



ACF CENTRAL FLORIDA
MARCH CHAPTER EVENT

“The Practical Exam”
Demonstration Guide



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** **Please Note:** The examples provided within this guide are provided to help you plan and prepare for your Practical Exam - The combination of methods and styles are not to be duplicated.*

Certification Practical Exam Guidelines

Certified Executive Chef®

- 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: 3 hours plus 15 minutes service windows (for total of 3 hours 15 minutes)

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.

The candidate shall exhibit the following: Utilizing all the ingredients in this Market Basket, prepare a three-course menu including a fish, salad and main course, all with appropriate accompaniments. Four portions of each course will be prepared and plated. Submit a written copy of your menu to the examiner prior to the start of the exam. Each ingredient must be used at least once. The amounts given are only suggested as a guideline. You may not need to use all the amounts that are listed.

Market Basket:

- 1 each 10 ounce salmon filet
- 2 each 1.25 pound live Maine lobster
- 2 each whole chickens, 2.5 – 3.5 pounds each (*fabricate to your menu specifications during the exam*)
- 2 ounces smoked bacon
- 1 pound fresh spinach
- 2 heads Boston lettuce
- 1 piece Belgian endive
- 1 pound carrots
- 3 each Russet or Yukon potatoes
- 2 each Globe artichokes
- 2 each Bartlett pears or Granny Smith apples
- 1 pint grape tomatoes

The three courses shall include:

- Fish course (including both seafood items) presented as appetizer portion
- Salad course (tossed, with extra dressing served on the side) as part of a 3 course meal
- Main course (with two or more accompanying vegetables and starch) utilizing approximately 6-7 ounces protein

The meal must include at least:

- 4 classical vegetable cuts (i.e. Julienne, Tournee, Brunoise, Alumette, small dice, Paysanne, and Batonette)
- 4 different cooking methods must be shown (i.e., fry, broil, sauté, roast, boil, poach, steam or grill)
- Appropriate vegetable and starch accompaniment for the main course (may bring in additional
- ingredients and prepare them for plate accompaniments) prepared and presented during the exam.
- An emulsified vinaigrette (ingredients must be brought in)
- 2 different sauces using different methods (i.e., roux based, reduction, or butter)

Notes:

- The candidate may add any supporting or “common kitchen” ingredients to the groceries which are needed.
- Appropriate organization, safety, and sanitation skill contribute greatly to each candidates success
- Candidates may not present their food outside of the service window unless specifically instructed by the proctor or test administrator.
- 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”.

Organizing for a Successful Practical Exam

Organization really begins with the menu planning.

At some point however we need to put theory away and actually get to work. So consider the following organizational concepts to help you be most effective. **No detail is too small to plan out!**



FIG. 1

Arrive early and in a neat and organized fashion. Be sure all food is stored at the proper temperature. Footlockers with wheels and ladder racks will help you move your food and equipment efficiently FIG. 1. Recruit a helper. Perhaps there is someone you know that is also interested in taking a practical test someday and they could benefit from watching and helping you through it. Of course you must do all the cooking yourself but your helper could be of assistance in many other ways.

The more you can organize the easier your experience will be. Notice in FIG. 2 each recipe is completely pre scaled (vegetables are only cleaned and not cut according to the guidelines). Also note that each course has a corresponding color tray for fast recognition while cooking – a BIG time saver. One thing you can't tell from the photo is that the cart is set up chronologically from top to bottom – the first task is on top and the second task is just below the first and so on down to the bottom of the cart.



FIG. 2

FIG. 3 This creative individual organized all the ingredients from each separate recipe together with a number label on the top of each ingredient container so once they are taken off the trays he could still know exactly what that particular ingredient was for.



FIG. 3

Creativity is not limited to food preparation, obviously! Remember you must bring all small equipment and china needed for your practical. How many innovations can you see on this individuals ladder rack FIG. 4? Note how clean, orderly and professional this looks.



