Certified Sous Chef®
CANDIDATE HANDBOOK
# Table of Contents

## Certification Overview and General Policies
- Why Become an ACF Certified Sous Chef® (CSC®) .......................................................... 4
- Mission Statement ............................................................................................................. 4
- CSC® Purpose .................................................................................................................. 4
- Certification Body ............................................................................................................ 4
- Certification Commission Mission Statement ............................................................... 4
- Non-Discrimination Policy ............................................................................................... 4
- ADA Compliance ............................................................................................................. 4
- Code of Ethics .................................................................................................................. 4

## The Certification Process
- Step 1: Determine Eligibility ......................................................................................... 5
- Step 2: Complete Initial Pre-Approval Application ......................................................... 5
- Estimated Cost of Certification ....................................................................................... 5
- Step 3: Notification of Eligibility .................................................................................... 6
- Step 4: Certification Examinations ................................................................................ 6
  - Written Exam Parameters ............................................................................................ 6
  - Practical Exam Parameters ......................................................................................... 6
  - Appeal Procedure ......................................................................................................... 7
  - Confidentiality ............................................................................................................. 7
- Step 5: Final Application ................................................................................................. 7
- Step 6: Official Announcement of Certification .............................................................. 7
  - Designation Usage Policy ............................................................................................ 7

## The Recertification Process
- Step 1: Complete Required Refresher Courses ............................................................. 8
- Step 2: Determine Number of CEH Required ................................................................. 8
- Step 3: Complete Recertification Application ................................................................ 8
- Step 4: Notification of Recertification ............................................................................ 8
- How to Earn Continuing Education Hours (CEH) ........................................................ 8
- Certification Expiration .................................................................................................. 8
- Upgrade Certification Level ............................................................................................. 9

## CSC® Written Examinations At-A-Glance
- Description of Exam ....................................................................................................... 9
- Exam Administration ....................................................................................................... 9
- Written Exam Facility Requirements ............................................................................ 9
- Test Administration ....................................................................................................... 9
- What to Expect .............................................................................................................. 9
- Taking the Written Exam ............................................................................................. 10
- Exam Results ............................................................................................................... 10
- Written Exam Retake Policy ......................................................................................... 10
- Passing Score Determination ....................................................................................... 10
- Understanding Your ACF Written Exam Scaled Score ................................................. 10
- What are Scaled Scores? ............................................................................................... 11
- Why Eliminate Raw Scores? ......................................................................................... 11
- Optional Practice Exams ............................................................................................... 11

## Recommended Reference Material
......................................................................................................................................... 11
ACF Certified Sous Chef® (CSC®) Detailed Content Outline Examination Specifications ............................................ 12
Sample CSC® Written Exam Questions ......................................................................................................................... 13
CSC® Practical Examination At-A-Glance .......................................................................................................................... 14-19
  Description of Exam .................................................................................................................................................... 14
  Exam Registration and Fees ....................................................................................................................................... 14
  Practical Exam Facility Requirements ............................................................................................................................. 14
  What to Expect ............................................................................................................................................................ 15
  Assessment Criteria .................................................................................................................................................... 17
CSC® Practical Exam Specifications ............................................................................................................................... 20
Certified Sous Chef® (CSC®) Practical Exam Guidelines .................................................................................................. 21
  Exam Results ............................................................................................................................................................... 21
Appendices ....................................................................................................................................................................... 22-24
  Initial (Step 1) Application .......................................................................................................................................... 22
  Employment Documentation Form ................................................................................................................................. 22
  Final (Step 2) Application ............................................................................................................................................ 22
  Example Score Report – PSI/Comira Written Exam ........................................................................................................ 22
  Practical Exam Registration Form .................................................................................................................................. 23
  Practical Exam Passing Form .......................................................................................................................................... 23
  Approved CEH ............................................................................................................................................................... 23
  Recertification Application ........................................................................................................................................... 23
  Recertification after Expiration Policy ............................................................................................................................ 24
  CEH Submittal Form ....................................................................................................................................................... 24

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Certification Overview and General Policies

Why become an ACF Certified Sous Chef® (CSC®)?
With thousands of chefs competing in the job market, it is essential to prove culinary competency. 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 Sous Chef® has reached a benchmark of skills and culinary experience with high standards for food preparation. It shows 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 Sous Chef® (CSC®) certification is designed to identify those chefs and inform the public of individuals who have demonstrated a standard level of culinary competence and expertise through education, experience, knowledge, and skills consistent with the executive chef level.

CSC® Purpose
ACF awards the title of Certified Sous Chef® and its acronym (CSC®) 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 CSC® 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 888-817-5344.

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.
Certified Sous Chef® CANDIDATE HANDBOOK

The Certification Process

Step 1: Determine Eligibility
Eligibility is based on a chef's work experience and educational background.

- **Documentation of Work History**
  A candidate should show a minimum of five years' work experience as an entry level culinarian. Candidates with an Associate's Degree in culinary arts or who have completed an ACFEF Apprenticeship program should show a minimum of three years of experience as an entry level culinarian. All candidates must have two years experience supervising a shift or food station. A candidate's work history should be current and is limited to the past 10 years.

- **Documentation of Education and Continuing Education Hours (CEH)**
  A candidate can take a variety of educational paths to meet the education requirement. A candidate with a High School diploma or GED should also show at least 50 hours of continuing education. If a candidate does not have a High School diploma or GED, they are required to show at least 150 hours of continuing education. A candidate with an Associate's Degree in Culinary Arts and graduates of an ACFEF Apprenticeship program do not need any additional CEH to meet the educational requirement. Hours earned for mandatory courses and/or refreshers can be counted toward hours required for continuing education.

- **Completion of Mandatory Education Courses**
  Candidates should provide documentation of three 30-hour courses—one in Nutrition, one in Food Safety and Sanitation, and one in Supervisory Management. If these courses were taken more than five years ago, an 8-hour refresher course is required in each topic. These courses are available (online) through ACF approved providers and/or any academic institution.

Step 2: Complete the Initial Pre-Approval Application
Complete and submit pre-approval application, including all required documentation.

