

MOBILITY COOKS

During this experience in a foreign country, the apprentices will have to play a part in the following tasks (that are written in the exam regulations). In the context of their experience abroad, the apprentices will have to work **on some tasks**.

<p><u>COOKING CULTURE</u> -evolution of the eating habits in relation with the changes of the way of life -cooking vocabulary</p>	
<p><u>THE STAFF</u> -Organization chart of the different sorts of operating systems -Job description -Legislation related to personal hygiene and working uniform</p>	<p>-to respect the legislation related to personal hygiene -to become integrated in a post</p>
<p><u>THE STOCKS/THE SUPPLIES</u> -weighing and grading of the products</p>	<p>To use the worksheets To provide for the food supplies according to the production</p>
<p><u>WINES AND ALCOHOLS</u> -characteristics -use</p>	<p>To use wines and alcohols properly in cooking preparations</p>
<p><u>BASIC PREPARATIONS</u> -the stocks (white stocks, brown stocks and aspics...) -the basic sauces and derivative sauces -the thickened sauces and emulsions -the stuffing, marinades and aromatic stocks</p>	<p>To make basic stocks or derivative sauces and emulsified sauces To thicken the sauces if necessary To make basic preparations : stuffing, marinades, aromatic stocks, compound butters</p>
<p><u>FLAVOUR AND PRESENTATION (dish up)</u> -Basic physiologic flavours (distinction of the different flavours and blending) -organoleptic qualities of the foods -Rules of presentation (shapes, volumes and colours when you dish up)</p>	<p>To be able to blend the basic physiologic flavours To dish up the culinary preparations in a nice and harmonious way.</p>
<p><u>LIGHT FOOD/LIGHT COOKING</u> -Evolution of the customers' requests -Low calorie products -Substitute products -specific cooking techniques</p>	<p>To make preparations and cooking with fewer calories To compensate for the loss of flavour</p>