

Certified Master Chef®

CANDIDATE HANDBOOK



American Culinary Federation
The Standard of Excellence for Chefs

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Certification Overview and General Policies

Why become an ACF Certified Master Chef[®] (CMC[®])?

With thousands of chefs competing in the job market, it is essential to prove culinary competency and mastery of the culinary craft. Certification through the American Culinary Federation demonstrates skill, knowledge, and professionalism to the foodservice industry. Certification encourages elevation of culinary career path and/or position.

Certification shows employers that a Certified Master Chef[®] has reached a benchmark of skills and culinary experience with a mastery for food preparation. It shows a working knowledge of culinary nutrition, food safety and sanitation, and supervisory management has been demonstrated. The certificant is in control of their professional development and career, and this increased quality, knowledge, and motivation is passed on to other staff. Certification reassures consumers that the food they eat is prepared to the highest standard.

Mission Statement

The Certified Master Chef[®] (CMC[®]) certification is designed to identify those chefs and inform the public of individuals who have demonstrated mastery of culinary competence and expertise through education, experience, knowledge, and skills consistent with the master chef level.

CMC[®] Purpose

ACF awards the title of Certified Master Chef[®] and its acronym (CMC[®]) to individuals meeting the educational, experience, and testing requirements for the certification. Only those chefs who have met all of the certification requirements are entitled to use the CMC[®] credential.

After initial certification, ACF provides recertification to those individuals who document enhanced professional development in compliance with continuing education hour (CEH) requirements.

Certification Body

The ACF Certification Commission is working hard to add value and credibility to ACF certifications. The Commission was formed to guide and strengthen the certification program through an accreditation process.

Certification Commission Mission Statement

The American Culinary Federation Certification Commission, being an autonomous entity within the ACF, is committed to developing, implementing, and monitoring a validated process of globally recognized certifications based on skills, knowledge, integrity, and equality through an achievable process for all culinary professionals.

Non-Discrimination Policy

The Certification Commission does not discriminate among applicants or certificants on any basis that would violate any applicable laws, including race, color, religion, creed, age, gender, national origin, or ancestry.

If you have questions or concerns about certification, please contact the Certification Department at the ACF National at **800-624-9458**.

ADA Compliance

The ACF Certification Commission provides reasonable accommodations in accordance with the Americans with Disability Act (ADA) for individuals with documented disabilities who demonstrate a need for accommodation. In accordance with the Americans with Disabilities Act, ACF does not discriminate against individuals with disabilities in providing access to its examination program. The complete ADA policy can be found in the Certification Commission Policies and Procedures document on the ACF Website or can be requested from the ACF National Office.

All requests for accommodations must be submitted by the applicant by completing the **Request for Special Accommodation Form**. All requests for accommodations should be directed to the ACF National Office, attention to the Certification Department.

Code of Ethics

The ACF Certification Code of Ethics provides guidance to professional cooks and chefs in their professional practice and conduct. The actions, behaviors, and attitudes of our members and certificants are consistent with the ACF commitment to hospitality, foodservice, and public service. Every individual who is a full member and/or certified by the American Culinary Federation shall abide by this certification code of ethics. Any action that violates the purpose and principles outlined by the certification code of ethics shall be considered unethical.

Ethics enforcement procedures are intended to permit a fair review of alleged violations of the ACF Certification Code of Professional Ethics or other egregious conduct in a manner that protects the rights of the individuals while promoting understanding and ethical behavior. A complete Certification Code of Ethics can be found on the ACF website or can be requested from the ACF National Office, attention to the Certification Department.

The Certification Process

Step 1: Determine Eligibility and Gather Evidence

Eligibility is based on a chef's work experience and educational background.

- **Documentation of Culinary Knowledge and Work Experience**

A candidate should show a minimum of obtaining the Certified Executive Chef[®] (CEC[®]) level of certification and be currently employed in a food service operation with supervisory responsibilities. CCE[®] with special permission.

- **Documentation of Education and Continuing Education Hours (CEH)**

A candidate must provide evidence of:

- 30 hours of education on wine and wine service
- 30 hours of human resources management*
- 30 hours of advanced sanitation*

Holding a Certified Culinary Administrator (CCA) meets these requirements.

These hours may be earned through educational institutions, affiliated organizations or ACF approved education providers. A certification from an approved source may be accepted as an equivalent (Appendix 1). 30 hours of cost management must be completed if CEC[®] earned prior to January 1, 2018.

- **Documentation of Financial Support**

Candidates must provide documentation of financial support from an employer, owner, co-owner or other resource. Financial support letter verifies the candidate's commitment to the exam process and ability to complete the process.

- **Documentation of Culinary Support**

Candidates must provide documentation (letter) of support from one current CMC[®]. The letter is verification that the candidate understands the spirit of the exam process and has the willingness to attempt the exam.

Step 2: Complete the Initial Pre-Approval Application

Complete and submit pre-approval application, including all required documentation.

- Mandatory education course certificates should be included in application. Certificates should include course title, completion date, and number of hours earned
- Certification verification will be completed by the National Office at time of submittal

Submit application and documentation of completed requirements to ACF for pre-approval.

Submit Application to: **American Culinary Federation**
180 Center Place Way
St. Augustine, FL 32095
Fax: 904-940-0742
Email/Scan: certify@acfchefs.net

Estimated Cost of Certification

Pre-Approval

Candidates interested in obtaining their CMC[®] certification Pre-Approval will pay a \$300 Member or \$500 Non-Member non-refundable application fee.

Examination Fees

Once the candidate's application has been approved, they may register for the practical exam.

- The practical exam fee is based on location site fees and food cost for the exam. Estimated cost for the exam fees are \$5,700.
 - Candidates will submit payments to the ACF Certification Department based on the following guidelines:
 - \$2,000 exam registration deposit will be made when exam dates are announced to pre-approved candidates.
 - ◆ Space is limited to previous exam candidates and filled in on a "first come, first serve" basis. Alternates are encouraged to

reserve space.

- ◆ Registration deposit is fully refundable up to 60 days in advance of the exam.
- \$2,300 balance is due 30 days prior to the exam and all funds are non-refundable once balance is paid.
- Food for the exam must be paid for prior to exam start. Once registered, candidates will be notified of food cost expense for the exam. Estimated \$1,400 for the exam.

Certification Examinations

Purpose of Exams

The purpose of the CMC® certification examinations is to objectively measure the knowledge and skills of a candidate to determine if they meet the standards required for master of the culinary craft.

Practical Exam Parameters:

The CMC® practical exam is an 8-day exam that may only be taken at an ACF approved test site.

Practical Exam Registration

To schedule the practical exam, contact the ACF Certification Department to confirm availability and to register. Payment must be made prior to the exam date.

Candidates will receive a registration confirmation after payment is processed.

To facilitate the certification process, the American Culinary Federation (ACF) has exam sites throughout the country. You must contact the test administrator to confirm test time, and specific details about the testing facility.

Practical Exam Structure

- CMC® is divided into 8 Exam Majors or Categories.
- 6 Exam Majors are attempted in the first section leading to the Final Exam which includes the remaining 2 Majors.
- The Exam Majors leading to the final 2 Majors include:
 - Healthy Cooking
 - Buffet Catering
 - Classical Cuisine
 - Freestyle Cuisine
 - Global Cuisine
 - Baking and Pastry
- The Final Exam Majors include:
 - European Cuisine
 - Market Basket

Practical Exam Scoring

- Each Exam Major comprises of a practical exam that is scored by a panel of Certified Master Chefs® and all must be successfully passed to earn the designation.
- Passing score for each of the first 6 majors is 70% or above.
 - In the event a candidate fails 2 majors, they must withdraw from the process and retake the entire exam.
- Candidate's cumulative score (average score of the first 6 majors) must total above a 75% to take the Final Exam.
- The final 2 majors are averaged together and weighted at 35% of the total score.
 - Both segments of the final exam require a 75% to pass.
- The average of the first 6 scores are weighted at 65% of the total score.
- Final combined Score of 75% or higher is required to pass.