- Educational documents may be copies of diplomas, transcripts, certificates of completion (including date and hours), etc.
- Mandatory education course certificates should be included in application. Certificates should include course title, completion date, and number of hours earned.
- Experience documentation may be employment documentation forms or letters from past or present employers on company letterhead. If not available, copies of tax records or W-2 stating time frame of work are acceptable in conjunction with validated letters from former culinary peers attesting to your employment, job title, duties, and number of employees of employees managed.
  - As a business owner, employment documentation may be an official letter on company letterhead from a certified accountant or a copy of either your Schedule C, K-1, or Form 1120-S tax documentation for each year.

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 and Final Application Fee
Candidates interested in obtaining their CSC® certification will pay a $50.00 ACF Member Pre-Approval Fee (fee is non-refundable) or $100.00 Non-Member Pre-Approval Fee (fee is non-refundable). This fee is deducted from the certification fee of $120 for ACF Member and $270 for non-members. The remainder is due at the time of final application.

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

- The written exam fee is $75 and should be paid directly to PSI/Comira.
- The practical exam fee is $50 for ACF Members and $100 for Non-Members.
  - There may be additional practical exam host site fees.
  - Food costs vary and are not included in exam fee. Candidates are responsible for purchasing their own food.
Step 3: Notification of Eligibility
The ACF Certification Department will review applications and documentation (i.e., dates of completion, work history, and mandatory course work). Once you are notified that your pre-approval application is approved, you are welcome to schedule the written and practical exams. Testing documentation will be needed for final certification approval. Certification must be completed within three years of approval. If certification is not complete within three years, reapplication will be required.

Step 4: Certification Examinations
There are two exams required for the CSC® Certification: the written exam evaluates culinary knowledge and the practical exam assess skill proficiency.

Purpose of Exams
The purpose of the CSC® certification examinations is to objectively measure the knowledge and skills of a candidate to determine if they meet the standards required for an entry level or minimally competent CSC®.

Written Exam Parameters
Candidates have 90 minutes to complete the 100 question multiple-choice exam, which may be taken at any PSI/Comira approved test site. No support materials other than pens, pencils, and calculators are permitted.

Written Exam Registration: To schedule the written exam call PSI/Comira at 800-211-2754, or register at the ACF/Comira Online Registration Site. Advance registration is required and non-refundable. The written exam is $75 paid directly to PSI/Comira.

Written Exam Scoring:
- Scaled score of 300 is required to pass.
- Score is valid for two years.

Written Exam Retake Policy: There is a 30-day waiting period required before taking the CSC® exam a second time if the candidate fails the first exam. If the candidate fails the second exam, they must wait a period of 90-days before their third attempt. Written exam retakes are limited to three attempts in a 12-month period. Testing fees are assessed for each attempt.

Practical Exam Parameters:
The CSC® practical exam is 2 hours and may be taken at any ACF approved test site.

Practical Exam Registration: To schedule the practical exam, contact an ACF approved test site and confirm availability. Contact ACF National Office to register. The test fee due to the ACF is $50 for ACF-members and $100 for non-members. Payment must be made prior to the exam date. Candidates will receive a registration confirmation after payment is processed.

- Test sites may charge an additional fee that is payable to the organization holding the exam.
- Payment for applicable host site fees is separate from the amount due to ACF and is coordinated by the test site administrator.

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, host site fee, and specific details about the testing facility. For most exams, online registration is available, or you can contact the ACF National Office to schedule your practical exam.

Practical Exam Scoring:
- Score of 75% or higher is required to pass
- Score is valid for one year.
Practical Exam Retake Policy: There is no waiting period required for the CSC® practical exam. Practical exam retakes are unlimited. Testing fees are assessed for each attempt and paid to both the ACF National Office and the test site.

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 CSC® can be verified. This can be done by the certification verification tool available on the ACF website or by calling the ACF National Office.

Step 5: Final Application
Upon successful completion of the written and practical exams, submit final application, along with appropriate documentation (written and practical exam passing forms) and remaining certification fee. Include all back-up documentation, no originals (copies only).

Mandatory education courses (i.e., nutrition, food safety and sanitation, and supervisory management) must be current at time of final application; if not, a refresher course may be required before CSC® certification is finalized and approved.

Step 6: Official Announcement of Certification
The ACF Certification Department will review final application and exam documentation, before notifying candidates of approval (please allow 2-3 weeks for processing). You will be notified by email that the application is received. Once certification is approved, you will be notified by email. Recertification certificates can be printed through the member profile page. If you would like your certificate printed and mailed, please check the box on the recertification application. CSC® 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 888-817-5344, 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., stationary, 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.

The Recertification Process
The purpose of the CSC® recertification program is to enhance the continued competence of certificants and to reaffirm certificant knowledge in food safety and sanitation, nutrition, and supervisory management. ACF recertification is required every five years. To maintain your ACF certification, you are required to earn a minimum of 80 continuing education hours (CEH) during the five-year certification period. The requirement of 80 CEH over a five-year period was determined so that, on average, a chef would complete 16 CEH per year, keeping them current and up-to-date on culinary trends and practices.
CEH are experiences that assist in the development or enhancement of the knowledge and skills directly related to the individual’s professional occupation. We recommend you maintain a folder or copies of your official certificates and letters, conference registrations, transcripts, etc. in order to keep track of your progress.

As an ACF Certified Member, you may also take advantage of the CEH Tracking program. Fill out the CEH Submittal form for each, and submit your official certificates, letters, conference registrations, etc. Once recorded, you will be able to view them online through your member profile list. When it is time for your recertification, simply print out the member profile CEH list, and submit it with your application.

**Step 1: Complete Required Refresher Courses**

On the first recertification cycle, the three mandatory refreshers in sanitation, nutrition, and supervisory management are required as part of your 80 CEH requirement.

On subsequent recertification cycles, candidates are only required to complete the sanitation refresher. The remaining 72 CEH required are self-directed toward a chef’s specific professional development plan.

