

Level 2 Commis Chef – End-point Assessment (9081-12)

Assessment 702/752 – Observation

Competency Framework Record

Guidance for employers and providers

The document is to be used to record evidence that you have witnessed of the apprentice working within their normal role and their skills, knowledge, and behaviours demonstrated. These should be documented in the appropriate sections below and provide detail of how the criteria were demonstrated, using specific examples from the apprentice's performance within the workplace. Examples should be specific to what the apprentice was doing to meet the pass criteria not just confirm that they did meet it. You will also need to confirm if competency was fully met in your opinion, by confirming Yes or No in the relevant box

If the End Point Assessor deems the evidence provided as sufficient, the apprentice will be taken forward to the question and answer assessment, where the appropriate grade will be awarded based on the assessment and the evidence provided.

Please ensure all of the information is fully completed to show, name, relationship to apprentice and dates, and the document signed at the foot of the document.

Name of Apprentice		Date for confirming competence	
Name of Employer / Trainer		Relationship to apprentice	
Site Name			

Food groups	<p>Mandatory: the apprentice MUST cover all three mandatory, one within the culinary challenge and the remaining two within observation:</p> <ul style="list-style-type: none"> • Fish • Meat • Poultry • <p>Of which at least one must be prepared from 'whole' – e.g. whole chicken, whole trout, whole leg of lamb in the Culinary Challenge</p> <p>The apprentice must also cover at least four of the following food groups:</p> <ul style="list-style-type: none"> • Shellfish • Game • Offal • Vegetables • Sauces • Stock • Soup • Rice • Pasta • Vegetable protein <p>And at least two of the following food groups:</p> <ul style="list-style-type: none"> • Egg dishes • Bread and dough • Pastry • Cakes, sponges, biscuits, scones • Cold and hot desserts
Preparation methods	At least six preparation methods selected as appropriate to the groups (for example one method might be demonstrated on fish, another on stock etc.)
Cooking methods	At least six cooking methods selected as appropriate to the groups (for example one method might be demonstrated on fish, another on stock etc.)

Pass grading criteria	Comments / justification	Competence demonstrated Y/N
Module 1: Culinary		
C1 Demonstrate working to menus in line with business requirements and advising of issues in terms of menu item availabilities and popularity of menu items and cooking to establishment standards-adhering to any nutritional requirements	<p>-Caitlin uses the recipe book or standard operating procedures in the kitchen to ensure standards are met and products are consistent. These recipes are standard and help her meet nutritional requirements of dishes. She attends menu cook offs as well when new menus are put in place.</p> <p>-Caitlin uses mise en place lists to ensure all prep is ready and available for service. When items are missing or unavailable she will tell the head or sous chef immediately.</p>	Y
C2 Turn up on time	Caitlin arrives early to work allowing her time to change and be in the kitchen on time as per the shift rota.	Y
C3 Wear uniform correctly	Caitlin wears full PPE as per company policy consisting of chef jacket, trousers, safety shoes and a butcher's apron.	Y
C4 Use technology in own kitchen as per manufacturers' instructions and in accordance with health and safety regulations	Caitlin uses the rational ovens as per the manufacturer's instructions and as she was trained on her induction. She always ensures she uses safe practices when she does this. There are a number of other pieces of equipment she uses (insert examples), and she ensures H&S standards.	Y
C5 Use technology appropriately and as required by the establishment in respect of cooking stated menu items	Caitlin uses the preprograms on the rationale for bread proving and baking ensuring the products produced meet the SOP's, this is completed on a daily basis	Y
C6 Work safely and efficiently and confident in use of technology	Caitlin adheres to all manufacturer's instructions and setting when using technology within the kitchen. She uses the robot coupe when grating 5 kilo blocks of cheese making the job quicker.	Y
C7 Mise en place undertaken in a timely fashion and ensure all food preparation allows for requirements of service	Caitlin uses her mise en place lists to complete preparation tasks. She also completes full checks before prepping to ensure the mise en place list is correct. Caitlin ensures she is set up and ready for service 30 minutes before time.	Y

