

THINK ABOUT

COMMIS CHEF END-POINT ASSESSMENT CULINARY CHALLENGE PROPOSAL, PRACTICAL OBSERVATION AND RECIPE LOG



At your gateway meeting you need to present your log of dishes, submit a copy of your setting's menu and specify the main course dish you have chosen to produce in the culinary challenge.



Culinary challenge proposal and practical observation

From Annex A below identify which main course dish you intend to produce in the culinary challenge observation. This must be a dish from your organisation's menu. Choose something that can be fully prepared and served during the 2 hour culinary challenge.

- **Your dish must cover at least 1 type of fish, meat or poultry and this must be prepared from 'whole', e.g. whole chicken or whole leg of lamb.**
- **There must be at least 1 vegetable accompaniment, at least 1 starch accompaniment and a sauce.**
- **Note, once you have had this dish agreed by the end-point assessor you cannot change this dish. The end-point assessor will inform you of the base dessert category for the dessert course.**

Annex A: The Food Groups – For Culinary Challenge and Practical Observation

The food groups may be assessed in either the practical or culinary challenge observation, but the total number (detailed in the chart located on the next page) must be achieved between the 2 assessments. As the culinary challenge observation is more prescriptive regarding the food groups to be included, it is recommended that the culinary challenge is undertaken before the workplace observation.

**PRACTICAL
OBSERVATION**



**CULINARY
CHALLENGE**



| | |
|----------------------------|---|
| | Food groups may be assessed in either the practical observation or the culinary challenge, but the total number detailed below must be achieved: |
| Food groups | <p>Mandatory: All apprentices MUST cover one of the group range from each of:</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>Apprentices 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 • Vegetables 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.) |

FOOD GROUPS

Recipe log

Commonly, chefs applying for vacancies will present a log of their previous achievements at interview, often including the range of dishes they have previously prepared. This assessment aims to replicate this industry practice and develop it so you can show your skills over a range of food groups and preparation and cooking methods, which are detailed in the tables in Annex B and Annex C.

The log of dishes is your opportunity to present the variety of dishes you have prepared independently during your apprenticeship, with full recipes, time plans, food safety controls and photos and employer endorsement of the quality of the finished dish.

It is important that your recipe log meets the range, cooking methods and preparation methods that are shown in the table in Annex C. This will support you in meeting the requirements of the professional discussion.

Annex C: Recipe Log Range

| Food group | Group range | Preparation methods | Cooking methods |
|-------------------------------------|-------------|---|-----------------|
| Fish | 2 | 5 including filleting | 4 |
| Shellfish | 2 | 3 | 3 |
| Meat | 2 | 6 including boning | 7 |
| Poultry | 2 | 6 including cutting down a whole bird to portions | 6 |
| Game | 1 | 2 | 2 |
| Offal | 2 | 3 | 4 |
| Vegetables | 6 | 6 | 6 |
| Sauces | 5 | 5 including 'make roux' | 2 |
| Stock | 2 | 4 | |
| Soup | 3 | 5 | |
| Rice | 2 | 1 | 2 |
| Pasta | 2 | | 3 |
| Egg dishes | 1 | 1 | 3 |
| Vegetable protein | 1 | 2 | 2 |
| Bread and dough | 2 | 3 | 2 |
| Pastry | 2 | 4 | 2 |
| Cakes, sponges, biscuits, scones | 2 | 14 | 3 |
| Cold and hot desserts | 4 | 7 | 6 |

Your recipe log must also cover the following preparation and cooking range, which is detailed below in Annex B:

| 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 • tying and trussing • batting out • brining | <ul style="list-style-type: none"> • grilling (over fire and under heat) • griddling • roasting • poaching • frying (deep, shallow, sauté and stir) • steaming • braising • confit • combining cooking methods |

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| 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) |

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| 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 | 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 | 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 | 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 |

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| 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 • piping • 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 • piping • garnishing |

Complete the templates below in Annex D to detail the recipes you have created during your apprenticeship. When completing the logs please ensure you meet the minimum requirements detailed in Annex B.

When completing your recipe log please reflect dishes produced, not record the individual stages of preparation and cooking. For example, a steak pie would be a valid inclusion, whereas diced beef would not.

Annex D: Recipe Log Template

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|-------------------------|-----------------|----------------------------|-------------------------------|-------------------------------|--|
| Dish: | | Portion size (ea.): | | Total yield/ Servings: | |
| Ingredients: | Quantity | Unit | Preparation method(s): | Cooking method(s): | |
| | | | | | |
| Procedure/steps: | | | Time planning: | | |
| | | | | | |

Annex D: Recipe Log Template

| | | | | | |
|-------------------------|-----------------|----------------------------|-------------------------------|-------------------------------|--|
| Dish: | | Portion size (ea.): | | Total yield/ Servings: | |
| Ingredients: | Quantity | Unit | Preparation method(s): | Cooking method(s): | |
| | | | | | |
| Procedure/steps: | | | Time planning: | | |
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