**Step 2: Determine Remainder of CEH Needed**

If a candidate holds multiple certifications, their CEH requirement is 80 CEH for the first, or primary, certification, 40 CEH for the second certification, and 20 CEH for each subsequent certification designation. (Example: Chef Jones currently holds a CEC®, CCE®, CCA®. When she is ready for recertification, she will need to complete 80 for her first designation, CEC®, then 40 for her second designation, CCE®, and 20 CEH for her third, CCA®, which will total 140 CEH.)

**Step 3: Complete Recertification Application**

Provide the necessary documentation of your Continuing Education Hours (CEH). Documentation must include the number of hours taken, completion date, and educational topic. Please do not send original certificates. Complete the application, secure all paperwork together, and include payment, either by credit card information on the application or with a check or money order made payable to the American Culinary Federation.

**Step 4: Recertification Notification**

The ACF Certification Department will review the recertification application and CEH documentation, and will notify you of approval (please allow 2-3 weeks for processing). You will be notified by email that the application has been received. Once the recertification is approved, your certification letter and certificate will be mailed. CSC® Certifications are valid for five years.

ACF would like to share your certification accomplishment in ACF communications and industry publications. If you prefer this information not be shared, please be sure to check box on recertification application.

**How to Earn Continuing Education Hours (CEH)**

CEH can be earned through a variety of professional development activities. General categories of approved professional development activities are listed on the ACF Approved Continuing Education Hours (CEHs) flyer. In addition, the ACF website provides a service to certificants, which lists approved CEH providers and courses. ACF does not require any specific course or vendor to be used for CEH. CEH activities and courses offered by ACF approved CEH providers are varied in nature to allow professional development based on professional and culinary needs.

Approved CEH must enhance the competence of a CSC® in one of the domains as outline in the CSC® Job Analysis. This links enhanced competence to the core knowledge and skills required to earn the CSC® credential. Approved CEH enhance one of the following areas:

- Food, equipment and food products
- Culinary team management and leadership
- Food safety and sanitation
- Organization, craftsmanship and finished product skills

**Certification Expiration**

If a certificant allows their certification to expire, they are granted a 90-day grace period to finalize and submit their payment. If a candidate’s expiration surpasses the grace period, they must adhere to the Recertification after Expiration Policy. The policy has provisions in place to allow chefs to recertify if their certifications have expired 36 months in the past or less. If certification expiration date is longer than 37 months ago, candidates must certify based on all current eligibility requirements, including education, mandatory courses/refreshers and relevant work history (within the previous ten years), as well as the testing requirements (written and practical examinations).
Upgrade Certification Level
Candidates have the opportunity to upgrade to the next certification level as they progress in the industry, upon meeting the minimum requirements of work and educational experience.

CSC® Written Exam At-A-Glance

Description of Exam
The written exam was developed based on domains, tasks, and knowledge areas determined during a job analysis with a group of ACF Subject Matter Experts (SMEs). Candidates have 90 minutes to complete the 100 question multiple choice exam. No support materials other than pens, pencils, and stand-alone calculators are permitted. Candidates will receive a scaled score.

Exam Administration
Written exams are administered by PSI/Comira. PSI/Comira is a full-service, customer-focused testing provider with over 400 testing centers nationwide. Candidates can register for the exam by calling 800-211-2754, option 4, Monday through Friday, 6 a.m. – 5 p.m. Pacific Time, Sat 8 a.m.- noon Pacific Time, or register online 24/7 at the ACF/Comira Online Registration Site.

- The written exam fee is $75 and is paid directly to PSI/Comira.
- PSI/Comira has a 24-hour cancellation policy.
- An ACF number is required at the time of registration. To request an ACF identification number, contact certify@acfchefs.net prior to registration.
- Written exam scores are valid for two years.

Written 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:

- Located in a professional building, with a clean and well organized interior, heating and ventilation, and adequate parking.
- Testing area is located away from noise and distractions and off-limits to all but the test proctor and the test applicants while tests are in session.
- Appropriate lighting is available to ensure candidates can easily read test material without causing glare on the computer monitor screens.
- A minimum of two permanent computer testing stations.
- A minimum of 80 square feet (8X10) for two candidates. In the absence of partitions between testing stations, a minimum of 5-foot spacing is required between candidates.
- Physical workspace of at least 42” wide, 36” deep, and 29” high.
- Must be handicap accessible with appropriate restroom facilities.
- Computers equipped with 17” SVGA color monitors or larger.
- High-speed internet connection.
- Printer

Test Administration
Comira conducts training of all written exam proctors. Each test site/proctor has been issued a proctor ID code and a Proctor Manual.

What to Expect
When you arrive at the Comira written exam test center, the written exam proctor will:

- Ask for the candidates to provide photo identification.
- Have the candidate sign-in on a daily log sheet.
- Issue scratch paper and pencil.
Candidate should bring:

- A basic stand-alone four function calculator. The use of electronic calculators incorporating permanent or continuous type memory circuits without erasure capability is prohibited. The proctor may refuse the use of the applicant's calculator when unable to determine the calculator's erasure capability.

- Acceptable forms of photo ID with signature are: Driver's license, Government ID card, Passport, or Alien residency card.
  - Candidates that do not produce a valid ID at the scheduled appointment will not be allowed to take the test.

**Taking the Written Exam**

The proctor can explain the use of computer hardware and run Demo Test if requested. The proctor will review the candidate's personal information on the screen with candidate. All items must be correct, if not, make the necessary changes. The proctor will select candidate's test. If the candidate has two or more exams, select the exam the candidate has scheduled to take first.

Candidate will be asked to:

- Verify the type of exam.
- Complete a survey with comment section at the end of the exam.
- Stay in examination room. The proctor will monitor the test and candidate at all times.
- Take a break, if necessary; however, time given for the exam continues uninterrupted.

The proctor is available to answer any candidate questions pertaining to the software. The proctor must not express opinions regarding test questions or answers prior to, during, or after a test session.

