



Wirral Met College

# Commis Chef Level 2

**Apprenticeship Standard**

[wmc.ac.uk/apprenticeships](http://wmc.ac.uk/apprenticeships)

# Overview

The Commis Chef is responsible for preparing, cooking and finishing a range of food items whilst rotating around each section of the kitchen. This apprenticeship is suited to restaurants with larger kitchens that have separate sections relating to the different types of food preparation eg meat, game, offal, breads, doughs, sauces, fish/shellfish, vegetables, protein.

The Commis Chef:

- Understands preparation and cooking methods for meat, poultry, game, offal, fish, shellfish and vegetables, including preparing fish and shellfish as a main dish as well as a starter/entrée dish and sourcing, preparing, cooking ingredients from scratch.
- Utilises a range of preparation and cooking methods for stocks, sauces, soups, dough, pastry, cakes, desserts, rice, pasta.
- Follows recipe specifications including portion control and waste management.
- Checks food, equipment, chemical and commodity stocks, knows procedures and how to deal with identified shortages and food close to expiry date.
- Is responsible for cleaning and maintaining a safe and hygienic kitchen environment, including operating and cleaning specialist kitchen equipment following safe handling procedures.



## **Duration:**

18 months + 3 months for the End Point Assessment

## **Entry Guidelines:**

English & maths at GCSE grade A\*-D/2-9 or Functional Skills Level 1

*NB All apprenticeship standards require apprentices to provide evidence of their English and maths grades before they can progress through the Gateway to their End Point Assessment and achieve the apprenticeship qualification.*



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## Course Overview

| Pre-programme                         | On Programme Learning covering Skills, Knowledge & Behaviours  | Gateway  | Independent End Point Assessment   |
|---------------------------------------|--|--|--|
| Initial assessment<br>English & Maths | NVQ level 2 Professional Cookery<br><br>Day release, Conway Park Campus & Training Restaurant/Hamilton Campus  | <ul style="list-style-type: none"> <li>English Level 1</li> <li>Maths Level 1</li> </ul>   | <ul style="list-style-type: none"> <li>Practical Observation</li> </ul>                      |
| Skills Scan                           | Portfolio of evidence to be built during the programme   | <ul style="list-style-type: none"> <li>E-portfolio of evidence</li> </ul>  | <ul style="list-style-type: none"> <li>Knowledge Test (Multiple choice questions)</li> </ul> |
| Induction with Trainer Assessor       | On programme Assessments & Reviews: <ul style="list-style-type: none"> <li>6-8 weekly sessions with Trainer Assessor.</li> <li>8-10 weekly Progress Reviews with apprentice and employer.</li> </ul> | <ul style="list-style-type: none"> <li>Culinary Challenge (cost out, prepare, cook a main course &amp; dessert, working across different food groups)</li> </ul> | <ul style="list-style-type: none"> <li>Professional Discussion</li> </ul>                    |



# Course Details

This apprenticeship programme is designed to develop the knowledge, skills and behaviours required to be an effective Commis Chef working in a fine dining restaurant.

The **Knowledge** element is the NVQ Professional Cookery (Level 2) qualification, studied on a 'day-release' basis at the Conway Park Campus. The qualification covers a range of professional cookery areas and provides an ideal grounding should the apprentice wish to progress on to the Chef de Partie level 3 apprenticeship standard.

## **The Knowledge element of the course will cover:**

- The importance of checking food, equipment, chemical and commodity stocks and keeping the storage areas in good order, know the procedures to carry out and how to deal with identified shortages and food close to expiry date.
- How to undertake set up, preparation and cleaning tasks to organisational standard whilst working in a challenging, time- bound environment.
- Correct ingredients and portion sizes for each dish in line with recipe specifications
- The principles of basic food preparation and cooking; taste, allergens (including intolerances), diet (including religious, cultural and medical) and nutrition.
- Preparation & cooking methods for meat, poultry, game and offal including cutting, slicing, dicing, mincing, trimming, boning, tying, checking and preparing cavities, skinning, tenderising, marinating, seasoning, applying dry rubs, stuffing, filling, trussing, coating and portioning.
- Preparation & cooking methods for fish and shellfish including cleaning, descaling, skinning, trimming, filleting, removing bones, shelling, cutting, marinating, coating.
- Categories of vegetables, traditional cuts and preparation of vegetables.
- Preparation & cooking methods for sauces, stocks and soups; rice, pasta/noodles and vegetable proteins; eggs (duck, chicken, quail); dough for example, bread, enriched, soda, naan, pitta, pizza; pastry (including short, sweet, suet, choux, convenience); cakes, sponges, biscuits, scones, hot and cold desserts.
- The impact of seasonality on the availability, quality and price of ingredients.
- Basic costing and yield of dishes and the meaning of gross profit.
- The importance of following legislation and regulations and consequences of failing to meet them.
- How to communicate with colleagues and support team members.

# Skills & Behaviours

The **Competency or Skills & Behaviours** element of the apprenticeship is to be completed with support from a Trainer Assessor making periodic visits to the apprentice in the workplace. The Trainer Assessor will support and guide the apprentice to ensure that they are developing the skills and competency required in accordance with the apprenticeship standard. The apprentice will use the e-portfolio system called OneFile to build a portfolio of work throughout the development stage, which is a key component of End Point Assessment and demonstrates their occupational competency.

# English & Maths

Apprentices who have not achieved grades 2-9 / A\*-D at GCSE or Functional Skills at Level 1 are required to study towards and achieve the Functional Skills in English and maths at Level 1 before they can gain the apprenticeship qualification.





# Gateway



Once the apprentice has completed all the required elements of the apprenticeship and their manager and Trainer / Assessor agree that they are ready for the end point assessment, they will progress through the Gateway to undertake their End Point Assessment.

The apprentice's employer must sign-off the portfolio of evidence, that has been completed by the apprentice during their programme, to confirm the apprentice has demonstrated the knowledge, skills and behaviours assigned to this apprenticeship standard.

# End Point Assessment

The End Point Assessment must only start once the employer is satisfied that the apprentice is consistently working at or above the level set out in the occupational standard, that means they have achieved occupational competence.

**End Point Assessment (EPA) normally takes 3 months to complete and consists of:**

- **Knowledge test** (multiple-choice questions)
- **Practical observation with questions** (3 hours, covering food preparation, cooking and finishing food groups)
- **Professional discussion** (60 minutes, structured discussion between independent assessor and apprentice)

The purpose of the professional discussion is to determine the extent to which the apprentice understands the requirements of his/her role as defined by the apprenticeship standard and to explore them through discussion.

The portfolio of evidence (that has been completed by the apprentice during their programme) will be used as a source of evidence by which apprentices can exemplify their responses to questions asked by the assessor. The portfolio itself will not be assessed, but will be used by the assessor to prepare the questioning for the interview and by the apprentice to exemplify their responses to the questions.

The apprentice will achieve a grade of fail, pass and distinction for this component of the end-point assessment that will contribute towards the overall apprenticeship grading award.





# Grading & Progression



## Apprenticeship grading

The available grades for this apprenticeship programme are **Distinction, Pass or Fail**.

## Where can apprentices progress to?

On completion of the apprenticeship, apprentices can choose to progress to the Chef de Partie Level 3 apprenticeship standard.





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