

L2 APPRENTICESHIP

COMMIS CHEF

Overview

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. Therefore, having the opportunity to experience, consider and value each section with a view to choosing an area where they feel most inspired. The learning journey of any chef will vary considerably from one individual to the next; however, it is necessary to understand and have experience in the basics that this role provides in order to progress to any future senior chef role.

Entry requirements*

Based on job role

Who is the course for?

This programme is designed for staff to train as Commis Chefs in fine/casual dining settings in restaurants, hotels and gastro pubs. There are no formal entry requirements, but employers are looking for those who are keen to work as part of a team and have a 'can do' attitude.

Programme content

Knowledge

- The programme involves developing effective knowledge, behaviours and skills in four main areas – culinary, people, business and food safety with specific topics including:
- Preparing, cooking and finishing basic dishes including fish and shellfish, poultry, meat, game, stocks and sauces, bread and dough, rice and pasta, soups, vegetables and pulses, egg dishes, hot and cold desserts, cakes and biscuits
- Health, safety and security of the working environment including food safety and hygiene practices
- Food waste management and minimisation
- Professional behaviours – timekeeping, attendance, following company standards, reliability, communication
- Importance of working within budgets
- Understanding the supply chain and how to work with suppliers
- Risks in a work environment and how to manage them
- Taste – basic flavour profile, seasoning, herbs and spices
- Correct techniques including common knives, tools and equipment
- Key allergens
- Working as part of a team
- Meeting targets and effectively controlling resources

KEY INFORMATION

Typical Duration:
15 months + 3 months EPA

Taught Days:
One day every week term time only

Delivery Location:
Truro
Penwith (Penzance)

Funding value:
£8,000

(£400 employer contribution if required)

Skills

- Contribute to reviewing and refreshing menus in line with business and customer requirements
- Use available technology in line with business procedures and guidelines to achieve the best result
- Measure dish ingredients and portion sizes accurately
- Use correct knives and knife skills when preparing food and use the correct equipment when preparing, cooking and presenting food
- Store, prepare and cook ingredients correctly to deliver a quality product that is safe for the consumer
- Develop own skills and knowledge through training and experiences
- Support team members to produce dishes and menu items on time to quality standards
- Perform role to the best of own ability in line with the business values and culture
- Follow instruction to meet targets and effectively control resources
- Undertake all tasks with due care and attention, reporting risks in the appropriate manner

Behaviours

- Show enthusiasm for keeping up to date with business and industry trends
- Use technology and equipment in line with training
- Pay attention to detail and work consistently to achieve standards
- Demonstrate care and attention when using knives and equipment
- Has an appreciation of ingredients
- Demonstrate high personal hygiene standards
- Take pride in own role through an enthusiastic and professional approach to tasks

Gateway

The apprentice will be assessed to the apprenticeship standard using four complementary assessment methods. The assessment is synoptic, i.e. takes a view of the overall performance of the apprentice in their job. The assessment activities will be completed by the independent end assessor. Apprentices without level 1 English and maths will need to achieve this level prior to taking the end-point assessment.

End point assessment

EPA methods

- On Demand Test
- Practical Observation
- Culinary Challenge observation
- Professional Discussion

Contact information

For further information, please call our Business Relations Team on 01872 242711 or email apprenticeships@truro-penwith.ac.uk



* A guide to GCSE grading and Functional Skills

Department for Education

GCSE Grading

New Grading Structure	Old Grading Structure
9	A*
8	A
7	A
6	B
5	B
4 <small>Standard Pass</small>	C
3	D
2	E
1	F
	G
U	U

Functional Skills are equivalent to GCSE's, the table below shows the comparison

Entry Level 1	GCSE below G or Level 1
Level 1	GCSE D-G or level 1-3
Level 2	GCSE A* - C or level 4-9