

Highfield Level 2 End-Point Assessment for ST0228 Commis Chef

Apprentice Details

Name	
Employer	
Training Provider	

Portfolio of evidence

It is a requirement of this assessment plan that a portfolio of evidence is submitted at Gateway to support the professional discussion. This is not assessed. Please see EPA-kit for more information on the requirements for the portfolio of evidence.

Please indicate below which piece of evidence is mapped to each KSB covered in the interview. Please use the same reference as the file name to ensure the correct piece of evidence can be located. K10 to K29 must be covered in the range table to ensure the range has been covered as per assessment plan requirements.

KSB	Evidence reference	Evidence location
K1: The factors which influence the types of food items and menus offered by the business (PD7)		
K10: Preparation methods for meat, poultry, game and offal including cutting, slicing, dicing, mincing, trimming, boning, tying, checking and preparing cavities, skinning, tenderising, marinating, seasoning, applying dry rubs, stuffing, filling, trussing, coating and portioning (PD3, PD6)	<i>See range table</i>	
K13: Preparation methods for fish and shellfish including cleaning, descaling, skinning, trimming, filleting, removing bones, shelling, cutting, marinating, coating (PD3, PD6)	<i>See range table</i>	
K16: Preparation methods for vegetables including washing, peeling, chopping, slicing, trimming, grating, turning (PD3, PD6)	<i>See range table</i>	
K17: Preparation methods for sauces, stocks and soups including weighing, measuring, chopping, roux, skimming, passing, straining, blending, whisking (PD3, PD6)	<i>See range table</i>	

K18: Preparation methods for rice, pasta/noodles and vegetable proteins including washing, soaking, straining (PD3, PD6)	<i>See range table</i>	
K19: Preparation methods for eggs (duck, chicken, quail) including beating whisking (PD3, PD6)	<i>See range table</i>	
K21: Preparation methods for dough including weighing, measuring, sieving, mixing, kneading, proving, knocking back, shaping, resting, chilling, piping, rolling, cutting, trimming, glazing, portioning (PD3, PD6)	<i>See range table</i>	
K22: Preparation methods for pastry (including short, sweet, suet, choux, convenience) including weighing, measuring, sieving, mixing, shaping, resting, chilling, piping, rolling, cutting, trimming, glazing, portioning (PD3, PD6)	<i>See range table</i>	
K23: Preparation methods for cakes, sponges, biscuits, scones, hot and cold desserts (including ice-cream, mousse, egg-based, batter-based, sponge-based, fruit-based, pastry-based) including weighing, measuring, sieving, mixing, shaping, rubbing in, creaming, resting, piping, rolling, cutting, trimming, lining, beating, folding, greasing, glazing, portioning, aeration, adding flavours/colours, puréeing, combining, chilling (PD3, PD6)	<i>See range table</i>	
K24: Cooking methods for meat, poultry, game and offal including searing, grilling, griddling, frying (deep, shallow, sauté and stir), braising, stewing, baking, roasting, steaming, boiling, poaching, bain-marie, combination (PD4, PD6)	<i>See range table</i>	
K25: Cooking methods for fish and shellfish including frying (deep and shallow), grilling, poaching, baking, steaming, stewing, boiling (PD4, PD6)	<i>See range table</i>	
K26: Cooking methods for vegetables including blanching, boiling, roasting, baking, grilling, braising, frying (deep, shallow and stir), steaming, stewing, combination (PD4, PD6)	<i>See range table</i>	
K27: Cooking methods for sauces, stocks and soups including boiling, simmering, reducing, thickening, flavouring (PD4, PD6)	<i>See range table</i>	
K28: Cooking methods for rice, pasta/noodles, eggs and vegetable proteins including blanching, boiling, frying (deep, sauté), scrambling, poaching, braising, steaming, stewing, baking, combination (PD4, PD6)	<i>See range table</i>	
K29: Cooking methods for dough, pastry, cakes, sponges, biscuits, scones, hot and cold desserts including baking, boiling, poaching, stewing, steaming, frying, combination (PD4, PD6)	<i>See range table</i>	