<table>
<thead>
<tr>
<th>Certification</th>
<th>Description</th>
<th>Duration of Exam</th>
<th>Number of Questions</th>
<th>Passing Score</th>
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<tbody>
<tr>
<td>Certified Sous Chef®</td>
<td>Multiple Choice</td>
<td>90 minutes</td>
<td>100</td>
<td>Scaled 300</td>
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**Exam Results**

The proctor will print out the candidate's exam results at the conclusion of the exam, as well as collect the scratch paper and pencils. The candidate will be asked to sign out on daily log sheet.

The printed results will serve as your official score report. A copy of the candidate's passing score reports will be submitted with the ACF CSC® Final Application. The passing score is 300.

In addition to providing the overall score, the score report also provides a breakdown of how the candidate performed in each of the exam content areas to assist them in refreshing in the event they choose to retest. The candidate who received a failing score will be allowed to retest per the retesting policy.

**Written Exam Retake Policy**

If a candidate does not pass on their first attempt, there is a 30-day waiting period required before taking the CSC® exam a second time. If the candidate fails the second exam, they must wait a period of 90-days before their third attempt. Written exam retakes are limited to three attempts in a 12-month cycle. Testing fees are assessed for each attempt.

**Passing Score Determination**

The methodology to determine the cut score or passing point used in this examination is a criterion referenced approach called a modified Angoff Technique. The testing profession considers this technique to be one of the most defensible criterion-referenced methods available for setting passing points. It relies on the pooled judgments of content experts. For example, in this approach, a group of experts is asked to judge each item on the test. The criterion used to judge each item is formed into a question: “What is the probability that a ‘minimally acceptable’ candidate will answer the question correctly?” This question prompts the judges to consider a group of minimally acceptable candidates and what proportion of that group will answer each item correctly. The average of the proportions, or probabilities, is multiplied by the total number of items on the test. The result then represents the “minimally acceptable” score. The final passing score for this examination is based on this pooled judgment and includes a statistical adjustment for testing error.

**Understanding your ACF Written Exam Scaled Score**

Assessment programs use different types of scaled scores. ACF uses a scaled score that is between 200-400 with 300 being the passing score.
What are Scaled Scores?
Scaled scores provide useful measurement tools for assessment programs and are particularly useful in providing a basis for long-term comparisons of examination results. Scaled scores are transformed raw scores that use a numeric procedure that involves the overall test mean, the standard deviation, and the original raw score. For every possible raw score on a test form, there is a corresponding scaled score. When multiple forms of a test are used, or when results are compared from year to year, scaled scores are needed to adjust for possible differences in test forms.

Why eliminate raw scores?
Scaled scores are intended to make scores more meaningful by defining a scale of measurement that is not tied to a particular form of a test. Scaled scores help resolve confusion among users of score reports when there are changes in the testing program.

Optional Practice Exams
Optional practice exams are available for purchase. Purchase or completion of the practice exams is not required for certification. The practice exam resembles the actual exams in style and composition, but they are not the actual exams. Passing the practice exam does not guarantee success in passing the actual ACF certification exams, but should give you a good indication of your readiness to take those exams.

Recommended Reference Materials

<table>
<thead>
<tr>
<th>Culinary Fundamentals</th>
<th>Escocffier: The Complete Guide to the Art of Modern Cookery</th>
<th>Successful Restaurant Management: From Vision to Execution</th>
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<tbody>
<tr>
<td>Author: American Culinary Federation</td>
<td>Author: Escoffier, A.</td>
<td>Author: Wade, Donald</td>
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<tr>
<td>Publisher: Pearson-Prentice Hall</td>
<td>Publisher: Wiley</td>
<td>Publisher: Thompson Delmar</td>
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<tr>
<th>Baking Fundamentals</th>
<th>On Food &amp; Cooking</th>
<th>NRAEF ManageFirst: Human Resources Management &amp; Supervision</th>
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<tr>
<td>Author: American Culinary Federation, Masi N., Carolos, B.R.</td>
<td>Author: McGee, Harold</td>
<td>Author: National Restaurant Association</td>
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<tr>
<td>Publisher: Pearson-Prentice Hall</td>
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<td>Pub. Date 2007</td>
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<tr>
<th>ServSafe Essentials (5th Edition)</th>
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Success in passing the actual ACF certification exams, but should give you a good indication of your readiness to take those exams.
# Detailed Content Outline

## Examination Specifications

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<th>Section</th>
<th>Items</th>
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<td><strong>1. Cooking</strong></td>
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<tr>
<td>A. Product Identification</td>
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<tr>
<td>B. Cooking Methods and Techniques</td>
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<td>C. Equipment</td>
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<td>D. Fabrication</td>
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<td>E. Presentation</td>
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<td>F. Recipe and Menu Implementation</td>
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<td>9</td>
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<tr>
<td><strong>2. Safety and Sanitation</strong></td>
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<td>25</td>
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<td>A. Food and Product Handling</td>
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<td>8</td>
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<tr>
<td>B. Laws and Regulations</td>
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<td>12</td>
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<td>C. HACCP Compliance</td>
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<td>5</td>
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<td><strong>3. Baking and Pastry</strong></td>
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<tr>
<td>A. Baking Methods and Techniques</td>
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<td>B. Equipment and Ingredients</td>
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<td>C. Presentation</td>
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<td>D. Formulas, Weights and Measurements</td>
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<td><strong>4. Nutrition</strong></td>
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<td>9</td>
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<td>A. Allergies</td>
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<td>6</td>
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<td>B. Dietary Considerations and Guidelines</td>
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<td>3</td>
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<td><strong>5. Finance</strong></td>
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<td>A. Food and Labor Cost</td>
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<td>3</td>
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<td>B. Purchasing and Receiving</td>
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<td>3</td>
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<tr>
<td>C. Culinary Math</td>
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<tr>
<td><strong>6. Team Management and Supervision</strong></td>
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<td>16</td>
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<tr>
<td>A. Personnel Management</td>
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<td>7</td>
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<tr>
<td>B. Team Development</td>
<td></td>
<td>3</td>
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<td>C. Federal Employment Laws and Labor Regulations</td>
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<tr>
<td>D. Ethics and Professional Issues</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Total 100**
Sample CSC® Written Exam Questions

