

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 cook styles of Eggs



Prepare Eggs

- Using proper equipment student will prepare the following style of eggs.
- Appropriate equipment:
 - ~Skillet
 - ~Spatula
 - ~Small bowl

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



Poach Eggs

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

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



Scramble Eggs

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

The scrambled eggs must 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.



Hard Boil Eggs

- Hard boil eggs in water.
- Use a saucepan

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



Soft Boil Eggs

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

~Saucepan

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



Omelets

- Two Egg Omelet using required ingredients.
- Use appropriate equipment:

~Mixing Bowl

~Spatula

~Egg pan

~whisk

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

Pancakes

Prepare pancakes with required ingredients.

Use appropriate equipment:

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

The pancakes must 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

Prepare crepes with required ingredients.

Use appropriate equipment:

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

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

French Toast

Prepare French toast with bread, eggs, milk, cinnamon, oil, and confectioner's sugar.

Use appropriate equipment:

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

- The French toast must 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 must be well heated and, in the case of sausage and bacon, evenly browned but not overcooked.

Hash Brown Potatoes

Grill breakfast potatoes with blanched potatoes, grill, oil and butter.

Appropriate use of spatula.

The hash browns must 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	2