FIG. 4

Managing your time effectively is a clear sign of organization and professionalism. Note the prep list and time line taped to the oven in FIG. 5. Design in time to clean into your program! Make sure your work station is always clean and has no unnecessary items on it. During plate up your station should look like a plate up station *minimalistic* and not a prep station which might have more items on it.



FIG. 5

A Sample CEC Practical Exam Timeline

* This sample timeline coordinates with "Example 2" of the Menus provided in the next section.

	TASK	EQUIPMENT
1	<ul style="list-style-type: none"> Put on Lobster Water – BOIL Boil Spaetzle Water Ice Bath for Lobster Extra Ice for Later use Chill Vinaigrette Oil & Balsamic Heat all stocks (CHIX, FUMET) Cut ALL Mirepoix – Lobster & Chicken Cut Potatoes – boil – TIMER Salad Plates in <i>Fridge/Freezer</i> Prime 3 Themos Steam Salmon for 5 Minutes – TIMER <p>CLEAN & SANITIZE STATION</p>	1 Bowl for Ice Bath 3 Med Pots (Lob Tail & Stocks) 1 Spaetzle Pot 2 ¼ pans or foil pans for mirepoix 1 small pot for potato 4 Salad Plates 3 Thermos Containers 1 perforated Hotel Pan 1 Cutting Board (VEG) – Wash – Reuse later ICE – in bucket TIME: 14 min.
2	<ul style="list-style-type: none"> Lobsters: Kill & Fabricate Store Claws in Ziploc on ICE in box Split Bodies Start searing bodies Cut all sauce Poix – CHX and LOBSTER Cut Fennel – SCRAP TO LOBSTER POIX Boil Tails for 5 minutes – TIMER Shock in tails ICE BATH <p>CLEAN & SANITIZE STATION</p>	1 Blue Cutting Board 1 Pan for Searing Lobster 1 Pan for Searing Chicken 1 Spider or Tongs TIME: 26 min
3	<ul style="list-style-type: none"> Bacon, Cut, Render Caramelize Chicken Poix Caramelize Lobster Poix Chicken: Fabricate Store legs & wings in Ziploc on ICE in box Store breasts in box Start Roasting Chicken Bodies Salmon – Done – Chill <p>CLEAN & SANITIZE STATION</p>	2 Wooden Spoons 1 Yellow Cutting Board 2 Ziploc with Labels 1 Foil Pan for Breasts 1 Foil Pan for Salmon 1 Saute Pan for Bacon Hotel Pan with ice for Chicken TIME: 40 min
4	<ul style="list-style-type: none"> Carrots Oblique Cut Grape Tomatoes Cut Pears, Roast – 10-15 Min – TIMER Chives Make Salmon-Potato Cake Spaetzle Batter Goat Cakes – need 2 – ¼ pans Vinaigrette – Shallot, Dijon, Br Sugar, Ice, COLD!!! Lemon Jam – Chill Toast Walnuts – 5-8 Min – Timer Strain Lobster Sauce, Butter Lobster Sauce in Thermos <p>CLEAN & SANITIZE STATION</p>	2 small S/S Bowls 2 Medium S/S Bowls 2 – ¼ Pans or Foil Pans 1 Fork 1 Rubber Scraper 2 MEP Cup or Yacht 1 Vita Prep 1 Cuisinart Mini 2 Pans (sauté/Fry) 2 Thermos – 1 HOT & 1 COLD 1 Chinois – Wash – Reuse later TIME: 1:45