1. Which of the following cuts comprise the full loin of beef?
   a. short loin and shank
   b. short loin and sirloin
   c. tenderloin and shank
   d. sirloin and shank

2. What class of nutrients includes starches, sugar, and dietary fiber?
   a. Minerals
   b. Lipids
   c. Proteins
   d. Carbohydrates

3. What type of storage container is most effective for cooling liquid food items?
   a. Metal
   b. Glass
   c. Plastic
   d. Rubber

4. What is the French term of the position in a classical kitchen brigade system that would need to work any station throughout the kitchen?
   a. Poissonier
   b. Rotisseur
   c. Tournant
   d. Commis

5. What technique should be used to check the temperature of vacuum packed items?
   a. Place the thermometer stern or probe between two packages.
   b. Use an immersion probe to measure the internal temperature.
   c. Open package and insert the probe halfway.
   d. The sous chef records the following weights on the yield report worksheet while cutting steaks for the restaurant.

<table>
<thead>
<tr>
<th></th>
<th>*AP</th>
<th>*Waste</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Porterhouse</td>
<td>28 lbs.</td>
<td>2 lbs.</td>
</tr>
<tr>
<td>* Strip</td>
<td>22 lbs.</td>
<td>4 lbs.</td>
</tr>
<tr>
<td>* Filet</td>
<td>16 lbs.</td>
<td>1 lb.</td>
</tr>
<tr>
<td>* Sirloin</td>
<td>30 lbs.</td>
<td>5 lbs.</td>
</tr>
</tbody>
</table>

6. What is the yield percentage for the strip?
   a. 18%
   b. 72%
   c. 82%
   d. 88%

7. When advertising for a new restaurant employee, what wording is acceptable to include?
   a. Two years of experience preferred.
   b. Males preferred.
   c. 25-35 year olds preferred
   d. Chinese heritage preferred

CSC® Practical Exam At-A-Glance

Description of Exam
The test site selects the date and schedules the test. Candidates are responsible for registering with ACF and contacting the host site regarding additional fees (if applicable). The Test Administrator is responsible for selecting three Certification Evaluators from a current list of evaluators posted on the website. Three Certification Evaluators are required per every six candidates; of the three evaluators, two must be unaffiliated with the exam candidate.

ACF defines affiliation as a relationship that consists of a vested interest, an employment direct report, monetary benefit, or any relationship which could personally benefit the evaluator as a result of a candidate passing the exam.

Exam Registration and Fees
Practical exam registration is required for both test site and ACF National Office. The test site administrator may collect appropriate host site fees from candidates to cover direct expenses related to the exam. The host site fee is established at the discretion of the approved examination site. Candidates are required to register with the ACF and pay a practical exam fee of $50 if you are a member and $100 if you are a non-member. The host site may also require a cancellation fee at their discretion.

Candidates will receive a registration confirmation from the ACF National Office by mail or email, after payment is processed. This will confirm your registration to the Test Administrator.

Prior to the exam date, the test site administrator will contact candidates about testing time and other exam details.

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.

At a minimum, each test site shall provide the following:

- 4-burner stove with standard oven per candidate (portable burners are not acceptable)
- 45 sq. ft. usable table/counter working space per candidate
- 4 cubic ft. of refrigeration space per candidate at a close proximity to the station
- adequate cubed ice supply
- one hot and cold hand sink per three candidates
- one hot and cold ware washing sink per four candidates
- 2 power outlets per candidate, located at their work station
- ample garbage receptacles placed at every station, and a community receptacle within the testing facility
- portion/measuring scales to be available for candidates, balance scale for pastry, measuring in ounces and pounds
- marble slab and microwave oven required for pastry candidates
- one five-quart mixer per pastry candidate
- cutting boards
- evaluator’s table should include: silverware, napkins, water glasses, clipboards, pads, pencils, calculator, stapler, digital camera, and a copy of Le Guide de Cuilinaire
- ample supply of appropriate cleaning equipment including brooms, mops, and paper towels
- 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 to be supplied in a common area. 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:

- (2) 3 quart mixing bowls
- (2) small sauce pans
- (1) medium sauce pan
- (1) large sauté pan
- (1) medium sauté pan
- (2) small sauté pans
- (2) small bain marie inserts
- (1) rubber spatula
- (1) solid spoon
- (1) 2 oz. ladle
- (1) 6 oz. ladle
- (1) small whisk
- (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:

- Chinoise
- Food processors
- Microwave
- Food mixers
- Grill
- Portion scales
- Proof box
- Balance beam scales
- Fryer
- Measuring containers
- Food blenders

Ingredients
Exam candidates are required to bring all of their own ingredients; however, a test site may choose to provide common staples and optional items to the candidates. This list of common staple and optional items is to be made available to all registered candidates at the time of registration.

What to Expect
The practical exam can be a rewarding experience if properly prepared. ACF wants to let you know “what to expect.” We wish you much success!

On the Day of Your Exam
You will have up to 30 minutes to set up before your designated start time or before the pre-exam meeting time if you are starting first.

Pre-Exam Orientation Meeting
The 15-minute pre-exam meeting will be held before the morning exams. The meeting will include:

- Filling out paperwork
- Making final payment (paying necessary fees: host site and ACF)
- Presenting menus to evaluators
- Evaluators will be available to answer last minute questions

The Exam
The CSC® practical exam is 2-hours and can be taken at any ACF approved test site. A score of 75% or higher is required to pass. Practical exam scores are valid for one year.