C8 Follow and adhere to cleaning schedules	Caitlin completes the cleaning rota for her section which involves the cleaning and sanitising of the surfaces in her section, fridges and fridge seals and the chest freezer as she has been trained to do so. She undertakes the daily, weekly and monthly cleaning duties (e.g., cleaning the grease traps) in line with the cleaning schedule.	Y
C9 How to find a dish specification / recipe for prescribed dish	Caitlin knows where the SOP's are and the recipe bible and uses these when producing products for the menu. If there are dishes she is unsure of she will always ask.	Y
C10 How to read and understand the specification / recipe for the dishes and ingredients	Caitlin evidences this by consistently producing dishes to specification on a daily basis. If she is unsure she will always ask and an example of this as when she was unsure how to portion up a new dessert from the menu (Panna Cotta)	Y
C11 Weigh and measure ingredients using accurately functioning tools or equipment	Caitlin produces consistent portions of menu items in line with agreed SOPs in the kitchen.	Y
C12 Ensure correct volume / number of components	Caitlin ensures the correct volume of components are produced for the days business as per the function sheets on the daily updates board. An example of this was a recent wedding for 100 and she ensure that there were sufficient ingredients for the starter x 30.	Y
C13 Ensure consistent portions prepared and served	Caitlin's food is checked by the senior chef on pass, every dish is checked and seldom is she asked to re-plate or re-fire a dish.	Y
C14 Pay attention to detail and work consistently to achieve standards	Caitlin consistently works to a high standard and in line with business requirements. An example of this as when she ensures the wedding starters were all exactly the same.	Y
C15 Follow specifications / brand standards to prepare and produce dishes and menu items, on time, ensuring consistency of finished product as per Annex A	Caitlin uses SOPs and guidance from the tam to consistently produce the required dishes for the restaurant. Currently she is on hot and cold apps which means she is working with soups, shellfish, offal, poultry, vegetables and bread & dough from the food groups in Annex A.	Y
C16 Identify correct knives and equipment for preparation, cooking and finishing of dishes and menu items identified in Annex A	Caitlin has made some lovely soups which are sold daily as specials, these include spicy parsnip, minestrone, chicken and sweetcorn, cream of mushroom. These are undertaken using correct techniques and appropriate knife skills	Y
C17 The correct setting and use of equipment when preparing, cooking and finishing dishes and menu items	Caitlin uses all equipment in the kitchen correctly and safely. She is not currently allowed to use the dough separator as she has not yet been trained. She is aware of this and will ask a colleague if she is required to use this equipment.	Y

C18 Adhere to company specifications / brands when preparing / cooking dishes	Caitlin follows the kitchen recipes and SOPs. All food sent to pass is prepared to the required standard. She produces all her food to the current brand standards	Y
C19 Demonstrate care and attention using knives and equipment	Caitlin works in a safe and considered manner when using knives and equipment.	Y
C20 Correctly store and use food commodities when preparing dishes	Caitlin is clean and methodical in her working methods. She puts items away correctly labelled adhering to food safety systems	Y
C21 Ambient, chilled and frozen storage used correctly: <ul style="list-style-type: none"> • Correct labelling of food – dates, ingredients, allergens • Stock rotation • Colour coding, following safety systems 	Caitlin helps with the deliveries and ensures they are put away correctly, she follows company procedures for safe handling. Any food that has been produced Caitlin date labels correctly and follows colour coding day dots. The allergen kitchen bible is well used by Caitlin when any recipes change.	Y
C22 Adhere to company / brand standard / menu specification	All brand standards and SOPs are followed as per company policy.	Y
C23 Consistently use the correct volume and quantity of commodities in each dish, maintaining attention to detail	Correct volumes and quantities used and measured as per SOP/recipe card.	Y
C24 Apply correct preparation and selection methods when using meat, poultry, fish and vegetables in dishes	Caitlin has produced from the menu mushroom risotto, chicken pie, coq au vin (chicken cut for sauté), Sea bass filleted with Kachumber dressing, a variety of vegetables, roasted carrots, red cabbage, swede and carrot, roast potatoes, gratin dauphinoise, straw potatoes, profiteroles, chocolate brownie, sticky toffee pudding with toffee sauce, poached pears, these are a few of the skills where competence has been reached.	Y
C25 Utilise the correct cuts and preparation methods to produce high quality, technically sound dishes	Caitlin uses the correct knife cuts and techniques when handling food in the kitchen. She has knowledge of all knife cuts that are required in her current job role.	Y
C26 Complete preparation and cooking tasks to a high standard, delivered on time and presented as described within the recipe specification	Caitlin is able to prepare food ready in time for service, she is able to keep up with the service and presents food on time and to specification to the pass.	Y
Module 2: Food Safety		
FS1 Reduce contamination risks associated with workflow procedures	Caitlin uses correct sections and colour coded boards and knives when preparing food. She also uses blue disposable gloves.	Y

