

Introductory Certificate in Food and Wine - course aims and objectives

Aims:

Through being shown a wide range of professional practical cooking methods and being taught the associated theory, the primary aim of this course is to provide students with a vital life skill for independent living, which should they so choose, could open up areas of possible employment. Students will gain the confidence to cook by making judgements on the ingredients they buy, the dishes they put together in their menus, and the methods they use to cook and serve the food to achieve the best results. By the end of the course, students should be able to show that they can produce specified dishes to the required 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:

By the end of the course students 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
- Seasonal food
- Recognise when food is cooked, or ready to serve
- Work in an organised and hygienic fashion
- Have an understanding of attractive food presentation and be able to select the correct serving plates and dishes
- Demonstrate and know the basic theory for the following skills

<p><i>Batter</i></p> <p><i>Bread</i></p> <p><i>Cakes – creaming, melting, rubbing in, whisked</i></p> <p><i>Chocolate work</i></p> <p><i>Deep fat frying</i></p> <p><i>Egg cookery</i></p> <p><i>Using egg whites mousSES, meringues</i></p> <p><i>Farinaceous ingredients</i></p> <p><i>Fish - classification, choosing, preparation, cooking</i></p> <p><i>Gelatine</i></p> <p><i>Glazing</i></p>	<p><i>Mayonnaise</i></p> <p><i>Meat – choosing, preparation, browning, stewing, roasting</i></p> <p><i>Methods of cooking</i></p> <p><i>Pastry –Shortcrust, rich shortcrust, choux, rough puff</i></p> <p><i>Sugar syrups & caramel</i></p> <p><i>Sauces (sweet & savoury) & gravies</i></p> <p><i>Stock</i></p> <p><i>Vegetables – choosing, preparation, cooking, seasons</i></p>
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Students should be able to answer questions on the above along with:

Temperatures and oven shelf needed to cook	Quantities of some basic recipes
Basic recipes	Kitchen hygiene and safety
Tin preparation methods	
Kitchen terms & kitchen French	Fish classification
Cuts of meat, what cuts are suitable for what cooking methods	Basic wine information
Traditional accompaniments of dishes cooked	Healthy eating
	Menus (plan or criticise a given menu)