- Each Exam Major is scored using the following weighted domain categories:
 - Kitchen Performance – 35%
 - Tasting and Presentation Assessment – 65%
 - Total = 100%

(See Appendix 2 for score sheets)

Practical Exam Retake Policy

A candidate that successfully scores an average high enough to cook in the final exam (above a 75%) and successfully passed the final but has failed one major, must make up the Exam Major.

A candidate that fails either portion of the final exam, fails the exam but may make up the final exam within two years at the next available scheduled exams.

Make up sessions will be organized by the National Office in conjunction with the test site and all costs will be covered by the candidate.

Appeal Procedure

Candidates and certificants are entitled to appeal determinations made by the Certification Commission regarding:

1. The Commission's interpretation of standards, including candidate eligibility determinations and certificate recertification determinations;
2. Content of the exam and/or keyed responses to items;
3. Alleged inappropriate exam administration procedures; and
4. Alleged testing conditions severe enough to cause a major disruption of the examination process.

Appeals procedures are detailed in the Policies and Procedures document, which is available on the ACF website or can be requested from the ACF National Office.

Confidentiality

The nature, format, content, and results of examinations administered by the Certification Commission and all application materials are considered confidential information and shall be treated as such, in accordance with policies and procedures adopted by the Certification Commission, unless appropriate permission is obtained, where otherwise mandated by valid and lawful court or government order, or by an authorized administrative body. The full confidentiality policy can be found on the ACF website or requested from the ACF National Office. Due to confidentiality policy, only a certificant's current status as a CMC® can be verified. This can be done by the certification verification tool available on the ACF website under Resources or by calling the ACF National Office.

Practical Exam Facility Requirements

To ensure consistency throughout the certification testing program, all testing facilities will offer candidates a high-level testing venue, which includes appropriate equipment and space configurations as specified in the guidelines below.

The test site must be able to provide ample space to include refrigeration, work area, sinks, ranges, and oven space for each candidate. Sufficient access to fryers and grills must be provided, although candidates may share this equipment. A large clock must be visible in the examination area for accurate time keeping. There should be a candidate staging area for ingredient check-in by the evaluators. First aid equipment and materials should be available if needed. Each facility is required to have the following:

Hot and Cold Food Kitchen (At least eight stations are required)

<ul style="list-style-type: none"> ▪ 4-6 burner gas ranges 	<ul style="list-style-type: none"> ▪ 1 full-size standard oven per station 	<ul style="list-style-type: none"> ▪ At least 2 additional ovens available
<ul style="list-style-type: none"> ▪ Char-broiler in the common space 	<ul style="list-style-type: none"> ▪ Broiler in the common space 	<ul style="list-style-type: none"> ▪ Cold smoker in the common space
<ul style="list-style-type: none"> ▪ 1 hand sink for every 2 stations 	<ul style="list-style-type: none"> ▪ Two 8-foot work tables for each station with under shelving 	<ul style="list-style-type: none"> ▪ 18 sq. ft. of refrigerator space in each station
<ul style="list-style-type: none"> ▪ Vegetable sink for every 2 stations 	<ul style="list-style-type: none"> ▪ Additional general refrigerator and freezer space 	<ul style="list-style-type: none"> ▪ Additional small equipment in excellent working condition for each station
<ul style="list-style-type: none"> ▪ Community utensils and equipment in the same area 	<ul style="list-style-type: none"> ▪ Observation windows on at least one side 	<ul style="list-style-type: none"> ▪ Easily controlled entrances and exits

Pastry Kitchen (At least eight stations are required)

<ul style="list-style-type: none"> ▪ One 8 foot bakers table for each station 	<ul style="list-style-type: none"> ▪ One 12 qt mixer for each station
<ul style="list-style-type: none"> ▪ One 4 qt mixer for each station 	<ul style="list-style-type: none"> ▪ 3 x 3-foot marble slab for every two stations
<ul style="list-style-type: none"> ▪ Standard bake shop and pastry small wares to include cake forms, silpats, various cutters, rolling pins, cold mousse molds etc. In enough supply for the number of candidates. 	<ul style="list-style-type: none"> ▪ Baker's deck ovens large enough to support the number of candidates all baking at once.
<ul style="list-style-type: none"> ▪ 1 triple beam scale per station ▪ Additional general refrigerator and freezer space 	<ul style="list-style-type: none"> ▪ 2 burners per station ▪ Additional small equipment which is in excellent working condition for each station
<ul style="list-style-type: none"> ▪ Community utensils and equipment in the same area 	<ul style="list-style-type: none"> ▪ Observation windows on at least one side
<ul style="list-style-type: none"> ▪ Easily controlled entrances and exits 	<ul style="list-style-type: none"> ▪ 1 hand sink for every two stations
<ul style="list-style-type: none"> ▪ Evaluator's table should include: silverware, napkins, water glasses, clipboards, pads, pencils, calculator, stapler, digital camera, and a copy of <i>Le Guide de Culinnaire</i> 	<ul style="list-style-type: none"> ▪ Ample supply of appropriate cleaning equipment including brooms, mops, and paper towels
<ul style="list-style-type: none"> ▪ Plastic wrap, foil, detergent, sanitizers, and buckets 	

Each station must be provided with a basic set of pots, pans, and hand tools (see list). Additional kitchen equipment is supplied in a common area (Appendix 3). In the event that a test site is unable to supply all stations with a full set of station equipment, the candidate may be asked to bring along some of the items needed to complete the set. **The Test Site Administrator shall notify the candidate of this requirement upon registration.**

Individual Equipment

<ul style="list-style-type: none"> ▪ (2) 3 quart mixing bowls 	<ul style="list-style-type: none"> ▪ (2) small sauce pans
<ul style="list-style-type: none"> ▪ (1) medium sauce pan 	<ul style="list-style-type: none"> ▪ (1) large sauté pan
<ul style="list-style-type: none"> ▪ (1) medium sauté pan 	<ul style="list-style-type: none"> ▪ (2) small sauté pans
<ul style="list-style-type: none"> ▪ (2) small bain marie inserts 	<ul style="list-style-type: none"> ▪ (1) rubber spatula
<ul style="list-style-type: none"> ▪ (1) solid spoon 	<ul style="list-style-type: none"> ▪ (1) 2 oz. ladle
<ul style="list-style-type: none"> ▪ (1) 6 oz. ladle 	<ul style="list-style-type: none"> ▪ (1) small whisk
<ul style="list-style-type: none"> ▪ (1) wooden spoon 	

The Community Kitchen

The community kitchen should include small appliances which can be shared by all candidates. Safety and sanitation supplies must be furnished by the test site. Candidates are expected to bring their own plastic gloves, if needed, for production or service. At a minimum, each test site shall provide the following in the community kitchen:

<ul style="list-style-type: none"> ▪ Chinoise 	<ul style="list-style-type: none"> ▪ Food processors
<ul style="list-style-type: none"> ▪ Microwave 	<ul style="list-style-type: none"> ▪ Food mixers

▪ Grill	▪ Portion scales
▪ Proof box	▪ Balance beam scales
▪ Fryer	▪ Measuring containers
▪ Food blender	

Ingredients

Each Exam Major involves a “mystery box” of ingredients or a selection of dishes to fulfill the desired assessment of knowledge and competencies at the Mastery level. The candidate will be notified of the ingredients that must be used during the major or the dishes to be prepared, at a minimum of 10 hours before requisitions are due to the site.

Each site will provide a common kitchen to include the minimum ingredients listed in Appendix 4.

Apprentice

The host site is responsible for providing an apprentice for each candidate testing. The apprentices will not remain the same for the duration of the exam. Candidate interaction with the apprentice assigned will be evaluated during each Exam Major. With the help of the apprentice, the candidate is responsible to maintain their workstation along with all cleaning requirements including washing dishes.

