VTCT LEVEL 1 DIPLOMA IN INTRODUCTION TO PROFESSIONAL COOKERY STUDIES

If you are an aspiring chef, baker, or perhaps want to work front-of house in a busy environment, this Level 1 course will give the foundations and start the building blocks for a career in the Hospitality and Catering industry.

Level 1 · Other · Penwith College

TOP COURSE HIGHLIGHTS

EMPLOYER LINKS | AWARD WINNING RESTAURANT | MODERN EQUIPMENT | CLEAR PROGRESSION | EXCELLENT TUTOR SUPPORT

LEARN FROM SECTOR EXPERTS

You will be taught by staff with extensive experience who will advance your knowledge and skills to meet the expectations of the Hospitality and Catering industry.

DEVELOP WORK-RELATED SKILLS

During your tutorial programme, you will also develop personal and work-related skills which will help prepare you for full-time work or progression on to higher education after you have completed your full-time training in college.

ENJOY PROFESSIONAL SURROUNDINGS

Our kitchens and restaurant are filled with the latest industry standard equipment and resources. We enjoy partnerships with may large suppliers meaning students get to experience a truly real life working environment whilst in education.

WHY CHOOSE THIS COURSE?

During this course, the majority of your time at College will be spent in a practical environment in the College's service kitchen and restaurant as well as the traditional training kitchen where you will develop essential skills and be taught hands on with the majority of your units. Theory work, which is related to the practical work, is taught in a classroom situation. In the theory units, you cover topics such as food hygiene, service skills, health and safety, restaurant operations and kitchen preparation and service techniques. You will be taught by staff with extensive experience who will advance your knowledge and skills to meet the expectations of the Hospitality and Catering industry.

If you are a full-time learner, you will follow a study programme which will consist of your main course plus English and Maths (where necessary). We have built up a wide and varied group of employers who support and help with the program of study enabling an in-depth amount of varied employer engagement and enrichment. Such employers include Rick Stein, Paul Ainsworth (Paul Ainsworth academy) and Michael Cains as well as valuable support from local businesses who surround us. Individual support, tuition and advice are available from our team of experienced and qualified tutors, assessors, and advisors.

WHAT WILL I LEARN?

Throughout this qualification, learners will begin the development of their knowledge and understanding of relevant industry standard proficiency. Including how to plan, prepare, cook and finish a variety of dishes following the basic methods and processes used in a professional environment. The knowledge, understanding, skills and techniques learners will cover include units such as: **Baking, Roasting & Grilling**: The aim of this unit is to develop your knowledge, understanding and practical skills in the production of food by baking, roasting and grilling. These are three of the most important cookery methods used in the hospitality and catering industry. You will learn which items are grilled, baked or roasted, you will identify their quality points and then prepare them for cooking. You will be able to cook items using the appropriate cooking method whilst checking the time and temperature to produce a quality product. You will also learn how to finish food items ready for service, including adding garnishes and accompaniments, or by decorating baked goods. **Deep Fry & Shallow Fry**: The aim of this unit is to develop the knowledge and practical skills you require to deep and shallow fry food. It will encourage you to work safely and hygienically, under supervision. You will develop the skills needed for the preparation of deep and shallow fried items, enabling you to build up your confidence so you can progress further into the hospitality sector. **Stewing & Braising:** The aim of this unit is to develop your knowledge, understanding and practical skills needed to prepare and cook food by stewing and braising. You will learn which foods can be stewed and braised, and how to prepare foods for these cooking methods. You will also learn how to present stewed and braised dishes.

WHERE WILL IT TAKE ME?

This qualification will enable you to gain employment within many types of catering and hospitality establishments or progress onto the next level of an Apprenticeship within Hospitality or Full time TLQ/VRQ Level 2 in Professional Cookery. Successful completion of these courses puts you in a good position for starting catering positions right across the sector. Past students have gained employment with companies such as Rick Steins, St Austell Brewery and become part of our Paul Ainsworth academy.

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

FOR THE LATEST COURSE INFORMATION

Scan for assessment arrangements, learner support, confirmed start dates and how to apply.