FS2 Use storage procedures to prevents cross-contamination	Caitlin stores deliveries in the walk-in fridge on the correct shelves, ensuring meat and fish are separated, nothing is on the floor and all other stock is placed in relevant sections. Ready to eat and non-ready to eat foods are stored in separate fridges as per policy.	Y
FS3 Make sure surfaces and equipment are clean and in good condition	Caitlin uses hot soapy and blue paper towel to clean the surfaces. She then uses sanitiser and allows 30 seconds contact time for this.	Y
FS4 Use clean and suitable cloths and equipment for wiping and cleaning between tasks	Caitlin has undertaken food safety level 2 training and passed. She is aware of bics colour coded system green for kitchen. Specific dual action sanitiser is used and I watch her clean as she goes with blue roll.	Y
FS5 Dispose of waste promptly, hygienically and appropriately	After cleaning and any prep Caitlin places waste in bins in each kitchen area. She removes these to outside bin storage area once full or advises they need to be changed. We often go together to remove rubbish in bins and dispose of recycling in various ins we have available,	Y
FS6 Avoid unsafe behaviour that could contaminate the food you are working with	See FS4 I have never observed any unsafe behaviour	Y
FS7 Keep necessary records up-to-date	Caitlin is responsible for keeping the fridge temperatures and cleaning records on her section up to date. She also fills out delivery records when she takes in deliveries.	Y
FS8 Prepare, cook and hold food safely	All food stuffs are cooked to 75 degrees C and checked with a sanitised food probe as per company policy. We also use the Monika system of which she has been trained on.	Y
FS9 Check food before and during operations for any hazards, and follow the correct procedures for dealing with these	One example of a hazard spotted by Caitlin was when the freezer in the barn was displaying -17 at the start of a shift. This was then kept an eye on throughout the day and returned to normal.	Y
FS10 Prevent cross-contamination, such as between raw foods, foods already cooking / reheating and ready-to-eat foods	Caitlin uses separate areas for raw and ready to eat foods when prepping food stuffs. She uses colour coded boards and knives for all preparation as per policy.	Y
FS11 Use methods, times, temperatures and checks to make sure food is safe	Caitlin probes the food she is cooking to ensure it is safe and records on the correct kitchen documentation. Examples of this are chicken when making the quail dish. Cook to order rib eye steak and vegetarian arancini.	Y
Module 3: People		

P1 Work effectively with others to ensure dishes produced are of high quality, delivered on time and to the standard required	Caitlin is always willing to ask for help and advice and won't undertake tasks she is unsure of without seeking guidance. We work together to present dishes to the pass which are rarely returned prior to being sent for service.	Y
P2 Take pride in own role through an enthusiastic and professional approach to tasks	Caitlin spends time on her presentation of food and often searches for new ideas using social media which we discuss.	Y
P3 Demonstrate teamwork, as seen by: <ul style="list-style-type: none"> working well with colleagues professional conduct good time-keeping willingness to cover for others and respond flexibly to rota requirements 	Caitlin is happy to support anyone in the kitchen with tasks and often helps out the kitchen porter when they get over run if she has time and the other chefs in the kitchen are busy. She also asks if anyone has any jobs to do if she has completed her own work. Caitlin is punctual and happily swaps shifts with others if she can when they need her to.	Y
P4 Listen to and respect other peoples' point of view and respond politely	This is a strong point of Caitlin's and is shown during team briefings/meetings. Also, when things get heated in the kitchen Caitlin puts her head down and works to support the team especially during busy shifts which is a very positive way to behave.	Y
P5 Demonstrate teamwork and professional conduct: checking attendance at work; behaviours in team activities such as team meetings	Caitlin attends daily briefings with the team and asks questions to ensure she has understood everything. She checks the daily functions and updates others on numbers increasing or decreasing. Caitlin communicates well with others during service time to ensure food from all sections come to the pass at the same time.	Y
P6 Demonstrate appropriate responses to instructions and show you can request information when required and ask questions to seek clarification or further guidance	Caitlin answers 'yes chef' during service time so everyone knows she has heard the order. When she is unsure she will seek guidance from the senior chef on pass.	Y
P7 Demonstrate support to others by asking where help is required when own tasks are completed	Caitlin is often asked by the front of house team to cut butters and garnish for service when they do not have time. Caitlin works in such a way that she is able to offer help to others as she is generally ready ahead of service time.	Y
P8 Show you can accelerate work pace when required and go the extra mile	Caitlin is able to adjust her ways and speed of working in line with service getting busier. If she knows it is going to be a particularly busy service then she prepares garnishes and batch cooks hot items to keep ahead throughout service.	Y