Apprentices can perform the following tasks during the Exam Majors:

- Help set up and tear down, and assist in placement of ingredients and equipment
- Place things in the refrigerator or freezer and deliver the finished plates to the evaluator table
- Physically open the oven and insert or remove products as instructed by the chef
- Use basic knife skills (peeling, dicing and cutting) in preparation for mise en place
- Function as a timekeeper to enable the chef to remain on track
- Keep the chef's equipment washed and stored in a sanitary manner

Exam Majors

What to Expect

Throughout the Certified Master Chef® Exam process, candidates are expected to demonstrate an exceptional knowledge of fundamental cooking techniques. It is the responsibility of the candidate to ensure that a mastery of the culinary craft is demonstrated throughout the exam process.

According to Merriam Webster the definition of mastery is:

a : possession or display of **great skill or technique**

b : \ : command

Showcasing the above is the starting point for evaluation. This exam is not a testing ground for ideas and gives the candidate the opportunity to highlight their experience, knowledge and skills.

Expect that the evaluation will start with professional correspondence and continue through how the station looks upon completion of each segment.

As a candidate for the Certified Master Chef® Exam, candidates are evaluated on the following areas based on the expectation of mastery: professionalism, organization, sanitation, preparation lists, ordering, menu writing, mise en place, butchery, culinary fundamentals, flavor development, execution, use of preparation time, team work, use of plating window, plating, product utilization, etc.

For example, exhibiting a high level of execution for an entrée will be evaluated based on ordering or handling of the protein provided, fabrication, yield, an understanding of product utilization, portioning, sanitation, appropriate cooking technique and plating are **expected**.

Practicing to pass the test is not a successful philosophy. Having a true command of the craft is the basis for entering the exam, while executing them at the mastery level is the basis for passing the exam. We wish all candidates the best of luck in successfully earning the Certified Master Chef® Credential.

Healthy Cooking

Objective

The candidate must demonstrate knowledge of Healthy Cooking principles through the development and presentation of a four-course meal for six people. The objective is to be met through the preparation of the meal in accordance with sound nutritional guidelines outlined below. The mastery of cooking principles as they relate to flavor development using healthy cooking techniques, consistency in portion control and presentation along with the formulation of the menu and its components will be evaluated to the mastery level.

Competencies

The following competencies must be demonstrated by the candidate during the Exam Major:

1. Adherence to Nutritional Guidelines:
 - Entire meal for one serving:
 - Not to exceed 1000 kcal
 - Not to exceed 1200 mg sodium
 - 15-20% of kcal from protein
 - 45-60% of kcal from carbohydrates
 - 25-30% of kcal from fat
2. Understanding of flavor development within nutritional guidelines
3. Demonstration of appropriate cooking methods as they relate to healthy cuisine

Menu

The four-course menu must include Hot Appetizer, Salad, Main Course and Dessert (served either hot or cold) to serve six guests. Six identical servings will be presented individually to the evaluator panel. The candidate will receive a market basket prior to the exam containing:

- Three Proteins, including one alternative protein (i.e.: Tempeh, Tofu, Seitan)
- Two Grains
- Three Vegetables
- Three Fruits
- Lettuce

Process

At a minimum of 48 hours prior to the exam, the candidate will receive the market basket list of ingredients via email. Ensure that your email at the National Office is up to date as only one address will be used for the CMC® Exam Process.

At the end of the pre-exam window, the candidate will submit the following items to the Exam Administrator:

- Healthy Cooking Cover Sheet (See Appendix 5)
- Menu
- Recipes for 1 portion of each course
- Requisition list (See appendix 6)
 - Only the quantities of food that are requisitioned will be available to execute menu
 - No additional Store Room visits or requisitions will be allowed at time of exam
- Total Nutritional Breakdown for one serving
 - Must be verified by a Registered Dietitian or CDM, CFPP

File formats will only be accepted in PDF format.

Please see appendix 7 for "Nutritional Transfer of alternate cooking methods" document

Schedule

Before the Exam Major begins, candidates will attend a 1 hour briefing by the lead evaluator. During the briefing, candidates will have the opportunity to ask any final questions.

- Candidates will have 15 minutes to set up their station. During this time, no food will be handled.
- At the end of the 15 minutes, candidates will receive their market baskets and food requisitions, scaled as per requested.
 - No additional food may be requisitioned during this Exam Major.
- Candidates will have 4 hours of kitchen preparation time.
- At the end of the 4 hours, candidates will have a 30-minute service window to plate all four courses.
- The candidate will have 30 minutes to clean the work area and exit the kitchen.

SAMPLE SCHEDULE					
Candidate	Enter/Set up	Preparation	Window Open	Window Close	Exit Kitchen
1	8:15 a.m.	8:30 a.m.	12:30 p.m.	1:00 p.m.	1:30 p.m.
2	8:45 a.m.	9:00 a.m.	1:00 p.m.	1:30 p.m.	2:00 p.m.

Evaluation and Scoring

The Healthy Cooking Exam Major will be evaluated by a panel of at least three current Certified Master Chefs®. Adherence to the mandatory competencies will be factored into the final exam Major Score. Each of the four courses is weighted evenly to make up the Tasting and Presentation Score. A combined score of 70% or above is needed to pass the Exam Major. Any candidate that scores below a 70% must retake the Exam Major.

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 40%
- Mise en Place/Organization – 15%
- Professionalism – 10%
- Utilization of Ingredients – 20%
- Work Flow – 15%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Maintaining Food Integrity – 15%
- Developing Flavor Profiles – 40%
- Food Placement/Presenting Food – 25%
- Achieving Nutritional Balance/Plate Composition – 15%

Timing - It is expected that candidates present all food within the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Equipment/Accommodations

During the Healthy Cooking Exam Major, the following accommodations will be allowed to maximize performance of candidates to be used at candidate's discretion.

- Immersion circulators will be allowed during this major
 - Candidate is responsible for bringing their own circulator, water bath and vacuum sealer

Buffet Catering

Objective

In alignment with classical and modern applications, the candidate is required to demonstrate the following competencies while satisfying the major requirements. The candidate will demonstrate an understanding of the functionality of the garde marger kitchen.

Competencies

The following competencies must be demonstrated through a cold, edible platter created by the candidate during the Exam Major.

1. Proper fabrication and utilization in line with garde marger philosophies
2. Harmonization of flavors while demonstrating a variety of cold kitchen techniques
3. Demonstration of portion control and uniformity in service
4. Understanding of platter composition for a formal buffet service as it relates to size, balance and presentation

Menu

Candidate will present an edible platter to serve 8 plus 4 individual plates for tasting that reflect a single serving from the platter. Menu will be assessed based on the use of a market basket containing the following:

- Two Primary Proteins
- One Secondary Protein
- Two Vegetable Items
- One Starch Based Item
- One Supplementary Item

Platter Requirements

- Three Different (ie: coarse grind, single meat, mousseline) Main Protein Preparations
- Two Individual Garnishes
 - Must stand alone in a hand held application
 - Flavors must align with main pieces
 - Can be a combination of protein, starch, carbohydrate, vegetable
- One Cold Salad
- Two Sauces
- Dough piece to be used on a main piece or garnish
- Aspic preparation served and flavored in an appropriate manner

The candidate is required to demonstrate the following skill sets on the platter:

Primary Components – Three different main protein preparations may include but not limited to:

- Emulsified forcemeat
- Cured/Smoked/Pickled/Cornd/Salted
- Mousse/Mousseline
- Rillettes/Confit
- Headcheese/Brawn/Fromage de tete
- Jelly/Agar/Kanten
- Galantine/Balottine
- Pate

Secondary Components – Each of the items listed must be demonstrated:

- Composed/Mixed Salad
- Sauces – May be selected from the following but not limited to:
 - Vinaigrette
 - Chutney
 - Compote
 - Aioli
 - Conserve
 - Marmalade
 - Relish
 - Salsa

Process

At a minimum of 10 hours ahead of start time, candidate will receive a market basket containing the above items. Some of each item must be used to avoid point deductions. All supporting ingredients must be submitted through the requisition form (Appendix 6) prior to the start of the exam.

File formats will only be accepted in PDF format.

Schedule

Before the Exam Major begins, candidates will attend a 1-hour briefing by the lead evaluator. During the briefing, candidates will have the opportunity to ask any final questions.

