

CULINARY ARTS II
Breakfast Service
Pierce County Careers Connection
Dual Credit Articulation Agreement

Upon completion of high school courses equivalent to the following competencies:

Student must be able to understand the different styles of Eggs

Egg Preparation

- Understanding the use of proper equipment, the student will understand the preparation of the following styles of eggs.
- Appropriate equipment:
 - ~Skillet
 - ~Spatula
 - ~Small bowl
 - Whisk or fork

The eggs would be shiny, soft with no brown edges, and tender, not tough or rubbery.

Poach Eggs

- Poaching eggs with water and vinegar.
- Use appropriate equipment:
 - ~Small dish
 - ~Slotted spoon
 - ~Shallow saucepan

The poached eggs would have a bright appearance, with some shiny white adhering closely to the bright yolk.

Scramble Eggs

- Scramble eggs with butter or oil.
- Use appropriate equipment:
 - ~Skillet or grill
 - ~Small bowl
 - ~Measuring spoon, and fork

The scrambled eggs would be bright and clear with a soft sheen and a uniform, pale color with no evidence of browning. The eggs should be tender, moist, and delicate in texture, not hard, dry, or watery.

10 minute or Hard Boiled Eggs

- Hard boiling eggs in water.
- Use a saucepan

The egg white and yolk would be firm. Yolk should be bright yellow, in color with no gray green color outside the yolk.

Three minute or Soft Boil Eggs

- Soft boiled eggs in water.
- Use appropriate equipment:

~Saucepan

Soft boiled eggs would have slightly firm whites and soft runny yolks.

Omelets

- Understand the preparation of a two Egg Omelet using required ingredients.
- Use appropriate equipment:

~Mixing Bowl

~Spatula

- Egg pan
- ~whisk

The omelet would be uniformly, soft and creamy on the inside, and light and fluffy texture.

Pancakes

Understand the preparation of pancakes with required ingredients.

Use appropriate equipment:

- ~Measuring cups
- ~Spoons
- ~Mixing bowl and spoon
- ~Offset Spatula
- ~griddle

The pancakes would be uniform in shape and thickness, must be evenly browned on both sides, must be smooth, tender and moist but not sticky, and must have a fine grain with evenly distributed cells.

Crepes

Understand the preparation of crepes using required ingredients.

Use appropriate equipment:

- ~Measuring cups
- ~Spoons
- ~Mixing bowl
- ~Wire whip
- ~Ladle
- ~Crepe pan

The crepes would be uniform in shape and thickness, would be must, tender, and slightly browned on one side.

French Toast

Understand the preparation of French toast with bread, eggs, milk, cinnamon and oil.

Use appropriate equipment:

- ~Grill
- ~Spatula
- ~Whip
- ~Mixing bowl

- The French toast would be golden brown, firm, not soggy, lightly crisped brown edges, with no major portions of egg or yolk appearing separately on bread.

Grill Breakfast Meats

Appropriate use of equipment:

- ~Grill
- ~Oven
 - ~Spatula
 - ~Dry towels or oven mitts
- ~Items to be cooked**

- Items would be well heated and, in the case of sausage and bacon, evenly browned but not overcooked.

Hash Brown Potatoes

Hash brown breakfast potatoes, using a pan or grill, oil and butter.

Appropriate use of spatula.

The hash browns would be grilled to a golden brown without making them greasy. Hash Browns should be crispy on outside but soft in the middle.

A student earning a "C" grade or better may earn college credit at the following college:

<u>College</u>	<u>Course</u>	<u>Credits</u>
Bates Technical College	CARTS 106	1