



CITY AND ISLINGTON
COLLEGE

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Westminster
Kingsway College

The College of
Haringey, Enfield
and North East London



Capital
City
College
Training

Commis Chef - Level 2 Intermediate Apprenticeship

The commis chef apprenticeship is suitable for someone who prepares food and carries out cooking tasks under the supervision of a more senior chef.

It is designed to develop craft skills and knowledge within all areas of the operation of a kitchen.

Delivery method – weekly day release

WHAT WILL THE APPRENTICE STUDY?

You will learn:

- How to undertake set up, prepare and clean to standard whilst working in a challenging, time-bound environment
- Identify the principles of basic food preparation and cooking; taste, allergens, diet and nutrition
- Recognising and understand sources and quality points of common food groups and commodities
- How to understand personal and team performance impact on the successful production of dishes and menu items
- How to understand the basic costing and yield of dishes and the meaning of gross profit
- How to contribute to reviewing and refreshing menus in line with business and customer requirements
- How to work methodically to prioritise tasks, ensuring they are completed at the right moment and to the required standard
- Applying correct preparation and selection methods when using meat, poultry, fish and vegetables in dishes
- Supporting team members to produce dishes and menu items on time to quality standards

For more information please visit the [Institute of Apprenticeships](#).

HOW IS THE APPRENTICE ASSESSED?

The End Point Assessment (EPA) will include:

- An on demand test
- Practical observation
- Culinary challenge
- Professional discussion.

Duration: 15 Months

Location: Workplace and College

Sector: Hospitality and Culinary Arts

