

## **Certified Cook:**

### **Entry Requirements:**

a) 1 year full time Certificate and minimum 3 years relevant work experience

or minimum 6 years relevant work experience

b) Relevant certificate in hygiene and safety (Basic Food Hygiene Certificate for Hygiene Supervisors)

### **Preparatory Course for Certified Cook**

Aim: The Course will enable participants to:

(a) Be familiar with the training and the test kitchen;

(b) Ensure a clear understanding of the requirements for the written and practical trade test, which includes the skills and knowledge of the following topics:

- General Organization of Hotel and Catering Establishments;
- Kitchen Organization;
- General Employment Requirements/ F&B Service;
- Kitchen Organization;
- Culinary History;
- Cooking Techniques and Methods;
- Food Hygiene, Safety/ HACCP/ Nutrition;
- Purchasing and F&B Costing;
- Seafood, Crustaceans and Molluscs;
- Herbs and Spices and Seasonings;
- Meat/ Poultry and Games;
- Basic Stocks, Sauces, Soups and Doughs;
- Plant Food (Cereal, Ground Products);
- Dairy Products and Eggs;
- Fats, Oils and Margarine;
- Vegetables, Potatoes and Mushrooms;
- Sugar, Additives, Coffee, Tea and Chocolate;
- Fruits.