

## Commis Chef Apprenticeship Programme Lead Industry Stakeholders



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### Course Information

For further information and application requirements on this programme and contact information on all the ETB providers nationally delivering the programme, log on to [www.apprenticeship.ie](http://www.apprenticeship.ie)



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## National Commis Chef Apprenticeship Programme



**Apprenticeship**  
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# Overview

The Commis Chef Apprenticeship is the starting point for a career as a professional chef. It's a formal structured two year education and training programme incorporating periods of off-the-job knowledge and skills development in a college or centre and work-based knowledge and skills development in an approved hotel or restaurant kitchen. During this time, apprentices will develop the underpinning theory, science and culinary skills in a college or centre and refine and perfect these competencies to a professional standard while working under the direction of qualified and experienced chefs in the kitchens of SOLAS approved hotels and restaurants.

## BENEFITS

Apprentices will gain the knowledge and skills to prepare, cook and present a wide variety of commodities and dishes to a professional standard. They will:

- Gain internationally recognised qualifications
- Continue to earn while they learn with an employer of their choice - Earn and Learn Model
- Enrich their work immediately as they acquire new skills
- Enhance their employment prospects and career opportunities.

## PROGRAMME STRUCTURE

Year 1 consists of:

- 3 weeks of intensive structured learning in a college or centre.
- 2 days per week in a college or centre and 3 days per week working with a SOLAS approved employer from October to June.
- 1 day per week in a college or centre and 4 days per week working with a SOLAS approved employer for July and August.

Year 2 consists of:

- 2 days per week in a college or centre and 3 days per week working with a SOLAS approved employer from September to June.
- 1 day per week in a college or centre and 4 days per week working with a SOLAS approved employer for July and August.

Subjects covered:

**Year 1 - Semester 1:** Health & Safety, Culinary Skills & Standards, Larder, Classical Cuisine, Basic Pastry Techniques and Applied Nutrition for Menu Planning.

**Year 1 - Semester 2:** Computer Essentials, Scientific Principles and Culinary Technologies, Food and Beverage Service, International Cookery and Product Development and Innovation.

**Year 2 - Semester 3:** Food Safety, Volume Food Production, Global Cuisine, Interpersonal Skills, History and Development of Gastronomy and Buffet Skills.

**Year 2 - Semester 4:** Applied Nutrition for Menu Design, Creative Pastry Techniques, Business Practice for Hospitality, Culinary Entrepreneurship and Culinary Event.

## CERTIFICATION AND PROGRESSION

On successful completion of the Commis Chef Apprenticeship the newly qualified Commis Chef will receive a QQI Level 6 Major Award - Advanced Certificate in Culinary Arts.

Apprentices who successfully complete the Commis Chef Apprenticeship will be eligible to progress to the Chef de Partie Apprenticeship at QQI level 7.



## HOW TO BECOME AN APPRENTICE

The Commis Chef Apprenticeship is aimed at aspiring chefs who have a keen interest in and creative flair for cooking. As with all career choices, it's advisable to find out as much as possible about the work of a professional chef before deciding it is the right career for you. The best way of doing this is to talk to chefs about their work and spend some time in busy hotel or restaurant kitchens to see what the work entails.

To become an apprentice you must obtain employment in an approved hotel or restaurant kitchen. The employer must be approved by SOLAS to train apprentices and must register you as an apprentice within two weeks of recruitment.

## ENTRY REQUIREMENTS

The minimum age at which the employment of an apprentice may commence is 16 years of age.

The minimum education requirements are:

1. A Level 4 Award on the QQI National Framework of Qualifications.

or

2. A Level 3 Certificate on the European Qualifications Framework with passes in a minimum of 5 subjects.

or

3. Have a minimum of three years trade related experience.

Assessment of trade related experience is by application to Kerry Education and Training Board.

In addition to the above, a pass grade in Maths in a qualification placed at Level 3 on the National Framework of Qualifications or Level 2 on the European Framework of Qualifications is also required.

Non-native English speakers require proof of having a B2 level of proficiency in the English language.

