

National Apprenticeship - Occupational Profile

Apprenticeship Title	Commis Chef
NFQ Level	6
Duration	2 Years
Typical tasks/ responsibilities	The Commis chef involves acquiring the knowledge, skills and competence to carry out the core cooking tasks/responsibilities within the kitchen section (e.g. starters, vegetables, sweets, meats, sauces, etc.) in order to work autonomously at this level.

On successful completion, the Commis Chef will have:

Knowledge

Culinary:

- Identify the factors which influence the types of dishes and menus offered by the business
- Recognise how technology supports the development and production of dishes and menu items in own kitchen
- Recognise the importance of checking food stocks and managing stock rotation
- Understand set up, preparation and cleaning tasks to the agreed standard whilst working in a challenging environment(in compliance with food safety legislation)
- Identify correct ingredients and portion sizes for each dish in line with recipe specifications
- Identify the principles of basic food preparation and cooking; taste; allergens; diet and nutrition
- Identify commonly used knives and kitchen equipment and their specific function
- Recognise and understand sources and quality points of common food groups and commodities
- Identify traditional cuts of and basic preparation methods for, meat, poultry, fish and vegetables
- Recognise the impact of seasonality on the availability, quality and price of ingredients

Food Safety:

- Identify the personal hygiene standards, food safety practices and procedures required in compliance with food safety legislation
- Understand how to store, prepare and cook ingredients to maintain quality, in line with food safety legislation

Knowledge
(cont'd.)

People:

- Understand how personal and team performance impact on the successful production of dishes and menu items
- Know how to communicate with colleagues and team members from a diverse range of backgrounds and cultures
- Understand the importance of training and development to maximise own performance
- Know how to support team members when the need arises
- Have an understanding of professional behaviours and organisational culture
- Recognise how all teams are dependent on each other and understand the importance of teamwork both back and front of house

Business:

- Understand the basic costing and yield of dishes and the meaning of gross profit
 - Understand the principles of supply chain and waste management
 - Recognise potential risks in the working environment, how to address them and the potential consequences of those risks
 - Demonstrate a specialist knowledge of hospitality business principles and practices including application within an entrepreneurial context
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Skills

Culinary:

- 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
 - Check food stocks, report on shortages, prioritise food that is close to expiry and keep the storage areas in good order
 - Work methodically to prioritise tasks, ensuring they are completed at the right moment and to the required standard
 - Measure dish ingredients and portion sizes accurately
 - 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
 - Use correct knives and knife skills when preparing food and use the correct equipment when preparing, cooking and presenting food
 - Correctly store and use food commodities when preparing dishes
 - Apply correct preparation and selection methods when using meat, poultry, fish and vegetables in dishes
 - Complete preparation and cooking tasks to a high standard, delivered on time and presented as described within the recipe specification
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Skills
(cont'd.)

Food Safety:

- Maintain a clean and hygienic kitchen environment at all times, complete kitchen documentation as required in compliance with food Hygiene requirements
- Store, prepare and cook ingredients correctly to deliver a quality product that is safe for the consumer in compliance with Food Safety regulation

People:

- Ensure that teamwork and communication are utilised in the production of dishes of high quality, delivered on time and to the standard required
- Use suitable methods of communication and operate in a fair and equal manner that demonstrates effective team working
- 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
- Develop good working relationships across the team and with colleagues in other parts of the organisation, and deal with challenges and problems constructively to drive a positive outcome

Business:

- Follow instruction to meet targets and effectively control resources
- Follow procedures regarding usage and waste of resources
- Undertake all tasks with due care and attention, reporting risks in the appropriate manner

Competencies

Culinary:

- Show enthusiasm for keeping up to date with business and current industry trends
- Use information communication technology and equipment in line with hospitality training
- Demonstrate the knowledge and understanding of stock rotation and stock control
- Demonstrate the ability to identify when tasks are not going to plan and have the confidence to request support when needed through the mentoring system
- Work consistently to achieve standards within the hospitality environment
- Show commitment to developing skills and knowledge; trying out new ingredients and dishes; practicing and reflecting on different preparation and cooking techniques
- Demonstrate care and attention when using knives and equipment in conjunction with health and safety regulation

Competencies

(cont'd.)

- Consistently use the correct volume and quality of commodities in each dish, maintaining attention to detail
- Utilise the correct cuts and preparation methods in the production of high quality, safe and wholesome dishes/food for consumption
- Develop an understanding and appreciation of food ingredients

Food Safety:

- Demonstrate excellence personal hygiene standards in conjunction with food safety legislation
- Demonstrate safe working practices when storing, preparing and cooking ingredients in order to maintain quality and ensure food safety

People:

- Apply a professional approach to all tasks within the role
- Listen and understand other peoples' point of view and respond courteously
- Acknowledge and recognise teams achievement through positive feedback recognising peoples work and commitment
- Work positively as a team member
- Apply and understand the business culture and values
- Communicate and behave effectively to help team members achieve the best result for the customers and the business

Business:

- Be financially aware of the cost implications through the business in approach to all aspects of work
- Apply good waste management practices within the business
- Be aware of potential risks within the kitchen environment and takes action to prevent them

Industry/industries served by the apprenticeship

Hospitality and Tourism Industry through its industry bodies i.e. IHF, RAI, IHI, VFI and CMAI