Step	TASK	EQUIPMENT
5	<ul style="list-style-type: none"> • Cut Artichokes • Make Barigoule • Roast Carrots 	1 Cutting Board 1 Bowl with Lemon Water 1 Spoon for Chokes Spaetzle Mill/Scraper 1 Pan for Carrots
6	<ul style="list-style-type: none"> • Strain Chicken Sauce, reduce • Make Roux with butter and chicken Fat • Finish Chicken sauce with Roux and Mustard • Chicken Sauce in Thermos • Blanche Spaetzle 	1 Thermos – Charged HOT 1 Chinois 1 pan for roux Whisk 1 MEP Cup
7	<ul style="list-style-type: none"> • Lettuce Prep: Boston, Radicchio, Endive • Sear Chicken Breasts 	1 Medium S/S Bowl for lettuce 1 12” Sauté Pan
8	<ul style="list-style-type: none"> • Warm Goat Puck • Warm Barigoule with Lobster Tails • Sauté Salmon Cake 	1 Sauté Pans 1 Non Stick Sauté Pan
9	<ul style="list-style-type: none"> • Start Plating Fish Course • Dress Salad – Chives, Shallots, S&P • Sear Spaetzle – Crème Fraiche • Plate Salad • Saute Spinach • Plate Entree 	4 COLD Plates for Salads 4 HOT Fish Plates 4 HOT Entrée Plates All Garnishes

SENSITIVITIES:

- Warm Pucks @ 2:52-2:55
- Sear Chicken @ 2:36-2:40
- Saute Salmon Cakes @ 2:55
- Warm Lobby (SEASON) in Barigoule @ 3:00

CEC Practical Exam Menu Examples

** Remember, sample menus provided for reference only - do not duplicate.*

____ Example 1 ____

Fish Course

Salmon Mousse and **Poached** Lobster Stuffed Squid Ink Pasta with Oil Poached Artichoke Hearts, **Beurre Citron**, **sifflet** chives, and **fried allumette** potatoes

Salad Course

Baby Lettuce with Boursin Cheese filled Endive, Port Poached Pear, Oven Dried Grape Tomato, Candied Walnuts, and Dijon Vinaigrette

Entrée

Pan Roasted Airline Chicken Breast with **Braised** Lettuce and Pan Reduction, Paysanne Carrots, Macédoine Turnips

____ Example 2 ____

Fish Course

Salmon-Potato Cake & Lobster Barigoule Style Artichoke and Fennel, Lobster Reduction, Lemon Jam

Cooking Techniques Used: Steam (salmon), Saute (cake), Boil (lobster tail)

Required Ingredients: Salmon, Potato (Russet), Lobster, Artichoke, and Bacon

Sauce: Reduction

Knife Cuts: Small Dice (red pepper)

Salad Course

Salad of Boston Lettuce, Radicchio, & Endive Walnuts, Warm Goat Cheese, Tomatoes, Pear-Balsamic Vinaigrette

Cooking Techniques Used: Roast (pears), Saute (goat cheese)

Required Ingredients: Bartlett Pears, Grape Tomatoes, Boston Lettuce, Belgian Endive

Sauce/Emulsified Vinaigrette: Roasted Pear-Balsamic

Knife Cuts: Brunoise (shallots), Mince (chive)

Entree

Pan Seared Chicken Carrots, Spinach, Herbed Spaetzle, Mustard Sauce

Cooking Techniques Used: Saute (chicken, spaetzle, spinach), Boil (spaetzle), Roast (carrots)

Required Ingredients: Chicken, Carrots, and Spinach

Sauce: Roux Thickened

Knife Cuts: Oblique (carrots)

____ Example 3 ____

Fish Course

Grilled Salmon with Poached Lobster ala nage On Vanilla Sauerkraut

Market Basket usage; Salmon, Lobster, Knife skills; Chiffonade of cabbage, butter reduction sauce; cooking methods; grill, poach, braise.

Salad Course

Boston, Spinach Endive and Tomato Lemon Thyme Dijon Vinaigrette Artichoke crisp

Market Basket usage; Spinach, Boston lettuce, Belgian Endive, grape tomatoes, artichoke; Knife skills, hachet of parsley, emincer of artichoke, emonder tomato, emulsified Vinaigrette; cooking methods, fry.