P9 Behave in a manner in line with the values and culture of the business	The business culture is all about team work and enjoying work but working hard and keeping customers happy. Caitlin shares these views and beliefs and proves this through her positive approach to team work and helping others.	Y
Module 4: Business		
B1 Work to specified standards, following establishment standards in terms of preparing menu items in accordance with business / customer needs	Caitlin is able to manage her mise en place lists in line with the daily numbers for lunch and dinner. She also manages the function numbers and also specials board when she is on sauce section. All food is prepared and cooked to brand standards.	Y
B2 Adhere to recipes / specifications as required	Caitlin uses the in-house recipes and SOPs to ensure all food and dishes are produced to specification.	Y
B3 Maintain any appropriate documentation such as wastage records	Caitlin is responsible for documenting waste on for the section she is working on. She is also required to fill in wastage records when she is doing daily fridge checks and removing out of date foods.	Y
B4 Demonstrate effective waste management	Caitlin is able to maximise the usage of her produce by taking off cuts to sauce for stocks and soups, she also notifies senior chef on duty when items are getting closer to the use by date with suggestions for other dishes this could go into. She adheres to the recycling boxes and ensures that food waste is recycled to ensure that this waste is minimized.	Y
B5 Be financially aware in all aspects of work	Caitlin manages the waste on her section and also liaises with the staff canteen chef when she had items to be used up.	Y
B6 Work efficiently and safely throughout work shifts	Caitlin has had a full company induction and attends H&S refresher training and food safety training regularly.	Y
B7 Be vigilant and aware of possible risks within the kitchen environment and take action to prevent them	The risk assessment was discussed with the whole team and Caitlin took part in this. This included the new Covid Policy when this came into place. She adheres to procedures on number of staff within the kitchen and considers this when entering storage areas and dealing with non-contact deliveries.	Y

Assessment criteria	Comments / justification	Competence demonstrated Y/N
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Module 1: Culinary		
M1:K5* Identify correct ingredients and portion sizes for each dish to meet recipe specifications	Caitlin uses the recipes and SOP manual in the kitchen to ensure all food stuffs are produced to specification on time. She uses weighing scales to ensure portion control is met and is accurate.	Y
M1:S1 Contribute to reviewing and refreshing menus in line with business and customer requirements	Menus are seasonal and changed frequently sometimes monthly, Covid has seen a reduced menu offering. Caitlin has been involved in discussions around what sells and menu ideas which may suit our clientele. She suggested profiteroles recently which have sold well under the current climate.	Y
M1:S2 Use available technology in line with business procedures and guidelines	Caitlin uses the rational ovens, bratt pans, robot coupe, thermomix and pacojet in line with menu requirements and does so safely and in line with all relevant legislation and training.	Y
M1:S4* Work methodically to complete tasks at the right moment and to the required standard	Caitlin liaises with all chefs and senior members to ensure the correct dishes are prepared and served on time. She uses mise en place lists and the function board also.	Y
M1:S5* Measure dish ingredients and portion sizes accurately	Caitlin weighing scales to ensure consistent portions in the kitchen.	Y
M1:S6* Demonstrate a range of craft preparation and basic cooking skills and techniques to prepare, produce and present dishes and menu items in line with business requirements	Caitlin has been observed to be proficient in basic knife skills including filleting fish, deboning lamb shoulders and basic vegetable cuts. She has shown that she is competent using a stove, induction hob, ovens and grills when cooking food items for service.	Y
M1:S7* Use correct equipment and knife skills when preparing, cooking and presenting food, in line with business standards	Caitlin has received full training on all equipment and is observed consistently using the equipment in a safe manner.	Y
M1: S8 Store and use food commodities when preparing dishes, in line with business standards	Caitlin uses FIFO procedures with deliveries and food storage. She removes out of date food and destroys this and fills out wastage records. All food is handled with the correct care and kept at correct temperature.	Y
M1:S9* Apply correct selection methods when using meat, poultry, fish and vegetables in dishes, in line with business standards	Caitlin works on all sections as part of her apprenticeship. She has worked on sauce, garnish, fish and larder and works with all produce in a way that is in line with the rest of the kitchen and meets SOPs.	Y