- Wait in the designated area until your assigned set-up/start time in which you may begin cooking.
- Expect to see evaluators and apprentice evaluators walking around with clipboards and taking notes. Also expect them to be talking to each other, asking you questions, looking at your food, and looking deep in thought. This is not meant to be a distraction or an intimidation tactic, but what is involved in the evaluation process.
- Remember, you will not be alone in the kitchen while you are preparing your food for the exam. Expect up to three other participants with you in the same kitchen preparing their food, as well as working in close proximity while you are preparing your food.
• A kitchen’s helper’s role is to assist in keeping the kitchen clean, clearing dishes, etc. They report directly to the Test Administrator. They may, at times, be able to get something for you. Only authorized helpers will be allowed in the kitchen during the exam. If in doubt, ask. The test site may assign 1 pot washer and 1 runner per 4 test candidates or per kitchen, but is not required to offer this assistance.
  - Candidate’s assistant can only assist with load and breakdown, they may not be in communication with the candidate during the exam and are not allowed in kitchen until all candidates have completed testing.
• Do not forget food safety! Remember, no bare-hand contact with ready to eat foods. This means using the proper utensils for the right job at every opportunity. Remember, the preventative measures for time/temperature abuse and cross contamination.
• You will present your food to the evaluators at your designated time. Be courteous, calm, and collected.

When You Are Finished in the Kitchen
Expect to wash your own equipment, utensils, and China when you are through with your exam. You must clean up and be out of your cooking area within ½ hour of completion. There may be another participant waiting to set-up for his or her exam.

Evaluation and Critique
At the completion of the exam, 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 any candidate who successfully completed the exam an ACF Practical Exam Passing Form for their records. The original individual Score Sheets, Summary Score Sheet, and Candidate Questionnaires are to be sent to the Certification Department at the ACF National Office.

Any candidate who fails the exam is welcome to take it again. There is no waiting period, but he/she must submit a new registration form and payment.

Evaluator Training
An approved Certification Evaluator has been placed in a position to fairly evaluate candidates taking the practical exam through certification level, experience, approved application, and completion of required training and apprenticeships. ACF confirms that this individual has attained the highest level of trust, professionalism, respect, and ethical confidence from his/her peers.

Practical Exam General Guidelines
1. Candidates must provide all ingredients for use during their certification practical exam as outlined in the exam components for each level. Exception would be allowed for test sites that choose to provide ingredients. (Check with Test Administrator.)
2. Immersion circulators will be allowed during the exam, however they do not count as a cooking method and are considered personal equipment.
3. No advance preparation or cooking is allowed with the exception of the following: vegetables can be peeled; salads may be cleaned and washed, but not cut or shaped in any form; and beans may be pre-soaked.
4. Items that require long marinating times may be brought in pre-marinated; however, the candidate must demonstrate the entire marinating and/or fabrication process during the exam.
5. Candidates are allowed to bring in only the whole and raw materials. No finished sauces are allowed; however, basic stocks (beef, veal, chicken, vegetable, or fish) may be brought in as necessary for the assignment. No commercially produced stocks or bases are permitted. No clarified consommés are allowed.
6. Candidates shall bring his/her personal tools, including knives, small wares, and China (plates, platters, bowls, etc.) to display the finished dishes. Exception would be made for test sites that choose to provide china. (Check with Test Administrator.)
7. Dry and wet garbage receptacles, as well as trim receptacles, must be maintained and presented to evaluators upon completion of the exam.
8. Basic nutritional balance in recipe development means the candidate should use the following guidelines in formulating a balanced, nutritionally-sound recipe.
  - Daily caloric intake should range between 1300 to 3000 calories per day with:
    - 45%-65% of calories from carbohydrates
    - 20%-35% of calories from fat with less than 10% from saturated fat
    - 10%-35% of calories from protein
    - 300 mg or less of cholesterol
    - 2400 mg or less of sodium
Savory Guidelines

- Ingredients and garnishes should harmonize with the main part of the dish and conform to contemporary standards of nutritional values.
- Unnecessary ingredients should be avoided and practical, acceptable, cooking methods should be applied.
- Dressing the rims of the plate results in an unacceptable appearance.
- Meat and vegetable juices should not make a dish look unappetizing.
- Vegetables must be cut or turned uniformly.
- Plate arrangements and decoration should be practical yet appealing and should comply with daily standards.
- In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- Plated portions must be proportional to the dish itself and the number of persons specified.
- A type-written menu describing each dish to be prepared must be provided to evaluators.
- All items presented will be evaluated based on cooking methodology, taste, presentation, degree of doneness, and measured to the acceptable industry standards.
- Execution of cooking fundamentals and kitchen management will generate the primary factors for evaluation; see the Score Sheets for a clear understanding of what will be evaluated.

Study Tips and Helpful Hints

- Read the CSC® Practical Exam guidelines carefully.
- Develop a plan and timeline, and then follow it closely.
- Study applicable written material for:
  - Processes mandated
  - Processes you decide to do
- Practice ten times.
- See guidelines for items that you can and cannot bring.
- Remember, you are in control of selecting your ingredients, so make sure they meet your needs and the needs of the exam.
- The basic equipment will be provided as described in the ACF Practical Exam Administration Guide; however, if you have been practicing with your own pots and pans, small wares, etc., then you will want to bring those with you and use them. This way you know the nuances already and do not have to deal with any last minute surprises.
- Bring your own china. (Check with Test Administrator.)
- Practice, practice, practice.
- Sanitation skills will be monitored at all times for compliance with standard rules and that sanitation infractions could lead to a failing exam.
- All candidates must wear white chef coat, white toque, black or black and white checkered pants, leather shoes, or clogs, and have a clean apron and side towels.
- Ask questions prior to the exam, be prepared! When in doubt, ask. Contact ACF National Office Certification Department at 800-624-9458 or check out www.acfchefs.org and contact a Certification Evaluator or Certification Evaluator Trainer in your region, who will tell you to practice.

Assessment Criteria

The assessment for certification practical testing is divided into four general areas: Safety and Sanitation Skills; Organization; Craftsmanship Skills; and Finished Product Skills.

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. The practical examination is scored overall as pass or fail. Points are calculated in various areas and a total numerical score is calculated. A total average score of 75% (75 points) or better is considered passing.

Domain 1: Safety and Sanitation Skills will be measured using required industry standards. The candidate is evaluated on their ability to work within established guidelines for safety and sanitation at all times.
Scoring: Safety and sanitation skills are assessed as acceptable or unacceptable. An unacceptable score in this area by two or more evaluators is considered an overall failure, regardless of the total points achieved by candidate. Evaluators are allowed to disqualify any candidate for infractions of these guidelines. Cleanliness of the equipment, both during and after the test, will be the responsibility of the candidate.