Segment 1

- Candidates will have 12 hours of station set up, kitchen preparation time and station clean up.
- Candidates must leave the kitchen at the end of the 12 hours in a clean and ready state for the next day.
 - Clean up and storage of products must be done in the 12 hour time frame. No additional kitchen time will be allowed.

SAMPLE SCHEDULE - SEGMENT 1		
Candidate	Preparation Begins	Exit Kitchen
1	8:30 a.m.	8:30 p.m.
2	9:00 a.m.	9:00 p.m.

Segment 2

- The candidate will have 3 hours to finalize preparations and present all of their work at the closing of the time.
- 30 minutes will be provided to clean and exit the kitchen.

SAMPLE SCHEDULE - SEGMENT 2			
Candidate	Preparation Begins	Window Close	Exit Kitchen
1	8:00 a.m.	11:00 a.m.	11:30 a.m.
2	8:30 a.m.	11:30 a.m.	12:00 p.m.

Evaluation and Scoring

The Buffet Catering Exam Major will be evaluated by a panel of at least three current Certified Master Chefs®. Adherence to the mandatory competencies will be factored into the final exam Major Score. The presented menu is weighted evenly to make up the Tasting and Presentation Score. A combined score of 70% or above is needed to pass the Exam Major. Any candidate that scores below a 70% must retake the Exam Major.

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 40%
- Mise en Place/Organization – 15%
- Professionalism – 10%
- Utilization of Ingredients – 20%
- Work Flow – 15%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Maintaining Food Integrity – 15%
- Developing Flavor Profiles – 40%
- Food Placement/Presenting Food – 25%
- Achieving Nutritional Balance/Plate Composition – 15%

Timing - It is expected that candidates present all food with in the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Equipment/Accommodations

During the Buffet Catering Exam Major, the following accommodations will be allowed to maximize performance of candidates to be used at candidate's discretion.

- Immersion circulators will be allowed during this major
 - Candidate is responsible for bringing their own circulator, water bath and vacuum sealer
- Candidates may bring in their own platter for service but only host facility china may be used for plating

Classical Cuisine

"I wanted to create a useful tool rather than just a recipe book whilst leaving the reader free to decide on the way to carry out the work according to his own personal views." - *Foreword to the First Edition, "Escoffier," 1902*

Objective

The candidate must demonstrate the ability to understand, interpret and execute the philosophy of Auguste Escoffier and classical cuisine as prescribed in *Le Guide Culinaire*. The candidate will demonstrate a thorough knowledge of the foundations of classical cuisine and preparation throughout the presented menu.

Competencies

Demonstrate an understanding in the fabrication, yield and service portions derived from the prime proteins as well as a comprehensive understanding of the classical cooking procedures, recipes, techniques and presentations.

Competencies will be strictly adhered to according to *Le Guide Culinaire*.

Menu

Candidate will prepare the following courses as part of a complete menu to serve 10 people, 4 individual plates and 6 servings for Russian Service:

- Consommé – To be determined by Lead Evaluator
- Fish Course – From a randomly selected protein
- Main Course – From a randomly selected protein

Candidates are responsible to select appropriate starch and vegetable if not part of the chosen recipe. Composition of menu and accompaniments should complement and be appropriate for the dish and the entire menu.

Process

At a minimum of 10 hours before the exam, the candidate will receive the selected consommé and two selected proteins. Candidate will write a complete menu demonstrating an understanding of Le Guide Culinaire. A requisition must be submitted for supplemental ingredients at the pre-determined time.

Schedule

Before the Exam Major begins, candidates will attend a 1 hour briefing by the lead evaluator. During the briefing, candidates will have the opportunity to ask any final questions.

- Candidates will have 15 minutes to set up their station. During this time no food will be handled.
- At the end of the 15 minutes, candidates will receive their proteins and food requisitions.
 - 10 minutes after receiving market basket and requisitions, the candidate will no longer be able to requisition more items, only common pantry items will be accessible.
- Candidates will have 4 hours of kitchen preparation time.
- At the end of the 4 hours, candidates will have a 30 minute service window to plate full menu.
- The candidate will have 30 minutes to clean the work area and exit the kitchen.

SAMPLE SCHEDULE					
Candidate	Enter/Set up	Preparation	Window Open	Window Close	Exit Kitchen
1	8:15 a.m.	8:30 a.m.	12:30 p.m.	1:00 p.m.	1:30 p.m.
2	8:45 a.m.	9:00 a.m.	1:00 p.m.	1:30 p.m.	2:00 p.m.

Evaluation and Scoring

The Classical Cuisine Exam Major will be evaluated by a panel of at least three current Certified Master Chefs®. Adherence to the mandatory competencies will be factored into the final exam Major Score. Each of the three items are weighted evenly to make up the Tasting and Presentation Score.

A combined score of 70% or above is needed to pass the Exam Major. Any candidate that scores below a 70% must retake the Exam Major.

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 40%
- Mise en Place/Organization – 15%
- Professionalism – 10%
- Utilization of Ingredients – 20%
- Work Flow – 15%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Maintaining Food Integrity – 15%
- Developing Flavor Profiles – 40%
- Food Placement/Presenting Food – 25%
- Achieving Nutritional Balance/Plate Composition – 15%

Timing - It is expected that candidates present all food with in the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Equipment/Accommodations

No additional or supplemental equipment is allowed for this Exam Major.

Freestyle

Objective

To verify the mastery of a candidate's skills in relations to the construction and preparation of a menu. The candidate's personal cooking style and philosophy must be demonstrated through the development of a menu that demonstrates a mastery of the fundamentals of cuisine. The evaluating team will assess the performance reflected through the mastery of all standard cooking fundamentals and menu methodology as a basis for evaluation.

Competencies

The follow competencies must be demonstrated by the candidate during the Exam Major:

1. Menu composition
2. Progression of meal while understanding nutritional balance
3. Utilization of basket ingredients
4. Demonstration of personal cooking style through signature items or techniques

Menu

Competencies will be achieved by candidates creating a four course menu comprised of, Starter/Appetizer (cold or hot), Fish Course, Main Course and one additional course of appropriate progression. Six servings will be presented individually to the evaluator panel. The candidate will receive a market basket prior to the exam containing:

- Four protein items (Two meat/game/poultry, Two fish/seafood)
- Four vegetable items
- Two starch items
- One fruit
- One cheese or other dairy Item
- One variety of lettuce

Each ingredient must be used to some extent.

Process

At a minimum of 10 hours before the exam, the candidate will receive the market basket ingredients. A menu along with a requisition must be submitted for supplemental ingredients at the pre-determined time.

Schedule

Before the Exam Major begins, candidates will attend a 1 hour briefing by the lead evaluator. During the briefing, candidates will have the opportunity to ask any final questions.

- Candidates will have 15 minutes to set up their station. During this time no food will be handled.
- At the end of the 15 minutes, candidates will receive their market baskets and store room selection.
- Candidates will have 4 hours of kitchen preparation time.
- At the end of the 4 hours, candidates will have a 30 minute service window to plate all four courses.
- The candidate will have 30 minutes to clean the work area and exit the kitchen.

SAMPLE SCHEDULE					
Candidate	Enter/Set up	Preparation	Window Open	Window Close	Exit Kitchen
1	8:15 a.m.	8:30 a.m.	12:30 p.m.	1:00 p.m.	1:30 p.m.
2	8:45 a.m.	9:00 a.m.	1:00 p.m.	1:30 p.m.	2:00 p.m.

Evaluation and Scoring

The Freestyle Exam Major will be evaluated by a panel of at least three current Certified Master Chefs®. Adherence to the mandatory competencies will be factored into the final exam Major Score. Each of the four courses is weighted evenly to make up the Tasting and Presentation Score.

A combined score of 70% or above is needed to pass the Exam Major. Any candidate that scores below a 70% must retake the Exam Major.

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 40%
- Mise en Place/Organization – 15%
- Professionalism – 10%
- Utilization of Ingredients – 20%
- Work Flow – 15%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Maintaining Food Integrity – 15%
- Developing Flavor Profiles – 40%
- Food Placement/Presenting Food – 25%
- Achieving Nutritional Balance/Plate Composition – 15%

Timing - It is expected that candidates present all food with in the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Equipment/Accommodations

During the Freestyle Exam Major, the following accommodations will be allowed to maximize performance of candidates to be used at candidate's discretion.

