

		Grade 10	Grade 11	Grade 12
February	1	Food Basics Theory	Basic Meat Cookery Theory	Beef Stock
	2	Food Basics Theory	Beef Bourguignon - prep	Tomato Sauce 1L
	5	Video: Kitchen Safety	Beef Bourguignon, Meatball - prep	Theory
	6	Food Basics Theory/FIFO	Spaghetti and Meatballs, Taco Salad - prep	Derivative Sauce: Marinara 500ml
	7	Video: Kitchen Safety	Rouladen and Stroganoff - prep	Derivative Sauce: Provincale 500ml
	8	Health Inspector: Safe Food Handling	Beef Stroganoff and Egg Noodles	Bechamel 500ml
	9	Health Inspector: Safe Food Handling	EXAM - Beef Rouladin	Veloute Sauce 500ml
	12	Small Wares / Handwashing / Chef Jackets	Beef Satay & Spicy Peanut Sauce,	Derivative: Bechamel (choice)
	13	Kitchen Brigade	Roast and Yorkshire Pudding - prep	Derivative: Veloute (choice)
	14	Kitchen Tour/Orientation	Roast Beef and Yorkshire pudding	Hollandaise/Eggs Benedict
	15	Food Basics Exam: Pass 70%	Steak Sandwich and Onion Rings	Beef Barley Soup
	16	Kitchen Brigade Exam	Ginger Beef - Prep, Julienne veg - prep	Espagnole Sauce: 1L
	26	Recipe and Temperature Conversions	Ginger Beef, 1000 island dressing	Derivative Sauce: Robert Sauce 500ml
	27	Scaling of Recipes	Burgers Loaded w/ 1000 Island	New England Clam Chowder
28	Knife Skills: Parsley Chopped	Beef Stir-Fry Prep	Beef Consommé	
March	1	Recipe: Onion Rings	Beef Stir Fry on Noodles	Citrus Soup
	2	Knife Skills: Brunoise Julienne Onion	Donair Mise en Place	EXAM, Pho - prep
	5	Knife Skills: Brunoise Julienne Carrot	Donair, Clean Kitchen	Pho
	6	Knife Skills: Brunoise Julienne Celery	Fish and Poultry Theory	Minestrone Soup
	7	Knife Skills: Parsley Chopped	Fish and Poultry Theory	Pureed Soup (Student choice)
	8	Knife Skills Batonette: Potatoes	Middle Eastern Panini	Advanced Meat Cookery Theory
	9	Mise En Place: Chocolate Chip Cookies	Seafood Demo	Braised Beef Brisket
	13	Recipe: Chocolate Chip Cookies	Roasted Turkey (Open-faced Sandwich)	Brisket, Lamb Stew - Prep
	14	Mise En Place: Stir-Fry	Deboning Chickens	Stew, (Demo) Rack of Lamb
	15	Recipe: Stir-Fry	Recipe: Breading (Chicken Cordon Bleu)	Austrian Wienerschnitzel veal
	16	Mise En Place: Doughnuts	Chicken Cordon Bleu & Rice/clean kitchen	Ginger Beef Sauce, Cantonese Sauce
	19	Recipe: Doughnuts	Video: Eat, Fish and Poultry	Belgium Beef Carbonade - Prep
	20	Mise En Place: Grilled Rueben	Stuffing: Roasted Chicken/Stuffing (FLEX)	Beef, Cantonese Spare Ribs - Prep
	21	Grilled Rueben, Recipe: Blueberry Muffins	Chicken Souvlaki/Tzaziki/veg - prep	Ginger Beef - prep
22	Blueberry Muffins	Chicken Souvlaki on Pita with Tzaziki	Ginger Beef/Clean kitchen	
23	Kitchen Clean-up	Po Boy Sandwich (cod or shrimp)	Pork Rib Prep	
26	Research Assignment: Food Borne Illness	Maple Glazed Salmon on rice	Cantonese Spare Ribs, bake potato - prep	
27	Research Assignment: Food Borne Illness	Shrimp Stir-Fry	Pork Chops w/ 2x baked potato, flank prep	
28	Movie: Ratatouille	Movie: Burnt	Movie: Burnt	
29	Movie: Ratatouille	Movie: Burnt	Movie: Burnt	