M1:S10* Complete preparation and cooking tasks in line with business needs	Caitlin serves all food in line with the SOPs and has all food checked by senior chef at pass before sending.	Y
M1:S11 Regularly check work	Caitlin works alongside me her mentor and regularly asks for advice. All new dishes are agreed by me prior to being sent to the pass. She takes feedback well and is always willing to develop her skills and improve.	Y
M1:B4 Use technology and equipment in line with training	Caitlin is shown how to use equipment when it is first used in the kitchen. She is trained by a senior chef and supervised the first time she uses it. Her training is updated annually.	Y
M1:B6 Demonstrate initiative when tasks are not going to plan	Recently Caitlin's choux paste mix was too thin rather than throw it away she sought advice and we were able to cook the mix out further to save throwing it away and then use. This worked and rescued any waste. Another example is a sponge cake which didn't rise, Caitlin realised she had not beaten the original mixture sufficiently enough. She suggested we used as a base for tiramisu which we did.	Y
M1:B7 Pay attention to detail and work consistently to achieve standards	Caitlin follows SOPs and photographs of dishes in the kitchen to produce dishes of a consistent high standard.	Y
M1:B9* Demonstrate care and attention when using knives and equipment	Caitlin has her own knives which she maintains and keeps in her knife box, she always washes them herself	Y
M1:B10 Take care to use the correct measurements of commodities in each dish	Caitlin uses digital weighing scales for all recipes and portions. She also weighs eggs for baking so that recipes are more accurate.	Y
M1:B11* Utilise the correct cuts and preparation methods to produce high quality, technically sound dishes	Caitlin follows the recipes and methods to ensure the final dish is produced to the highest standard as required by the establishment.	Y
Module 2: Food Safety		
M2:S1* Demonstrate good personal practices whilst working at all times	Caitlin is clean and well-presented whenever on shift. She wears a clean uniform each day and her hand washing is seen to be regular and thorough.	Y
M2:S2* Maintain a clean and hygienic kitchen environment, in line with sector standards	Caitlin uses hot soapy and sanitiser spray in line with requirements and legislation.	Y
M2:S3* Complete kitchen documentation, in line with business standards	Caitlin completes wastage records, fridge temperatures, delivery checks and cooked food core temperatures as part of her daily duties.	Y

M2:S4* Avoid contamination while working by using correct cleaning products, documentation and equipment	Caitlin uses colour coded knives and boards for raw prep. Separate areas for allergens and non-ready to eat foods. She ensures the sanitisers from the non-ready to eat areas and ready to eat areas remain in their correct areas.	Y
M2:S5* Store, prepare and cook ingredients correctly to deliver a quality product that is safe for the consumer, in line with business and food safety standards	FIFO principles used, date codes checked, and the three-day rule applied to all foods that are fresh. Dry goods are stored in line with company procedures.	Y
M2:B1* Demonstrate high personal hygiene standards	Caitlin wears clean uniform provided daily and is always presentable. I frequently see her using the hand wash sinks available.	Y
M2:B2* Follow safe working practices when storing, preparing and cooking ingredients to maintain their quality and safety	Caitlin uses FIFO procedures when dealing with all food stuffs and ensures all food stuffs are wrapped, dated and labelled correctly when stored.	Y
Module 3: People		
M3:S1 Work effectively with others to ensure dishes produced are of high quality, delivered on time and to the standard required	Caitlin communicates clearly and effectively with all of the team to ensure food leaves the kitchen at the correct time.	Y
M3:S2 Use suitable communication methods to achieve operational goals	Caitlin responds to requests in a timely manner, she answers senior chef when there are orders on and also communicates with front of house when there are enquires about allergens.	Y
M3:S5 Perform all aspects of the role in line with business values and culture	Caitlin follows the brand standards and promises as laid out in her induction training when she joined the company.	Y
M3:B1* Take pride in own role and tasks	Caitlin is punctual for work, prepares and cooks food in a timely manner and to specification.	Y
M3:B2 Listen to and respect other peoples' point of view and respond politely	Caitlin is polite and respectful with all of the team members when she is on shift.	Y
M3:B6 Behave in a manner in line with the values and culture of the business	Caitlin behaves in a calm and collected manner, is approachable to others and works in line with business needs and requirements.	Y
Module 4: Business		
M4:S1 Follow instruction to meet targets and effectively control resources	Caitlin takes part in briefings and follows instructions given to the letter. She adheres to waste management and follows company procedures.	Y