- Immersion circulators will be allowed during this major
 - Candidate is responsible for bringing their own circulator, water bath and vacuum sealer

Global Cuisine

Objective

The candidate must demonstrate knowledge of several global cuisines. The practical component of this discipline will be demonstrated by the preparation of three main dishes from three different regions of the world. It is expected that the candidate demonstrate a knowledge representative of the traditions, philosophies and methodology of each cuisine. The methods of service and preparation should directly relate to the traditional integrity of the dish and demonstrate a mastery of the same by presenting the dishes in the style of a special occasion for that region.

Competencies

The following will be demonstrated by the candidates during the Global Cuisine Exam Major:

1. An understanding of the regional cuisines selected
2. Demonstration of the methods of service and preparation as it directly relates to the traditional integrity of the dish
3. Knowledge of the traditions, philosophies and methodology of the cooking fundamentals of each cuisine

The lead evaluator will select three dishes from the following lists (one from each region) to be created by the candidate:

Cuisine of the America(s):

- Mole Coloradito Oaxaqueño – Mexican – Braise, Poultry/Fowl
- Cioppino – American - Stew, Seafood Cookery
- Pescado a la Veracruzana - Mexico - Shallow Poach, Fish
- Tchaka – Haitian – Stew/Braise, Corn, Beans and Pork
- Vatapá – Brazilian - Stew, Seafood
- Boulette – Haitian – Baked
- Cipaille – Canadian – Baked
- Jerk Pork – Jamaican - Grilled or Roasted
- Matambre – Argentine – Braised
- Burgoo – American – Stew
- Jambalaya – American – Rice & One Pot Stage Cookery

Cuisine of Asia:

- Kalbi – Korean – Grilled
- Aloo Gobi and Samosa - Indian – Stewed Vegetables
- Chettinad Biryani – Indian – One Pot Rice Cookery
- Tonkatsu – Japanese – Deep Fried Panko Breaded Pork Cutlet
- Gyoza – Japanese (originally Chinese) Dumpling, Pan Fry
- Bun Cha – Vietnamese – Communal Meat Patty and Noodle Dish
- Chow Fun – Southern Chinese – Stir-Fry Noodle Dish
- Rendang – Indonesian/Malaysian – Stew of Beef
- Sushi Platter – Japanese – Rice Cookery and Rolling Techniques
- General Tso's Chicken – Chinese – Classical Chicken and Vegetable Stir-Fry Technique
- Pad (phad, phat) Thai – Thai – Stir-Fry Rice Noodles
- Massaman Curry - Southern Thai Dish – Stew

Cuisine of Eastern Mediterranean:

- Paella Mixta – Southern Spanish – Multi-Stage Rice Cookery
- Gnocchi ala Sorrentino – Italian – Pasta Cookery
- Escudella – French Stew
- Braciola di Maiale – Italian – Braising
- Ossibuchi alla Toscana – Italian – Braising
- Bamia – Egyptian – Stewing
- Fatteh – Egyptian – Bread Baking and Vegetarian Cookery
- Panissa di Vercelli – Italian – Rice Cookery
- Stuffed Eggplant with Lamb & Pine Nuts – Israeli – Savory, Baked
- Cassoulet de Toulouse – Southwest French – Stewing
- Fish Tagine – Moroccan – Steaming
- Chicken Souvlaki – Greek – Grilled

Menu

The candidate will create 6 portions of the selected dish from each of the three regions. The candidate is expected to research each dish and present it in a composed manner suitable for a festive occasion:

- Main Dish one
- Main Dish two
- Main Dish three

Process

At a minimum of 10 hours before the exam, the candidate will receive the selected dishes to prepare. A menu along with a requisition must be submitted for supplemental ingredients at the pre-determined time.

Schedule

Before the Exam Major begins, candidates will attend a 1 hour briefing by the lead evaluator. During the briefing, candidates will have the opportunity to ask any final questions.

- Candidates will have 15 minutes to set up their station. During this time no food will be handled.
- At the end of the 15 minutes, candidates will receive their market baskets and food requisitions.
 - 10 minutes after receiving market basket and requisitions, the candidate will no longer be able to requisition more items, only common pantry items will be accessible.
- Candidates will have 4 hours of kitchen preparation time.
- At the end of the 4 hours, candidates will have a 30 minute service window to plate all four courses.
- The candidate will have 30 minutes to clean the work area and exit the kitchen.

SAMPLE SCHEDULE					
Candidate	Enter/Set up	Preparation	Window Open	Window Close	Exit Kitchen
1	8:15 a.m.	8:30 a.m.	12:30 p.m.	1:00 p.m.	1:30 p.m.
2	8:45 a.m.	9:00 a.m.	1:00 p.m.	1:30 p.m.	2:00 p.m.

Evaluation and Scoring

The Global Cuisine Exam Major will be evaluated by a panel of at least three current Certified Master Chefs®. Adherence to the mandatory competencies will be factored into the final exam Major Score. Each of the three dishes are weighted evenly to make up the Tasting and Presentation Score.

A combined score of 70% or above is needed to pass the Exam Major. Any candidate that scores below a 70% must retake the Exam Major.

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 40%
- Mise en Place/Organization – 15%
- Professionalism – 10%
- Utilization of Ingredients – 20%
- Work Flow – 15%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Maintaining Food Integrity – 15%
- Developing Flavor Profiles – 40%

- Food Placement/Presenting Food – 25%
- Achieving Nutritional Balance/Plate Composition – 15%

Timing - It is expected that candidates present all food within the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Equipment/Accommodations

Any additional/special equipment necessary to execute dishes will be supplied by the exam site.

Baking and Pastry

Objective

To verify the candidate's knowledge and preparation of the mandated competencies listed below. The purpose of this segment is for the candidate to demonstrate they are well versed in baking and pastry skills and is competent in the production of the same. Special attention should be paid to product consistency and detail of the finishing techniques. Product shape, baking doneness, size consistency and marketability will be evaluated.

Competencies

The following competencies must be demonstrated by the candidate during the Exam Major:

1. Scaling
2. Mixing
3. Plated Dessert Composition
4. Shaping
5. Baking
6. Lamination

Menu

The candidate must produce the following within the exam time frame:

- One, 3-pound recipe of a yeast-leavened product of the candidate's choice
 - Must demonstrate three make-up methods (1 loaf and 2 of candidate's choosing)
- Demonstrate method for making puff dough
- One dozen portions of two different puff pastry products, puff dough will be provided if necessary
- A celebration themed cake utilizing Italian buttercream (demonstrate 2 different piping techniques)
 - 8-inch cake
 - Must be minimum of three layers
 - Present on suitable platter, plate a cut portion to present
- 6 portions of a plated dessert, hot or cold. Must include the fundamental components of a complete dessert including a frozen element (ice cream or sorbet)

Process

At a minimum of 10 hours before the exam, the candidate will submit a menu along with a requisition for supplemental ingredient.

Schedule

Before the Exam Major begins, candidates will attend a 1 hour briefing by the lead evaluator. During the briefing, candidates will have the opportunity to ask any final questions.

- Candidates will have 6 hours of station set-up, kitchen preparation, service time and station clean up.
 - All items must be presented in this time frame

- At the end of the 6 hours, candidates will exit the kitchen leaving it clean and sanitized.

SAMPLE SCHEDULE		
Candidate	Enter/Set up	Exit Kitchen
1	8:00 a.m.	2:00 p.m.
2	8:30 a.m.	2:30 p.m.

Evaluation and Scoring

The Baking and Pastry Exam Major will be evaluated by a panel of at least three current Certified Master Chefs®. Adherence to the mandatory competencies will be factored into the final exam Major Score. Each of the components is weighted evenly to make up the Tasting and Presentation Score.

A combined score of 70% or above is needed to pass the Exam Major. Any candidate that scores below a 70% must retake the Exam Major.

