Florentines
- ❖ Sables
- ❖ Ladyfingers
- ❖ Othellos
- ❖ Rugelach
- ❖ Cannoli
- ❖ Japonaise

Briefing

Orientation for the next day will be presented at the end of this segment. Prepare requisitions for the following day and turn in to the exam administrator by 11:59 PM.



DAY 7

INTERNATIONAL PASTRIES

8 HOURS

Each candidate will prepare 4 different international pastries utilizing a variety of fillings and mixtures. Each pastry type should demonstrate mastery of a different technique and products will be presented on final day in the Grand Buffet Finale. Candidates will have the opportunity to finish and present their products on the Final Day.

Activity

Produce 4 different pastries (8 portions of each). Skills cannot be duplicated in another pastry. The size of each pastry should not exceed 3-4 bites.

Individual pastries must be prepared from the selections below. Listed below are examples of international pastry components and other selections may be included. Each candidate will randomly select a sealed envelope during the previous day. Each envelope will contain 4 types from the list below, but are not necessarily limited to, this list.

- ❖ Battenburg
- ❖ Baumkuchen
- ❖ Bavarian Cream
- ❖ Black Forest
- ❖ Charlotte
- ❖ Charlotte Russe
- ❖ Charlotte Royal
- ❖ Kirsch Torte
- ❖ Linzer Torte
- ❖ Fruit tart
- ❖ Dobos
- ❖ Japonaise
- ❖ Ladyfingers
- ❖ Macaroon Pastes
- ❖ Mousses
- ❖ Opera Torte
- ❖ Othello
- ❖ Pâté a Choux
- ❖ Puff Pastry
- ❖ Charlotte Russe
- ❖ Charlotte Royal
- ❖ Kirsch Torte
- ❖ Linzer Torte
- ❖ Fruit tart
- ❖ Rehrucken
- ❖ St. Honore
- ❖ Sanani
- ❖ Sweet Butter Pastes



FINAL DAY

GRAND BUFFET FINALE

4 HOURS

The Grand Buffet Finale will present products made from Days 6 and 7 and will include chocolates, petit fours with centerpiece and international pastries. Candidates will have a 4 hour period to finish and present their products from Days 6 and 7 before judging of their Grand Buffet Finale presentation. Evaluation of the Grand Buffet will take place at the end of the 4 hour period. Evaluation score sheets will focus on areas such as flavor, texture, color, height, presentation, eye appeal, cleanliness of work and organizational skills.



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