K34: How personal and team performance impact on the successful production of dishes and menu items (PD8, PD14)		
K35: How to communicate with colleagues and support team members (PD9)		
K36: The importance of training and development to maximise own performance (PD10)		
K37: Professional behaviours and organisational culture (PD11)		
K41: Potential risks in the working environment, how to address them and the potential consequences of those risks (PD1, PD2)		
S1: Contribute to reviewing and refreshing menus in line with business and customer requirements (PD7)		
S2: Use technology for the development and production of dishes and menu items in line with business procedures and guidelines to achieve the best result (PD5, PD6)		
S12: Work with others to ensure dishes produced are of high quality, delivered on time and to the standard required (PD8, PD14)		
S13: Choose methods of communication that achieve effective team working (PD9)		
S14: Develop own skills and knowledge through training and experiences (PD10)		
S15: Deal with team challenges and problems constructively to drive a positive outcome (PD13, PD14)		
B1: Is enthusiastic and committed to improving and developing skills (PD10)		
B5: Is fair, consistent, reliable and respectful (PD12)		
B6: Leads by example to develop individual and team skills (PD13)		

Range table

Fish					
Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K13) (minimum 5 out of the following)	Evidence ref	Cooking methods (K25) (minimum 4 out of the following)	Evidence ref
white fish – round		filleting (mandatory)		frying	
white fish – flat		cutting		grilling	
oily		skinning		poaching	
		trimming		baking	
		coating		steaming	
		marinating/adding dry rubs		stewing	
		descaling			

Shellfish					
Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K13) (minimum 3 out of the following)	Evidence ref	Cooking methods (K25) (minimum 3 out of the following)	Evidence ref
prawns		cleaning		boiling	
shrimp		shelling		frying	

mussels		washing		grilling	
clams		coating		steaming	
		cutting		poaching	

Meat

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K10) (minimum 6 out of the following)	Evidence ref	Cooking methods (K24) (minimum 7 out of the following)	Evidence ref
beef		cutting		sealing	
lamb		seasoning/marinating		grilling	
pork		trimming		griddling	
		boning (mandatory)		frying	
		tying		braising	
		tenderising		stewing	
		portioning		roasting	
		marinating/adding dry rubs		steaming	
		stuffing/filling		boiling	
				resting	

Poultry

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K10) (minimum 6 out of the following)	Evidence ref	Cooking methods (K24) (minimum 6 out of the following)	Evidence ref
chicken		checking and preparing the cavity		grilling	
duck		seasoning/marinating		griddling	
turkey		trimming		roasting	
		cutting (mandatory to cut whole bird down to portions)		poaching	
		stuffing/filling		frying	
		coating		steaming	
		tying and trussing		braising	
		batting out		confit	
		brining		combining cooking methods	

Game

Range (minimum 1 out of the following)	Evidence ref	Preparation methods (K10) (minimum 2 out of the following)	Evidence ref	Cooking methods (K24) (minimum 2 out of the following)	Evidence ref
furred		checking and preparing the cavity		sealing	
feathered		seasoning		grilling	
		cutting		griddling	
		stuffing/filling		sautéing	
		trussing		roasting	
				frying	
				braising	
				stewing	
				combining cooking methods	

Offal

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K10) (minimum 3 out of the following)	Evidence ref	Cooking methods (K24) (minimum 4 out of the following)	Evidence ref
liver		cutting and slicing		grilling	
kidney		marinating/seasoning		griddling	
sweetbread		coating with flour		shallow frying	
cheek		skinning		boiling	
		trimming		braising	
		blending and mincing		poaching	
				combined cooking methods	
				baking	
				steaming	
				'bain marie'	
				sautéing	

Vegetables

Range (minimum 6 out of the following)	Evidence ref	Preparation methods (K16) (minimum 6 out of the following)	Evidence ref	Cooking methods (K26) (minimum 6 out of the following)	Evidence ref
roots		washing		blanching	
bulbs		peeling		boiling	
flower heads		re-washing		roasting	
fungi		chopping		baking	
seeds and pods		traditional French cuts		grilling	
tubers		slicing		braising	
leaves		trimming		frying	
stems		grating		steaming	
vegetable fruits		turning		stewing	
				combining cooking methods	

Sauces

Range (minimum 5 out of the following)	Evidence ref	Preparation methods (K17) (minimum 5 out of the following)	Evidence ref	Cooking methods (K27) (minimum 2 out of the following)	Evidence ref
thickened gravy (jus lié)		weighing/measuring		adding cream	
roast gravy (jus rôti)		chopping		reducing	
curry gravy		simmering		adding thickening agents	
white sauce (béchamel)		boiling		adding other ingredients (e.g. alcohol)	
brown sauce (demi-glace)		'make roux' (mandatory)			
velouté		passing/straining/blending			
purée		skimming			
butter sauce (beurre blanc, beurre noisette)		whisking			
emulsified sauce					