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 40%
- Mise en Place/Organization – 15%
- Professionalism – 10%
- Utilization of Ingredients – 20%
- Work Flow – 15%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Maintaining Food Integrity – 15%
- Developing Flavor Profiles – 40%
- Food Placement/Presenting Food – 25%
- Achieving Nutritional Balance/Plate Composition – 15%

Timing - It is expected that candidates present all food within the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Equipment/Accommodations

Any additional/special equipment necessary to execute dishes will be supplied by the exam site.

The Final Exam

Section 1 — European Cuisine

Objective

The candidate must demonstrate knowledge of European cuisines. The practical component of this discipline will be demonstrated by the preparation of three main dishes from three different regions. It is expected that the candidate demonstrate a knowledge representative of the traditions, philosophies and methodology of each cuisine. The methods of service and preparation should directly relate to the traditional integrity of the dish and demonstrate a mastery of the same by presenting the dishes in the style of a special occasion for that region.

Competencies

The lead evaluator will select three dishes from the following lists to be created by the candidate to demonstrate the following competencies:

- Knowledge representative of the traditions, philosophies and methodology of each cuisine
- Understanding of the service and preparation as it directly relates to the traditional integrity of the dish

Cuisine of Western Europe:

- Ratsherren mit Sauerkraut und Kartoffelkloesse – German – Grilling and Dumplings
- Riderrouladen mit Rotkohl und Bratkartoffeln – German – Braised and Fried
- Wienerschnitzel mit Gurkensalat und Kartoffelsalat – Austrian – Pan Fried
- Wiener Fiakergulash mit Nockerl – Austrian – Stewing and Spaetzle
- Züricher Geschnetzeltes mit Rosti – Swiss – Ragout and Rosti Potatoes
- Gebackene Forelle – Swiss – Baked
- Lekkerbek Met Ravigottesaus – Dutch – Deep Fried
- Waterzooi de Poulet – Dutch – Multi-Stage Cooking
- Carbonnade Flamande – Belgian – Stew
- Paling in 't Groen – Belgian – Soup/Stew
- Steak and Kidney Pie – English – Stewed and Baked
- Scottish Lamb Leg with Barley, Wilted Greens and Roast Roots – English – Roast
- Kroppkakor – Scandinavian – Dumplings
- Poronkäristsys – Scandinavian – Sautéed

Cuisine of Eastern Europe:

- Ges Nadziewana Owocami – Polish – Roasted
- Kulebyaka/Coulibiac – Russian – Baking
- Golubtsi – Russian – Braised
- Pierogi – Slavic Countries (Poland, Czechoslovakia, Slovakia) – Dough-Making and Pan Fried
- Beef Strogonoff – Russian – Stew
- Chicken Kiev – Russian – Deep Fried
- Csirkepaprikás – Hungarian – Braised
- Szüztekereske – Hungarian – Braised

Cuisine of Western Mediterranean:

- Gnocchetti di Ricotta con Salsa di Fegatini e Noci – Italian – Farinaceous Cookery
- Paella de Marisco – Spanish – One-Pot Cookery and Rice Cookery
- Conejo a la Cazadora – Spanish – Stew
- Morcela – Portuguese – Combination Cookery
- Leitão Assado à Bairrada – Portuguese – Roasted

Menu

The candidate will create 6 portions of the selected dish from three of the regions. The candidate is expected to research each dish and present it in a composed manner suitable for a festive occasion. Six portions will be presented in the manner appropriate for the region/cuisine:

- Main Dish one
- Main Dish two
- Main Dish three

Process

At a minimum of 10 hours before the exam, the candidate will receive the selected dishes to prepare. A menu along with a requisition must be submitted for supplemental ingredients at the pre-determined time.

Schedule

Before the Exam Major begins, candidates will attend a 1 hour briefing by the lead evaluator. During the briefing, candidates will have the opportunity to ask any final questions.

- Candidates will have 15 minutes to set up their station. During this time no food will be handled.
- At the end of the 15 minutes, candidates will receive their market baskets and food requisitions.
 - 10 minutes after receiving market basket and requisitions, the candidate will no longer be able to requisition more items, only common pantry items will be accessible.
- Candidates will have 4 hours of kitchen preparation time.
- At the end of the 4 hours, candidates will have a 30 minute service window to plate all four courses.
- The candidate will have 30 minutes to clean the work area and exit the kitchen.

Evaluation and Scoring

The European Cuisine Exam Major will be evaluated by a panel of at least three current Certified Master Chefs®. Adherence to the mandatory competencies will be factored into the final exam Major Score. Each of the three dishes are weighted evenly to make up the Tasting and Presentation Score.

A combined score of 75% or above is needed to pass the Exam Major. Any candidate that scores below a 75% must retake the final Exam Major.

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 40%
- Mise en Place/Organization – 15%
- Professionalism – 10%
- Utilization of Ingredients – 20%
- Work Flow – 15%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Maintaining Food Integrity – 15%
- Developing Flavor Profiles – 40%
- Food Placement/Presenting Food – 25%
- Achieving Nutritional Balance/Plate Composition – 15%

Timing - It is expected that candidates present all food within the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Equipment/Accommodations

Any additional/special equipment necessary to execute dishes will be supplied by the exam site.

The Final Exam

Section 2 – Market Basket

Objective

To evaluate the candidate's ability to write and prepare a menu within specific time constraints at the highest level by demonstrating the mastery of all culinary foundational skills. All kitchen activities will be thoroughly scrutinized and evaluated with the prescribed mastery in mind. It is fully expected that a mastery of cooking methodology, fabrication and craftsmanship will be demonstrated during the cooking period. The end result will be expected to exemplify these standards to the fullest extent of plating, taste and finishing skills.

Competencies

The final Exam Major will assess

1. Menu methodology

2. Understanding and appreciation of ingredients and their compatibility
3. Knowledge of flavor progression
4. Mastery of culinary foundational skills

Menu

The candidate will be presented with a market basket of ingredients comprised of the following categories in which each ingredient must be used to some extent:

- Two Seafood Items
- Two Other Proteins
- Seven Vegetable Items
- Three Starch based Items
- One Supplemental Item
- One Variety of Lettuce

Candidates will present a 5-course menu comprised of six portions individually plated.

The menu must include a total of five courses containing a fish course, main course and a dessert. The candidate may choose the remaining courses in the progression. One of the five courses must meet the requirements of a lacto-ovo vegetarian diet.

Process

At the end of section 1 of the final exam (European Cuisine), the candidate will have a 30 minute break. At the end of the 30 minutes, the candidate will be presented with the market basket and the Market Basket Exam Major time will begin. A five-course menu must be submitted within 30 minutes from the candidate's start time.

Schedule

Before the Exam Major begins, candidates will attend a 1 hour briefing by the lead evaluator. During the briefing, candidates will have the opportunity to ask any final questions.

- Candidates will have 30 minutes to write menu and submit.
 - If candidate does not utilize the entire 30 minutes, they may begin preparation.
 - Additional food requisition may be submitted within 1 hour of start time.
- Candidates will have 4 hours of kitchen preparation time.
- At the end of the 4 hours and 30 minutes, candidates will have a 30 minute service window to plate all five courses.
- The candidate will have 30 minutes to clean the work area and exit the kitchen.

Evaluation and Scoring

The Market Basket Exam Major will be evaluated by a panel of at least three current Certified Master Chefs®. Adherence to the mandatory competencies will be factored into the final exam Major Score. Each of the three dishes are weighted evenly to make up the Tasting and Presentation Score.

A combined score of 70% or above is needed to pass the Exam Major. Any candidate that scores below a 75% must retake the final Exam Major.

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 14%
- Mise en Place/Organization – 5.25%
- Professionalism – 3%
- Utilization of Ingredients – 7%
- Work Flow – 5.25%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Maintaining Food Integrity – 5%
- Developing Flavor Profiles – 40%
- Food Placement/Presenting Food – 10%
- Achieving Nutritional Balance/Plate Composition – 5%

Timing - It is expected that candidates present all food with in the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Equipment/Accommodations

During the Market Basket Exam Major, the following accommodations will be allowed to maximize performance of candidates to be used at candidate’s discretion.