M4:S2 Manage usage and waste when dealing with resources	Caitlin is responsible for ordering for her section. She manages her mise en place list properly and orders the food she needs for the section in a timely manner advising of shortages or missing items as necessary.	Y
M4:S3 Undertake all tasks with due care and attention and report any risks in the appropriate manner	Caitlin works in a safe and considered manner, all risks are reported to senior chefs when they become apparent.	Y
M4:B1* Be financially aware in approach to all aspects of work	Caitlin controls the wastage on her section by using her mise en place lists correctly and managing food stuffs with other sections. She is aware of the Gross Profit in the workplace and is aware of what she needs to do to support this process.	Y
M4:B3 Be vigilant and aware of potential risks within the kitchen environment and take action to prevent them	Caitlin follows her training correctly when on shift. When she sees dangerous behaviour from others then she informs senior chef on duty. She uses wet floor signs when she sees spillages and reports broken or damaged equipment.	Y

Additional comments

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Confirmed as an accurate statement:

Signature of employer/provider	Print name

Annex A: Preparation and cooking range

Food group	Group range	Preparation methods	Cooking methods
Fish	<ul style="list-style-type: none"> white fish – round (for example, cod, whiting or hake) white fish – flat (for example, plaice, sole or turbot) oily (for example, salmon or mackerel) 	<ul style="list-style-type: none"> filleting (removing pin bones, rib bones and spine) cutting (darne, goujon, suprême, tronçon, délice, paupiette) skinning trimming coating (for example, with flour, breadcrumbs or batter) marinating/adding dry rubs descaling 	<ul style="list-style-type: none"> frying (deep and shallow) grilling poaching baking steaming stewing
Shellfish	<ul style="list-style-type: none"> prawns shrimp mussels clams 	<ul style="list-style-type: none"> cleaning shelling washing coating cutting 	<ul style="list-style-type: none"> boiling frying (deep and shallow) grilling steaming poaching
Meat	<ul style="list-style-type: none"> Beef Lamb Pork 	<ul style="list-style-type: none"> cutting (slicing and dicing) seasoning/marinating trimming boning tying tenderising portioning marinating/adding dry rubs stuffing/filling 	<ul style="list-style-type: none"> sealing grilling (over fire/under fire) griddling frying (shallow and stir) braising stewing roasting steaming boiling resting
Poultry	<ul style="list-style-type: none"> Chicken Duck Turkey 	<ul style="list-style-type: none"> checking and preparing the cavity seasoning/marinating trimming cutting (portion, dice and cut) stuffing/filling coating 	<ul style="list-style-type: none"> grilling (over fire and under heat) griddling roasting poaching frying (deep, shallow, sauté and stir) steaming

		<ul style="list-style-type: none"> • tying and trussing • battering out • brining 	<ul style="list-style-type: none"> • braising • confit • combining cooking methods
Game	<ul style="list-style-type: none"> • furred – e.g. venison, rabbit • feathered – e.g. pheasant, pigeon 	<ul style="list-style-type: none"> • checking and preparing the cavity • seasoning • cutting (portion and dice) • stuffing/filling • trussing 	<ul style="list-style-type: none"> • sealing • grilling • griddling • sautéing • roasting • frying (shallow and deep) • braising • stewing • combining cooking methods
Offal	<ul style="list-style-type: none"> • liver • kidney • sweetbread • cheek 	<ul style="list-style-type: none"> • cutting and slicing • marinating/seasoning • coating with flour • skinning • trimming • blending and mincing 	<ul style="list-style-type: none"> • grilling • griddling • shallow frying • boiling • braising • poaching • combined cooking methods • baking • steaming • 'bain marie' • sautéing
Vegetables	<ul style="list-style-type: none"> • roots • bulbs • flower heads • fungi • seeds and pods • tubers • leaves • stems • vegetable fruits 	<ul style="list-style-type: none"> • washing • peeling • re-washing • chopping • traditional French cuts including - Julienne, Brunoise, Macédoine, Jardinière and Paysanne • slicing • trimming • grating • turning 	<ul style="list-style-type: none"> • blanching • boiling • roasting • baking • grilling • braising • frying (deep, shallow and stir) • steaming • stewing • combining cooking methods