Here is a general guideline on safety and sanitation skills the candidate needs to follow:

a. Safety and Sanitation Skills: The prevention of time/temperature abuse and cross contamination are the two most important areas in which the candidate needs to demonstrate a thorough working knowledge. During the exam, if an examiner has seen a possible infraction of either of these two areas, the candidate may be questioned as to their knowledge of these concepts. Infraction(s) of either time/temperature abuse or cross contamination could cause the candidate to fail the exam.

The cutting boards must be scrupulously sanitary. Knives must be sharp. The toolbox/knife bag must be clean and sanitary inside. Sanitizing solution must be correctly titrated, and used properly to sanitize hands and equipment in-between uses. Candidates must be using towels correctly and not wiping debris off a table and then wiping a knife or a plate with the same towel. Candidates must not be using their aprons as hand wipes. Products must be stored at the correct temperature. Gloves must be used when the last contact with food is occurring, for example, plating up. Scores and cuts must be properly treated and covered. Areas must be kept sanitized, particularly during fish to meat to vegetable or dairy transitions. Frequent hand washing and sanitizing must take place.

Domain 2: Organization Skills will be measured using industry standards for the following:

- Organization and work flow
- Proper utilization of all ingredients
- Timing of service and follow-up

Scoring: Organizational skills are assessed based on mise en place, recipe development, utilization of ingredients, and use of allotted time, for a possible total of 20 points.

Here are general guidelines for organization and work flow the candidate needs to follow:

a. Organization: Table is kept clear of nonessentials, such as equipment not needed for the task at hand. Candidate is working systematically on one job at a time, using correct cutting motions and the correct knife for the job, organizing products properly in a refrigerator, rack, cart, knife or other equipment storage. Candidate understands how the usable waste is stored properly. Floor spills are quickly handled. The candidate is not using the dish area as a storage dump. The candidate has an organized withdrawal from the kitchen, leaving it as clean as it was found.

b. Work Flow: The candidate practices smooth transitions from one job to another. The candidate has a logical progression of jobs; for example, chops herbs or minces garlic at the same time. The candidate maintains proper timing of the menu items.

c. Proper Utilization of all Ingredients is evaluated on the candidate’s efficient use of products. All food and non-food refuse will be kept at the station with the candidate until the completion of the test. Two separate containers are to be maintained: one for food refuse and the other for non-food refuse. The candidate may request to empty the non-food refuse during the test, only after the contents of the container have been reviewed by the evaluator. Upon the completion of the exam, the evaluator shall review the food refuse container to determine efficiency of the candidate’s work. Points may be deducted from the candidate’s score if serious infractions concerning product usage are witnessed. In the case of cooked byproduct, such as roasted chicken, only an appropriate portion should be presented. The cooked by-product should be properly handled and stored as if it were to be intended for another use.

d. Timing of service and follow-up is evaluated on the requisite time given to the candidate for the level of examination attempting. The candidate will be notified of his/her presentation time “window” upon the start of his/her preparation. If the candidate is not able to present the entire menu during the time frame allotted, points may be deducted.

Exceeding a reasonable allotted time can result in loss of points and may or may not result in a failing grade.

Domain 3: Craftsmanship Skills will be measured using industry standards for the following:

- Creativity, skills, and craftsmanship are evaluated based on the candidate’s ability to properly execute classical knife cuts and proper cooking techniques, while utilizing the correct method of preparation for any given item. In addition, the variety of techniques properly executed shall be factored into this score.

- Serving and portion size is evaluated on the main item and complementary components in the correct size and amounts following the required nutritional standards. When the main item is not within prescribed limits, either under or over, then points may be deducted. Likewise, each accompanying item not within acceptable portion size could result in the loss of points.

Scoring: Craftsmanship skills are assessed based on execution of proper cooking techniques, skills, and fundamentals through creativity, skills, and craftsmanship, for a possible total of 40 points.
Here are some general guidelines on cooking skills and techniques the candidate needs to follow:

a. **Cooking Techniques and Skills:** The candidate should pay attention to detail, as described by the fundamental cooking technique specified. The candidate should use the proper technique as stated in the test criteria, such as properly deglazing a pan, rather than simply adding wine or a liquid; properly browning the mirepoix, not just heating it; correctly roasting and basting the product as it needs, not just placing the product in the oven; or poaching items, rather than simmering them. The candidate should use correct methodology and techniques in preparing forcemeat and demonstrates a variety of different techniques.

b. **Butchery and Boning Skills:** The candidate is efficient and profitable in the removal of muscle from meat or poultry carcasses or fish from a bone. Sinew and/or fat removal and correct tying methods will be evaluated.

**Domain 4: Finished Product Skills** will be measured using industry standards for the following:

- Overall Presentation, including the use of appropriate garnishes
- Overall Nutritional Balance
- Ingredient Compatibility
- Flavor, Taste, Texture and Doneness

**Scoring:** Finished product skills are assessed based on flavor, texture, presentation, ingredient compatibility, and nutritional balance for possible total of 40 points.

Here are some general guidelines on finished product skills the candidate needs to follow:

a. **Serving Methods and Presentation:** *Hot Food Hot and Cold Food Cold!* (including plates)

   Presentation is evaluated on correct temperatures of the items served, including the dishware, visible seasonings and garnishing, arrangements of items, and overall aesthetic appeal of the presented items. Food is fresh and colorful, visibly seasoned, presented with some height, easy to eat, and pleasing to the eye. Meat/fish slices are even, straight, and evenly shingled. Items are placed closely together to help maintain temperature and to keep the plate from resembling a “smiling face” or “party-on-the-plate décor.” The use of white china is strongly suggested.

b. **Portion Size and Nutritional Balance:** Components of the meal are balanced so that the main item is complemented in size/amount by the accompanying garnish(es) and/or sauce. The candidate adheres to nutritional standards. The protein weight is within the set limits.

