

# LEITHS

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## SCHOOL OF FOOD AND WINE

### **Introductory Certificate in Food and Wine with additional CTH level 3 extended certificate in professional cookery – an outline of course aims and objectives**

#### ***Aims: To develop an appreciation and love of good food***

By being taught a wide range of professional, practical cooking methods and techniques and the associated theory to enable you to work independently. The primary aim of this course is to provide you with a valuable skill for life, which should you choose, could open up areas of possible employment.

You will gain the confidence to cook a wide range of dishes, making judgements on

- the ingredients to buy
- the dishes to put together in your meals and menus
- the methods you might use to cook and serve the food to achieve the best results

By the end of the course, you should be able to show that you can produce specified dishes to the required Leiths standard, under timed conditions, using professional methods.

*'...before I learnt to cook, I opened the kitchen cupboard and saw meaningless ingredients, now I see food...'*

#### ***Objectives: To equip you with food knowledge and practical confidence***

By the end of the course you should be able to cook to the standard of quality family food and should be able to:

- Read a recipe and follow instructions
- Weigh and measure ingredients
- Select the correct equipment for the task
- Coordinate the elements of a meal for a specific serving time, at the correct serving temperature
- Season food
- Recognise when food is cooked or ready to serve
- Work in an organised and hygienic manner being aware of correct food handling and appropriate storage

- Have an understanding of attractive food presentation and be able to select suitable serving plates and dishes
- Demonstrate and know the basic theory for the following skills

<i>Batters</i> <i>Bread</i> <i>Cakes – creaming, melting, rubbing-in, whisked</i> <i>Chocolate work</i> <i>Deep fat frying</i> <i>Egg cookery</i> <i>Using egg whites mousses, meringues</i> <i>Farinaceous ingredients</i> <i>Fish - classification, choosing, preparation, cooking</i> <i>Gelatine</i> <i>Glazing</i>	<i>Meat – choosing, preparation, browning, stewing, roasting</i> <i>Methods of cooking</i> <i>Pastry – rich shortcrust, choux, rough puff</i> <i>Sugar syrups &amp; caramel</i> <i>Sauces (sweet &amp; savoury) &amp; gravies ( eg roux bases and emulsions)</i> <i>Stock</i> <i>Vegetables – choosing, preparation, cooking, seasons</i>
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You should be able to answer questions on these topics along with:

Temperatures and the oven position needed to cook a recipe	Quantities of some basic recipes
Tin preparation methods	Kitchen hygiene and safety
Kitchen terms & kitchen French	Fish classifications
Cuts of meat, what cuts are suitable for what cooking methods	Basic wine information, pairing food and wine
Traditional accompaniments for a range of dishes cooked	Healthy eating
	Understanding menus

You will need to demonstrate commitment to your learning by:

- preparing a time plan for the practical sessions
- cooking known and new dishes in your own time
- completing evaluation and project tasks as part of your coursework

### **Confederation of Tourism and Hospitality (CTH) level 3 *extended certificate in professional cookery***

If your school offers CTH level 3, the work covered during the 40 weeks of the Introductory Certificate will also count towards this additional qualification. Some extra coursework will need to be submitted. If you are successful, you will receive UCAS points.

If enrolled for this qualification you will have three practical assessments during the course and you will need to produce a portfolio of evidence which will include:

- Time plans with photographic evidence and evaluation
- Independent cooking evidence
- A report of a group cooking project undertaken
- A report of a personal project undertaken
- A menu planning exercise