Sauces	<ul style="list-style-type: none"> • thickened gravy (jus lié) • roast gravy (jus rôti) • curry gravy • white sauce (béchamel) • brown sauce (demi glace) • velouté • purée • butter sauce (beurre blanc, beurre noisette) • emulsified sauce 	<ul style="list-style-type: none"> • weighing/measuring • chopping • simmering • boiling • 'make roux' • passing/straining/blending • skimming • whisking 	<ul style="list-style-type: none"> • adding cream • reducing • adding thickening agents • adding other ingredients (e.g. alcohol)
Stock	<ul style="list-style-type: none"> • vegetable • brown • white • fish 	<ul style="list-style-type: none"> • weighing/measuring • chopping • simmering • boiling • 'make roux' • passing/straining/blending • skimming • whisking 	<ul style="list-style-type: none"> • N/A
Soup	<ul style="list-style-type: none"> • puree • broth/potage • finished with cream • velouté 	<ul style="list-style-type: none"> • weighing/measuring • chopping • simmering • boiling • 'make roux' • passing/straining • blending/liquidising • sweating vegetable ingredients • skimming 	<ul style="list-style-type: none"> • adding cream • garnishing
Rice	<ul style="list-style-type: none"> • long • short • round • brown 	<ul style="list-style-type: none"> • washing/soaking 	<ul style="list-style-type: none"> • boiling • frying • braising • steaming • stewing • baking

Pasta / noodles	<ul style="list-style-type: none"> shaped pasta flat pasta dried pasta fresh pasta stuffed pasta 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Blanching Straining Mixing Boiling Baking combining cooking methods
Egg dishes	<ul style="list-style-type: none"> Chicken eggs Duck eggs Quail eggs 	<ul style="list-style-type: none"> beating 	<ul style="list-style-type: none"> blanching straining mixing boiling
Vegetable protein	<ul style="list-style-type: none"> soya Quorn seitan tofu - both firm and soft 	<ul style="list-style-type: none"> soaking washing stewing straining 	<ul style="list-style-type: none"> boiling braising steaming deep frying roasting baking frying sautéing
Bread and dough	<ul style="list-style-type: none"> enriched dough soda bread dough bread dough naan dough/pitta dough pizza dough 	<ul style="list-style-type: none"> weighing/measuring sieving mixing/kneading proving knocking back shaping 	<ul style="list-style-type: none"> baking frying glazing icing filling decorating
Pastry	<ul style="list-style-type: none"> short sweet suet choux convenience 	<ul style="list-style-type: none"> weighing/measuring sifting rubbing in creaming resting pieing rolling cutting/shaping/trimming lining 	<ul style="list-style-type: none"> baking steaming deep frying combining cooking methods

Cakes, Sponges, Biscuits, Scones	<ul style="list-style-type: none"> Cakes Sponges Biscuits Scones 	<ul style="list-style-type: none"> Weighing/measuring Creaming/beating Whisking Folding Rubbing in Greasing Glazing Portioning Piping Shaping Filling Rolling Lining Kneading 	<ul style="list-style-type: none"> Baking Trimming/Icing Spreading/Smoothing Dusting/Dredging/Sprinkling Mixing
Cold and hot desserts	<ul style="list-style-type: none"> ice cream mousse egg based batter based sponge based fruit based pastry based 	<ul style="list-style-type: none"> slicing creaming folding moulding mixing aeration addition of flavours/colours puréeing combining portioning chilling 	<ul style="list-style-type: none"> boiling/poaching stewing baking combination cooking steaming frying filling glazing pieing garnishing