Main Course

Braised Chicken with Brandy Apples and Bacon Tourne potato glazed Lozenge of carrot

Market Basket usage; whole chicken, Granny Smith apple, smoked bacon, carrot, Yukon potato; knife skills; lardon bacon, small dice apple, lozenge carrot, tourne potato; roux thickened sauce ; cooking methods; Braise, poach, saute

CEC Practical Exam Recipe Examples

** These are actual recipes used by a chapter member and provided for reference only. Please do not duplicate. The examinee indicated **Test Requirements in Red Text** to make it simple for the ACE Evaluators to identify.*

Fish Course

Pan seared salmon and Maine lobster with spinach, smoked bacon and a Chive Beurre Blanc

1 each 1 ¼ pound lobster

10oz salmon

Cook lobsters in Court Bouillon (boil) for approx 7 to 9 min and chill with ice bath.

Clean and set aside.

Court Bouillon

3 quarts water

½ lemon

6 oz White wine

6 oz carrots

4oz onion

2 bay leaves

Thyme

Parsley

Peppercorn

Salt

Beurre Blanc

2 medium size shallots (approx 1.5 oz)

White wine 1/4 cup

White wine vinegar 1/4 cup

Heavy cream 2 Tlbs

Butter 1/2 pound

6 each chives (**minced**)

Salt and pepper to taste

Combine finely chopped shallots with wine and vinegar and reduce by 80 to 90%.

Add heavy cream.

Make sure inside of pan has not browned through the reducing method.

Cut butter into 1-inch cubes and whisk over med heat until butter has been incorporated.

Adjust seasoning, strain, add chives and keep warm for service.

Spinach **Sauté**

2 oz smoked bacon

14 oz cleaned spinach

Salt and Pepper to taste

Cut the bacon into ¼ inch match stick size and render fat to golden brown.

Remove bacon and half the bacon fat and let stand for a few minutes to cool.

Sauté fresh spinach in remaining fat just until wilted; add bacon and season to taste.

Season salmon with salt and pepper and pan sear. Finish in oven to serve.

Sauté lobster in butter to warm for service.

Salad Course

Boston Bibb Lettuce with Belgian Endive, poached Bartlett Pear, Boursin cheese, Globe Artichoke heart, Grape tomato and a **Balsamic Vinaigrette**.

1 head (wedged) of Boston Bibb lettuce

4 leaves Endive

6 each Grape tomatoes

2 each Globe Artichoke hearts

3 oz of Boursin Cheese

*1 each Bartlett Pear (**fanned**)*

Balsamic Vinaigrette

2 oz red wine vinegar

2 oz Balsamic vinegar

2 tsp mustard

12 oz olive oil

Salt and Pepper to taste

Combine the vinegars and mustard.

Whisk in oil gradually.

Adjust seasoning.

Peel Pear and **poach** in
18 oz port wine
8 oz water
¼ cup sugar
6 cloves
1 each piece crystallized ginger

Poach until tender and chill for service.

Artichoke hearts
Cook artichokes in:

1 quart water
1/2 lemon (Juice)
1/4 cup flour
Salt to taste

Until fork tender, chill in ice bath and clean.

____ **Main Course** ____

Roasted breast of Chicken with a **pan sauce reduction** of Tomatoes, Olives and Mushrooms.
Served with Carrots, diced Rutabaga and Tourne Potatoes.

4 each chicken breasts
2 oz Olive oil
6 oz Mushrooms quartered
12 oz chicken stock
1 each garlic clove
2 each tomatoes peeled, seeded and **precision dice**
4 oz white wine
8 each quartered green olives
1 Tlbs chopped parsley
Salt and pepper to taste

2oz Flour to coat chicken

Season chicken breasts with salt and pepper, lightly coat in flour and pan sear in olive oil. Brown evenly on both sides and remove from pan and set aside to finish cooking in oven. Sauté mushrooms in hot pan, add garlic and lightly caramelize. Deglaze pan with white wine and add remaining ingredients. Reduce slowly by a third or to desired consistency.

Tourne Yukon potatoes
Batonnet Carrots
Dice Rutabaga
Blanch all vegetables in salted water and chill in ice bath for service.
Butter to heat vegetables.

Practical Exam Food Photos

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Fish Course



Salad Course



Main Course

