



INSPIRE ATA
APPRENTICESHIPS



COMMIS CHEF LEVEL 2

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.

WHY CHOOSE INSPIRE ATA?

We work with high-quality training providers to deliver a wide range of training programmes through a blended learning approach that is tailored to each learner's needs. Inspire ATA recruits and employs each apprentice on behalf of the "host" client, enabling us to offer additional support and a better experience for both apprentice and client. We can also offer flexi-job apprenticeships which means we are able to offer short term contracts and other non-standard employment models.

TOTAL DURATION: 19 MONTHS

PRACTICAL PERIOD: 15 MONTHS

EPA PERIOD: 4 MONTHS

EPA ORGANISATION: PEOPLE 1ST INTERNATIONAL

ASSESSMENT METHOD: ON DEMAND TEST,
PRACTICAL OBSERVATION, PROFESSIONAL
DISCUSSION WITH RECIPE LOG, CULINARY CHALLENGE

KNOWLEDGE, SKILLS AND BEHAVIOURS THE CORE SKILLS TO BE DEVELOPED INCLUDE:

- Identify factors which influence the types of dishes and menus offered by the business.
- Contribute to reviewing and refreshing menus
- Uses technology & equipment in line with training
- Identify different cuts of meat, poultry, fish and vegetables
- Clean and maintain a safe and hygienic kitchen environment including preparation, cooking and storage areas.
- Check food stocks and report shortages.
- Identify correct ingredients and recognise the impact of seasonality.



COMMIS CHEF

KNOWLEDGE

- Identify factors which influence the types of dishes and menus offered by the business
- Recognise how technology supports development and production of dishes
- Know the importance of checking food stocks
- Identify correct ingredients and recognise the impact of seasonality
- Identify personal hygiene standards
- Know how to store, prepare and cook ingredient
- Identify different cuts of meat, poultry, fish and vegetables

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SKILLS

- Contribute to reviewing and refreshing menus
- Check food stocks and report shortages
- Work methodically and priorities tasks
- Correct preparation and selection methods
- Measure dish ingredients and portion sizes
- Demonstrate range of craft, knife, preparation and cooking skills
- Maintain a clean and hygienic kitchen

BEHAVIOURS

- Enthusiasm for keeping up to date
- Uses technology & equipment in line with training
- Has attention to detail
- Commitment to developing new skills and knowledge
- Care and attention when using knives and equipment
- Using correct volumes and quality