c. **Ingredient Compatibility:** Ingredient compatibility and nutritional balance are evaluated on the harmonious use of ingredients, cooking methods, and ingredient colors, which follow guidelines for nutritional balance. Ingredient colors harmonize. Ingredient amounts are correctly portioned to give a perfect harmonization. Have any of the ingredients been duplicated?

d. **Flavor, Taste, Texture, and Doneness:** Flavor and texture are evaluated on the proper use of flavors and seasonings in every menu item and/or component, with a variety of contrasting food textures as presented for judging. The flavors are typically associated with the specific food ingredients in the menu and recipes are profound. For example, the duck broth tastes like duck. Doneness temperatures are correct. Stated vegetable cuts are correct. Stated cooking techniques have been correctly applied. The textures correspond to what was implied in the recipe. The flavor of the sauce or vinaigrette reflect what the recipe states and has the correct consistency. The correct degrees of caramelization has been shown.
CSC® Practical Exam Specifications

The practical exam is based on domains and skills determined during a job analysis with a group of ACF subject matter experts.

Domain 1: Safety and Sanitation Skills
Sanitation skills are observed and evaluated in the course of the performance of the skills performed in Domains 2, 3 and 4. Failure to meet the sanitation skills standard shall result in a failure despite the degree of Organizational, Craftsmanship and Finished Product skills demonstrated.

Skills:
- Working and managing a sanitary environment
- Food handling that avoids time/temperature violations and cross-contamination
- Proper food product disposal techniques

Domain 2: Organizational Skills 20%

- Skill 1: Mise en place
- Skill 2: Food storage
- Skill 3: Work flow
- Skill 4: Use of time
- Skill 5: Matching cooking method to product
- Skill 6: Use of ingredients
- Skill 7: Planning portion sizes/nutritional balance
- Skill 8: Weighing and measuring
- Skill 9: Menu development

Domain 3: Craftsmanship Skills 40%

- Skill 10: Cooking techniques that maximize flavor and preserve integrity
- Skill 11: Knife handling/butchering
- Skill 12: Use of equipment/tools in preparation
- Skill 13: Understanding aromatic/flavor combinations
- Skill 14: Use of slurries and other thickeners
- Skill 15: Preparation of vegetables and starches
- Skill 16: Making stocks, broths, and soups
- Skill 17: Preparing sauces
- Skill 18: Use of dry moist heat
- Skill 19: Basic cooking times and ratios

Domain 4: Finished Product Skills 40%

- Skill 20: Flavor development
- Skill 21: Determining doneness
- Skill 22: Achieving desired texture and color
- Skill 23: Serving food at the desired temperature
- Skill 24: Presentation techniques
- Skill 25: Choosing vessels
- Skill 26: Use of sauces
- Skill 27: Use of garnishes for appearance or flavor
- Skill 28: Food integrity and nutritional balance
- Skill 29: Achieving stated menu
Certified Sous Chef® (CSC®) Practical Exam Guidelines

- Candidates are responsible for bringing all ingredients for the exam.
- Sanitation skills will be monitored at all times for compliance with standard rules.
- Sanitation infractions could lead to a failing grade.
- **Professional Uniform:** All candidates must wear white chef coat, white toque, black or black and white checkered pants, leather shoes, or clogs, and have clean apron and side towels.
- Candidates should present a typed menu to the examiners prior to the start of the exam.
- Candidates must bring their own plates unless the test site has agreed to provide them.

**Exam Time: 2 hours**

During the time allotted for the exam, candidates must prepare and exhibit the following skills, finish each according to industry standards, and present final products to the evaluators. As items are completed, a candidate may present them at that time, either by setting them on finished plates at the end of their work station or by approaching the evaluators directly.

The candidate shall exhibit the following:

- Prepare 2 cups of Matignon vegetables
- Prepare 2 fresh globe artichokes to a cooked state, suitable for finishing, depending on various menu descriptions
  - Display whole cooked artichokes to the examiners
  - Plates do not need garnish or sauce
- Prepare 2 cups of cooked rice pilaf and use in final main course presentation
- Prepare at least one 6-ounce seasoned strip steak to medium rare
  - If steak is not used as main course, display on a clean plate for the examiners to check doneness and proper cooking technique.
  - Fillet and poach one seasoned whole flat fish (Dover Sole or founder)
  - If fish is not used as main course protein, display on clean plate for the examiners to check closeness and proper cooking technique
- Prepare 4 servings of one salad with an emulsified vinaigrette dressing
  - Dressing must be made by hand
  - Tossed with extra dressing on the side
  - Ingredients must be brought in and prepared on site.
- Choose one of the preceding proteins and serve a main course (4 portions) of that item, along with appropriate sauces and accompaniments
  - Additional ingredients may be brought in and prepared on site for the accompanying vegetables
  - Rice pilaf must be used as a part of the final presentation.

**Notes:**

1. The candidate may add any supporting or “common kitchen” ingredients to the groceries that are needed.
2. Appropriate organization, safety, and sanitation skills contribute greatly to each candidates’ success.
3. Candidates may not present their food outside of the service window, unless specifically instructed by the proctor or test administrator.
4. Candidates are encouraged to pre-marinate any proteins and serve those proteins at the exam, as long as the butchering and pre-marinating process is demonstrated during the exam. For example, the day before the exam, butcher a chicken and marinate it for the following day. During the exam, demonstrate the process on another whole chicken and then properly store the product for “future use.”

**Exam Results:**

At the conclusion of a practical exam, candidates will receive both a verbal and written critique of their performance in each of the exam content areas. The lead evaluator for the exam will facilitate the review and will make written comments on the Practical Exam Candidate Written Critique Form. This will be provided to all candidates, both passing and failing. This will allow the candidates to review areas for development in the event they choose to retest. Candidates who do not pass the practical exam are allowed to retest per the retesting policy.

In addition to the Practical Exam Candidate Written Critique Form, which all candidates receive, those candidates who pass will receive an ACF Practical Exam Passing Form, which they will include with their final application form and written exam passing form to the ACF National Office.
Recertification After Expiration Policy

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CEH Submittal Form

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