

## LEVEL 3 PROFESSIONAL COOKERY



Your learning journey will cover many aspects such as; maintaining food safety, the health, hygiene, safety and security of the working environment, developing productive working relationships with colleagues in a hospitality environment, and preparing, cooking and finishing a wide range of complex dishes. You will also need to take some responsibility for the planning and supervision of other peoples work.

### WHO IS IT FOR?

A commis chef is the most common starting position in many kitchens and in principal the most junior culinary role. A commis chef prepares food and carries out basic cooking tasks under the supervision of a more senior chef. The primary objective of the commis chef is to learn and understand how to carry out the basic functions in every section of the kitchen.

### ENTRY

If an apprentice has not already achieved Level 1 English and Maths they are expected to study for them and take the tests via our Essential Skills programme, which will develop and ultimately demonstrate the apprentices' ability to use English and Maths.

### DURATION

20 months

### PROGRESSION

Progression from this apprenticeship is expected to be into a chef de partie or production chef role.

### TRAINING OFFICERS

Cambrian Training's Training Officers will visit on a regular basis and carry out assessments while you carry out your routine tasks at work. All work produced will be signposted so that employers/ apprentices data will be fully protected. There will also be a knowledge element to all apprenticeships which can be generated through assessment, written questions or can be recorded digitally.



**Course Units**

You will need to complete the 3 mandatory Units and 8-10 optional job role related units to achieve a total of 56 Credits

**MANDATORY UNITS**

Establish & develop positive working relationships in hospitality

Maintain the health, hygiene safety & security of the workplace

Maintain food safety when storing, preparing & cooking food

**OPTIONAL UNITS**

Prepare fish for complex dishes

Prepare shellfish for complex dishes

Prepare meat for complex dishes

Prepare poultry for complex dishes

Prepare game for complex dishes

Cook & finish complex fish dishes

Cook & finish complex shellfish dishes

Cook & finish complex meat dishes

Cook & finish complex poultry dishes

Cook & finish complex game dishes

Cook & finish complex vegetable dishes

Prepare, cook & finish complex hot sauces

Prepare, cook & finish complex soups

Prepare, cook & finish fresh pasta dishes

Prepare, cook & finish complex bread & dough products

Prepare, cook & finish complex cakes, biscuits, sponges, scones

Prepare, cook & finish complex pastry dishes

Prepare, process & finish chocolate products

Prepare, process & finish marzipan, pastillage & sugar products

Prepare, cook & present complex cold products

Prepare, finish & present canapés & cocktail products

Prepare, cook and finish dressings and cold sauces

Prepare and cook complex hot desserts

Prepare and cook complex cold desserts

Produce sauces, fillings and coatings for complex desserts

Produce healthier dishes

Contribute to the control of resources

Contribute to the development and introduction of recipes and menu

Ensure appropriate food safety practices are followed whilst food is prepared cooked and served

Employment Rights and Responsibilities in the Hospitality, Leisure, Travel and Tourism Sector



## HOW THE APPRENTICESHIP PROGRAMME WORKS...

### INDUCTION

#### Initial Assessment & Induction Paperwork

To start an apprenticeship with CTC, you will first need to take a literacy & numeracy assessment to enable us to assess your existing level and then provide the appropriate level of support.

We will then discuss your apprenticeship route to make sure it matches your needs.

We will then take some personal details and identification to complete your application.

#### Learning Plan & Set Up

In order to make sure your learning goes to plan, we create an individual learning plan, while giving you access to the following online platforms;

#### E-portfolio Essential Skills Health & Safety Level 2

By using online platforms and the latest technology, you can access your learning 24/7. You will need an email address to access these platforms.

### DELIVERY

#### Apprenticeship Framework

Your apprenticeship consists of several elements;

#### QCF Portfolio Technical Certificate Essential Skills Rights and Responsibilities Health & Safety

You will be visited regularly by your Training Officer who will assess, support and provide guidance in your workplace.

#### Support & Ownership

Our qualified training team will be on-hand to support you throughout your learning journey. You have complete ownership of your learning and are responsible for building an e-portfolio of evidence towards your qualification.

Online resources are available to help you study and learn. There are also opportunities to attend and compete at various events and competitions, e.g. Worldskills Competitions

### CERTIFICATION & PROGRESSION

#### Certification

Upon completion of your apprenticeship framework and all its elements, you will receive your certificates of achievement.

You will receive a framework certificate, as well as a certificate for each certified qualification element.

#### Progression

Your learning journey doesn't have to stop here...

You have acquired new skills and knowledge and may want to progress further?

Ask your Training Officer today for progression details.

FOR MORE INFORMATION CONTACT OUR BUSINESS DEVELOPMENT OFFICER, CARYS EVANS:

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