Stock

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K17) (minimum 4 out of the following)	Evidence ref	Cooking methods N/A	
vegetable		weighing/measuring			
brown		chopping			
white		simmering			
fish		boiling			
		'make roux'			
		passing/straining/blending			
		skimming			
		whisking			

Soup

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K17) (minimum 4 out of the following)	Evidence ref	Cooking methods N/A	
puree		weighing/measuring			
broth/potage		chopping			

finished with cream		simmering			
velouté		boiling			
		'make roux'			
		passing/straining			
		blending/liquidising			
		sweating vegetable ingredients			
		skimming			

Rice

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K18) (minimum below)	Evidence ref	Cooking methods (K28) (minimum 2 out of the following)	Evidence ref
long		washing/soaking (mandatory)		boiling	
short				frying	
round				braising	
brown				steaming	
				stewing	
				baking	

Pasta

Range (minimum 2 out of the following)	Evidence ref	Preparation methods N/A	Evidence ref	Cooking methods (K28) (minimum 2 out of the following)	Evidence ref
shaped pasta				blanching	
flat pasta				straining	
dried pasta				mixing	
fresh pasta				boiling	
stuffed pasta				baking	
				combining cooking methods	

Eggs

Range (minimum 1 out of the following)	Evidence ref	Preparation methods (K19) (minimum below)	Evidence ref	Cooking methods (K28) (minimum 3 out of the following)	Evidence ref
chicken eggs		beating (mandatory)		blanching	
duck eggs				straining	
quail eggs				mixing	
				boiling	

Vegetable protein

Range (minimum 1 out of the following)	Evidence ref	Preparation methods (K18) (minimum 2 out of the following)	Evidence ref	Cooking methods (K28) (minimum 2 out of the following)	Evidence ref
soya		soaking		boiling	
Quorn		washing		braising	
seitan		stewing		steaming	
tofu (both firm and soft)		straining		deep frying	
				roasting	
				baking	
				frying	
				sautéing	

Bread and dough

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K20) (minimum 3 out of the following)	Evidence ref	Cooking methods (K29) (minimum 2 out of the following)	Evidence ref
enriched dough		Weighing/measuring		baking	
soda bread dough		sieving		frying	

bread dough		mixing/kneading		glazing	
naan dough/pitta dough		proving		icing	
pizza dough		knocking back		filling	
		shaping		decorating	

Pastry

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K22) (minimum 4 out of the following)	Evidence ref	Cooking methods (K29) (minimum 2 out of the following)	Evidence ref
short		weighing/measuring		baking	
sweet		sifting		steaming	
suet		rubbing in		deep frying	
choux		creaming		combining cooking methods	
convenience		resting			
		piecing			
		rolling			
		cutting/shaping/trimming			
		lining			

Cakes, sponges, biscuits, scones

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K23) (all 14 of the following)	Evidence ref	Cooking methods (K29) (minimum 3 out of the following)	Evidence ref
cakes		weighing/measuring		baking	
sponges		creaming/beating		trimming/icing	
biscuits		whisking		spreading/smoothing	
scones		folding		dusting/dredging/sprinkling	
		rubbing in		mixing	
		greasing			
		glazing			
		portioning			
		pipng			
		shaping			
		filling			
		rolling			
		lining			
		kneading			

Cold and hot desserts

Range (minimum 4 out of the following)	Evidence ref	Preparation methods (K23) (minimum 7 out of the following)	Evidence ref	Cooking methods (K29) (minimum 6 out of the following)	Evidence ref
ice cream		slicing		boiling/poaching	
mousse		creaming		stewing	
egg based		folding		baking	
batter based		moulding		combination cooking	
sponge based		mixing		steaming	
fruit based		aeration		frying	
pastry based		addition of flavours/colours		filling	
		puréeing		glazing	
		combining		pipng	
		portioning		garnishing	
		chilling			

Apprentice Declaration

I confirm that the evidence contained in this portfolio of evidence is all my own work and any assistance given and/or sources used have been acknowledged.

Signed by apprentice (name)	Signature	Date

Employer Declaration

I confirm that the portfolio of evidence is valid and attributable to the apprentice.

Signed on behalf of employer (name)	Signature	Date