April	10	Presentation: Food Borne Illness	Louisiana Crab Cakes/Roast Pepper Coulee	Flank Steak with Savoury Shallot Sauce
	11	Stock and Sauce Theory	Seafood Alfredo (a la minute)	Sauteéd Beef with Morel Mushrooms
	12	Stock and Sauce Theory	EXAM Fish and Poultry	Bulgogi Prep
	13	Recipe: Borscht (ethnic)	Coconut Shrimp (freeze for 12')	Bulgolgi Beef
	16	Method: Brown Stock	Fruit and Vegetable Theory	Perogy prep
	17	Recipe: Vegetable Barley Soup (broth)	Fruit and Vegetable Theory	Perogy prep, OR Seafood Paella
	18	Recipe: Cream of Broccoli (cream)	Recipe: Beef Black Bean Sauce, Chinese Veg	Line Cooking Theory
	19	Method: White Stock / Knife skills: Oblique	Recipe: Chef Salad, Lab: Tomato Concassé	Poached Fish on Rice with Sauteéd Veg
	20	Method: Brown Stock / Method: Fish Stock	Recipe: Greek Salad, Greek Potato, Tzaziki	Burgers, Roast off Turkey - prep
	23	Method: Vegetable Stock	*Recipe: Chicken Marinara, DF Eggplant	Clubhouse Sandwiches, Smoked beef - prep
	24	Recipe: Bechamél, Fettuccini Alfredo	Recipe: Tempura Vegetables with Rice	Open faced beef sandwich
	25	Recipe: Velouté, Poutine	Recipe: Vegetarian Pizza	Vegetable Stir-fry and Spring rolls
	26	Recipe: Espagnole	Recipe: Jerk Chicken on Roasted Yams	Perogies and Sausage
	27	Recipe: Tomato	Recipe: Veg. Barley Soup, Grilled Cheese	Grilled Rubeen Sandwiches
30	Recipe: Poutine / Knife Skills: Batonnet	Vegetables/Fruit Concept Exam	Hero Sub (ass'td meat), Chicken Kiev - prep	
May	1	Recipe: Spaghetti Bolognese	Recipe: Spicy Chicken Caesar Wrap	Chicken Kiev on Rice
	2	Recipe: Canadian Beef Barley Soup	EXAM	Chicken Fingers, Ginger Beef - prep
	3	Soups & Sauces Concept Exam: (pass 70%)	Milk and Eggs Theory	Ginger Beef
	4	Creative Cold Food Theory	Recipe: Choux Paste (Cream Puffs)	Curry Chicken sandwich (FLEX)
	7	Emulsifications: Temporary: Italian	Recipe: Crepes (Strawberry)	Mushroom & Swiss Burger, Turkey - prep
	8	Emulsifications: Permanent: Mayonnaise	Poached Eggs (Over Medium)	Hot Turkey Sandwich
	9	Salad: Caesar Dressing / Salad	Recipe: Pad Thai	Nachos and Cheese
	10	Salad: Italian / Salad	Pancakes and Scrambled Eggs	Fish and Chips
	11	Recipe: Ranch Dressing	Crème Brulee	EXAM
	14	Knife Skills: Vegetable Crudité	Quiche	Entertaining: Chef's Table
	15	Recipe: Potato Salad	Bechamel Sauce (Cheese) baked macaroni	Entertaining: Chef's Table
	16	Recipe: Greek Salad (marinated)	Deville Eggs	Entertaining: Chef's Table
	17	Recipe: Egg Salad Bunwich	EXAM	Entertaining: Chef's Table
	22	Recipe: Bacon Lettuce Tomato	Nuts, Seeds Theory	Entertaining: Chef's Table
	23	Recipe: Tuna Sandwich	Steamed Vegetables	Entertaining: Chef's Table
	24	Recipe: Hot Beef Sandwich (open-faced)	Coconut Rice Pilaff	Entertaining: Chef's Table
	25	Recipe: Po' Boy Sandwich	Fettuccini Alfredo	Entertaining: Chef's Table
28	Recipe: Fruit Salad	Chicken Fried Rice	Entertaining: Chef's Table	
29	Recipe: Panini	Broccoli Almandine	Entertaining: Chef's Table	
30	Creative Cold Foods Exam: (pass 70%)	East Indian Dal	Theory, Sacher Torte	
31	Video: Fruit Carving	Poutine	Sacher Torte	

	1	Recipe: Chef Salad	Chicken Fricassee	Choux Paste (Ecclairs)
	4	Research: Table D'Hote Assignment	Perogies	Chocolate Terrine
	5	Research: Table D'Hote Assignment	Perogies	Danish, Cake planning
June	6	Research: Table D'Hote Assignment	EXAM	Danish, Cake planning
	7	Research: Table D'Hote Assignment	Create an Appetizer	Thematic Cake
	8	Research: Table D'Hote Assignment	Create an Appetizer	Thematic Cake
	11	Research: Table D'Hote Assignment	Create an Appetizer	Thematic Cake
	12	Create an Appetizer	Create an Appetizer	Thematic Cake
	13	Create an Appetizer	Create an Appetizer	Thematic Cake
	14	Create an Appetizer	Create an Appetizer	Thematic Cake