

Professional Cookery Level 3

Aim

The City and Guilds and HAB Professional Cookery level 3 qualifications aims to assess and train chefs in complex or advanced food preparation and cooking skills.

It is aimed at Chefs who have had experience within the working kitchen environment. It includes a broad selection of areas, such as food safety, managing resources, preparation of complex meat dishes, preparation of complex vegetables dishes preparation of complex poultry dishes etc. It also includes the cooking and finishing of complex dishes to include meat, poultry, hot and cold sauces, game, vegetables etc. Chefs are required to take 16 units within this qualification which are key to the development of a competent Chef within the working kitchen.

Again as with other qualifications it allows chefs to select specialist optional units; so that they may choose which particular skills they prefer to further develop within catering.

Units:

16 units to be completed in total

Mandatory units

- Establish and develop positive working relationships in hospitality.
- Maintain the health, hygiene, safety and security of the working environment.
- Maintain food safety when storing, preparing and cooking food.

Optional units

13 units to be chosen from the list below

- Contribute to the control of resources.
- Contribute to the development and introduction of recipes and menus.
- Prepare, cook and finish healthier dishes.
- Ensure appropriate food safety practices are allowed whilst food is prepared cooked and served.
- Prepare fish for complex dishes.
- Prepare shellfish for complex dishes.
- Prepare meat for complex dishes.
- Prepare poultry for complex dishes.
- Prepare game for complex dishes.
- Cook and finish complex fish dishes.
- Cook and finish complex shellfish dishes.
- Cook and finish complex meat dishes.
- Cook and finish complex poultry dishes.
- Cook and finish complex game dishes.
- Cook and finish complex vegetable dishes.
- Prepare, cook and finish complex hot sauces.
- Prepare, cook and finish complex soups.
- Prepare, cook and finish fresh pasta dishes
- Prepare, cook and finish complex bread and dough products
- Prepare, cook and finish complex cakes, biscuits, sponges and scones.
- Prepare, cook and finish complex pastry products.
- Prepare, process and finish chocolate products.
- Prepare, process and finish marzipan, pastillage and sugar products.
- Prepare, cook and present complex cold products.
- Prepare, finish and present canapés and cocktail products.
- Prepare, cook and finish dressings and cold sauces.
- Prepare and cook complex hot desserts.
- Prepare and cook complex cold desserts.
- Produce sauces, fillings and coatings for complex desserts.

Entry Requirements

There are no formal educational requirements for the Professional Cookery level 3, but all chefs undertaking the qualification should have the opportunity and experience of working in a kitchen environment. Also, it is desirable to hold a Level 2 Professional Cookery qualification.