- Immersion circulators will be allowed during this major
 - Candidate is responsible for bringing their own circulator, water bath and vacuum sealer

SAMPLE SCHEDULE					
NORTHERN EUROPEAN CUISINE - SEGMENT 1					
Candidate	Enter/Set up	Preparation	Window Open	Window Close	Exit Kitchen
1	8:15 a.m.	8:30 a.m.	12:30 p.m.	1:00 p.m.	1:30 p.m.
2	8:45 a.m.	9:00 a.m.	1:00 p.m.	1:30 p.m.	2:00 p.m.
MARKET BASKET - SEGMENT 2					
Candidate	Enter	Menu Due	Window Open	Window Close	Exit Kitchen
1	2:00 p.m.	2:30 p.m.	6:00 p.m.	6:30 p.m.	7:00 p.m.
2	2:30 p.m.	3:00 p.m.	6:30 p.m.	7:00 p.m.	7:30 p.m.

CMC® Exam Evaluators

The CMC® is evaluated by a panel of at least four Certified Master Chefs®. Each Exam major has a designated Lead evaluator, a team to evaluate kitchen performance and a team to evaluate tasting and presentation. The Lead Evaluator is responsible for working with the Test Administrator and the Host Site Liaison to determine mystery basket and answer any specific questions as they relate to the Exam Major.

It is the responsibility of the Lead evaluator to coordinate with their corresponding team of evaluators to discuss the expectations specific to the Exam Major and the ingredients/dishes selected for the candidates. The Lead evaluator will facilitate any conversations needed in the assessment scoring along with the Test Administrator.

Each CMC® Exam Evaluator is expected to be an active member of the ACF, currently certified and must uphold all ACF Certification Policies in regards to exam testing.

Evaluation of the Exam

The candidate's skills are evaluated during the examination period through frequent monitoring by the evaluators. Notes are made during the examination as references to the evaluation. Sanitation is scored overall as pass or fail. Points are calculated in various areas and a total numerical score is calculated. A total average score for the entire exam of 75% or better is considered passing.

At the completion of most Exam Majors, candidates will be given a verbal explanation of their performance, which is used to document the results of the exam. The Test Administrator will give candidates a summary document of their performance at the conclusion of each Exam Major.

0-10 points will be awarded in each of the categories based on the following distribution:

Sanitation – Pass/Fail

Work Performance – Kitchen Score – 35%

- Cooking Techniques and Fundamentals – 40%
- Mise en Place/Organization – 15%
- Professionalism – 10%
- Utilization of Ingredients – 20%
- Work Flow – 15%

Tasting and Presentation – 65%

- Menu Formatting – 2%
- Achieving Stated Menu – 3%
- Constructing Profiles – Maintaining Food Integrity – 5%
- Developing Flavor Profiles – 40%
- Food Placement/Presenting Food – 10%
- Achieving Nutritional Balance/Plate Composition – 5%

Timing - It is expected that candidates present all food within the time frame. A 7% deduction off the Exam Major final score will be taken if food is presented after the close of the window.

Evaluation sheets are included in Appendix 2.

Official Announcement of Certification

Candidates that successfully pass the CMC[®] exam will be presented with their certificate on final day of the exam. **CMC[®] certifications are valid for five years.**

ACF would like to share your certification accomplishments in ACF communications. If you would like to share your accomplishment, please feel free to utilize the **Brand You! Toolkit** available on the ACF website. If you prefer this information not be shared, please be sure to check box on final application to opt out.

For more information, call us at 1-800-624-9458, or mail us at certify@acfchefs.net.

Designation Usage Policy

ACF has a Designation Usage policy that certificants must follow. Each certificant accepts and assumes all, and the sole, responsibility for understanding and satisfying legal requirements of the ACF Designation Usage Policy, and any Procedural requirements of ACF Designation usage, including those requirements applying to the use, display, and/or advertising of any ACF Designation. It is the responsibility of such certificants to ensure that the use of any ACF Designation on professional and business related materials (e.g., stationery, signs, business cards, flyers, chef coats, yellow pages, or other advertisements and marketing materials) is NOT in conflict with this Policy and Procedure, or with the laws of the nation, state, or territory in which that individual or entity conduct business. A complete Designation Usage Policy can be found on the ACF website or requested from the ACF National Office.

Recommended Resources

Le Guide Culinaire

Author: Auguste Escoffier
and HL Cracknell

Publisher: J. Wiley & Sons

Pub. Date 2011

Modernist Cuisine – The Art and Science of Cooking

Author: Nathan Myhrvold

Pub. Date 2011

On Food and Cooking

Author: Harold McGee

Publisher: Scribner

Pub. Date 2004

Buffets and Receptions

Author: Albin Abelanet

Pub. Date 1983

The Professional Pastry Chef

Author: Bo Friberg

Pub. Date 2002

Garde Manger: The Art and Craft of the Cold Kitchen

Author/Publisher: The Culinary Institute of America (CIA)

Pub. Date 2012

*Classical and Contemporary Italian Cooking
for Professionals*

Author: Bruno H. Ellmer C.M.C

Publisher: J. Wiley & Sons

Pub. Date 1990

Appendices

Recommended Wine Education and Accepted Certifications

American Culinary Federation, Inc. • 180 Center Plaza Way • St. Augustine, FL 32059 • Toll-free: (800) 624-9458 • Fax: (904) 943-0911 • www.acfchef.org

Society of Wine Educators - Certified Specialist of Wine (CSW)
<http://www.societyofwineeducators.org/index.php/certified-specialist-of-wine>

Wine and Spirit Education Trust - WSET Level II (15 Hours) - Level III (42 hours)
<https://www.wsetglobal.com/>

American Wine Expert - Napa Valley Wine Academy
<https://napavalleywineacademy.com/>

International Wine Guild - Multiple Courses Available
<http://www.internationalwineguild.com/>

Appendix 1
Recommended Wine Education & Accepted Certifications

Healthy-v01

Tasting Score Sheet
HEALTHY COOKING

Candidate Number: _____ Date: _____

Section	Criteria	Score 1-20	Weight	Awarded Points
Appetizer	Serving Method	Portion Size and Nutritional Guidelines	15%	0
	Cooking	Cooking fundamentals - knife skills, cooking methods, temperature & doneness	15%	0
	Methodology	Preparation/compatibility	15%	0
	Flavor/Taste	Taste - Balance	40%	0
	Presentation	Serving Method & Presentation: Plate	7.5%	0
	Serving Method & Presentation: Platter	7.5%	0	
	Course Total	25%	100%	0
Salad	Serving Method	Portion Size and Nutritional Guidelines	15%	0
	Cooking	Cooking fundamentals - knife skills, cooking methods, temperature & doneness	15%	0
	Methodology	Preparation/compatibility	15%	0
	Flavor/Taste	Taste - Balance	40%	0
	Presentation	Serving Method & Presentation: Plate	7.5%	0
	Serving Method & Presentation: Platter	7.5%	0	
	Course Total	25%	100%	0
Main	Serving Method	Portion Size and Nutritional Guidelines	15%	0
	Cooking	Cooking fundamentals - knife skills, cooking methods, temperature & doneness	15%	0
	Methodology	Preparation/compatibility	15%	0
	Flavor/Taste	Taste - Balance	40%	0
	Presentation	Serving Method & Presentation: Plate	7.5%	0
	Serving Method & Presentation: Platter	7.5%	0	
	Course Total	25%	100%	0
Dessert	Serving Method	Portion Size and Nutritional Guidelines	15%	0
	Cooking	Cooking fundamentals - knife skills, cooking methods, temperature & doneness	15%	0
	Methodology	Preparation/compatibility	15%	0
	Flavor/Taste	Taste - Balance	40%	0
	Presentation	Serving Method & Presentation: Plate	7.5%	0
	Serving Method & Presentation: Platter	7.5%	0	
	Course Total	25%	100%	0
Tasting Scores				#REF!

Appendix 2
Score Sheets

China & Platter Inventory

American Culinary Federation
The Standard of Excellence for Chefs

Appendix 3
China & Platter Inventory

Base Product Availability

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Produce		
Vegetables	Lettuce - Spinach, Leaf	Herb - Dill
Artichokes - Baby	Lettuce - Watercress	Herb - Mint
Artichokes - Globe	Melons - Seasonal	Herb - Chervil
Asparagus - Green - Standard	Melons - Shikalee-AY (3# ea)	Herb - Parsley - Flat Leaf
Avocado - Hass - 60 ct	Melons - White, Button	Herb - Rosemary
Beans - Heirloom Variety	Melons - White, Medium	Herb - Sage
Beans - Golden (25#)	Onion - Candy	Herb - Tarragon
Beans - Red (25#)	Onion - Green	Herb - Thyme
Cabbage - Brussel Sprout	Onion - Leek	Produce - Fruit
Cabbage - Green	Onion - Red	Apple - Fuji (100 ct)
Cabbage - Napa	Onion - Yellow	Apple - Granny Smith (100 ct)
Cabbage - Red	Pepper	Apple - Honey Crisp (100 ct)
Cabbage Savoy	Peppers - Green Bell (48 ct)	Bananas
Carrots - Baby - 1/2 on	Peppers - Red Bell (11 lb)	Berries - Blueberry (12 - 5 pt)
Carrots - Bunch	Peppers - Yellow Bell (11 lb)	Berries - Raspberry (12 - 5 pt)
Cauliflower (12 ct)	Potatoes - Fingerling (50#)	Berries - Strawberry (12 - 1 pt)
Cauliflower (24 ct)	Potatoes - Red - B size	Citrus - Blood Orange
Celery Root	Potatoes - Russet Idaho - 50 ct	Citrus - Grapefruit - Ruby Red (86 ct)
Chiles - Habanero	Potatoes - Yukon Gold - Medium	Citrus - Lemon (125 ct)
Chiles - Jalapeno	Radish - Dannon	Citrus - Lime (48 ct)
Chiles - Serrano	Radish - Red	Citrus - Orange Navel (88 CT)
Corn	Shallots - Whole	Grapes - Red Seedless
Cucumbers - English Seedless	Squash - Hard - Acorn	Kiwifruit
Eggplant - Standard Purple	Squash - Hard - Butternut	Mango (9-12 ct)
Fennel	Squash - Hard - Spaghetti	Melons - Cantaloupe (12 ct)
Garlic - white bulb	Squash - Yellow	Melons - Honeydew (6 ct)
Ginger - Root	Squash - Zucchini - Green	Melons - Watermelon - Seedless
Greens - Swiss Chard	Tomato - Cherry	Pears - Bartlett (100 ct)
Honeydew Melon	Tomato - Heart	Pears - Bosc (100 ct)
Kohlrabi	Tomato - Roma	Pears - D'Anjou (100 ct)
Lettuce - Anjou/Baby	Tomato - Vine ripe (11#)	Prune/Plum (8 ct)
Lettuce - Belgian Endive - RG	Turkey	Plantains
Lettuce - Frisée	Herbs	Juice - Fresh
Lettuce - Hydro Blaton - GR	Herb - Basil, Green	Apple Cider
Lettuce - Macho	Herb - Basil, Thai	Orange Juice, Fresh
Lettuce - Radicchio/Treviso	Herb - Chervil	
Lettuce - Red Oak	Herb - Cilantro	
Lettuce - Romaine		
Lettuce - Spinach, Baby		

Appendix 4
Common Kitchen Ingredients

Appendices

Healthy Cooking

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Once completed either email to certify@acfchefs.net, mail this form and payment to the address above or fax to number above.

Candidate Information
 First Name: _____ MI: _____ Last Name: _____ ACF #: _____

Menu
 Appetizer, served hot: _____
 Salad: _____
 Main course: _____
 Dessert, served hot, cold or any combination: _____

Total calories for meal per serving: _____ (Cannot exceed 1000 kcal)
 Protein %: _____ (Must be 15-20%)
 Carbohydrate %: _____ (Must be 45-50%)
 Fat %: _____ (Must be 25-30%)
 Total Sodium: _____ (Cannot exceed 1200 mg)

Candidate Comments on Menu

CMC FOOD REQUISITION

Candidate Name: _____
 Course Title: _____
 Date: _____
 Phone: _____
 E-Mail Address: _____

AMOUNT	UNIT	ITEM	RCVD	NOTES
		Protein: Meat/Poultry		
		Protein: Seafood		
		Dairy		
		Stock		
		Produce		
		Fresh Herbs		
		Dry Goods		
		Spices		
		Alcohol		

Appendix 5
Healthy Cooking Cover Sheet

Appendix 6
Requisition List

Nutritional Transfer of Alternate Cooking Methods

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As a candidate may choose to use flavorful cooking methods such as curing, brining, reductions, smoking, etc., the following evaluating criteria will be useful for the nutritional analysis regarding the use of salt and sugar in brines and alcohol reduction. As you prepare for the Healthy Cooking Segment of the exam, keep in mind the nutritional requirements:

The total caloric value of the meal should not exceed 1000 kcal. The balance should be 15-20 percent protein, 45-60 percent carbohydrates and 25-30 percent fat and sodium content not to exceed 1200 mg sodium for the entire meal per serving.

If choosing to brine with salt or sugar, please make a note regarding the amount of salt or sugar needed and actually calculate the salt and sugar in the nutritional analysis based upon the 2 graphs below. If you choose to reduce alcohol, please note in the same way. During the cooking exam, the kitchen proctor will give brining ingredients or alcohol separately from the ingredients requested that are indicated in the nutritional analysis.

	1 hour - sugar absorbed	2 hour - sugar absorbed
Salmon	1500 mg Na/100 g protein	2500 mg Na/100 g protein
Flounder	1000 mg Na/100 g protein	1500 mg Na/100 g protein
Pork	1000 mg Na/100 g protein	1500 mg Na/100 g protein
Chicken	2000 mg Na/100 g protein	2500 mg Na/100 g protein

	1 hour - total sodium	2 hour - total sodium
Salmon	16977 mg Na/100 g protein	17000 mg Na/100 g protein
Flounder	1336 mg Na/100 g protein	733.1 mg Na/100 g protein
Pork	58.8 mg Na/100 g protein	573.1 mg Na/100 g protein
Chicken	50.3 mg Na/100 g protein	558.8 mg Na/100 g protein

Alcoholic Beverage	Average Alcohol by Volume (%)	Average Total Calories per 8 fl oz (kcal)	Average Calories from Alcohol (kcal)	Calories Remaining After Alcohol is Reduced (kcal)
Beer	4.9%	99	4.455	94.545
Wine	11.6%	170	19.72	150.28
Liquor	37%	474	175.58	298.62

CMC® Certification Application
 Certified Master Chef®

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Personal Information
 First Name: _____ MI: _____ Last Name: _____ ACF #: _____
 Home Phone: _____ Call Phone: _____ Email: _____
 Home Address: _____
 City: _____ State: _____ Zip: _____
 Employer: _____ Job Title: _____
 Employee Address: _____
 City: _____ State: _____ Zip: _____

Requirements
 All requirements must be fulfilled before submitting application. Do not send originals.
 Letter of intent to apply for ACF's CMC® examination Recommendation letter from one CMC®, CMPC®
 Valid ACF Chef Certification, CEC® or CCE™ with special permission Updated résumé
 Letter of financial support from present employer Documentation of completion of 30 hour wine course

*CEC applicants approved prior to 1/1/18 must document 30 hours of cost management.
 **These candidates must be approved through the National Office and may need to provide additional documentation, such as 30 hour cost management course.

Payment Information
 \$500.00 Application Fee (fee is non-refundable)
 I have enclosed a check made payable to the American Culinary Federation (ACF).
 Please bill my: Visa MasterCard Amex Discover
 Credit Card Number: _____ Exp Date: _____ CSC #: _____ Amount: _____
 Billing Address: _____
 City: _____ State: _____ Zip: _____
 Name on Account: _____ Signature: _____

Appendix 7
Nutritional Transfer of Alternate Cooking Methods

Appendix 8
CMC Certification Application