

COMMIS CHEF PROFESSIONAL DISCUSSION APPRENTICE GUIDE



The Commis Chef Apprentice Guide is a tool to help give you the best possible chance of successfully demonstrating all the criteria required to achieve a pass or distinction in the professional discussion assessment part of your Commis Chef apprenticeship.

Your professional discussion will usually last 40 minutes and you should take the time to show off and give examples of all the knowledge, skills and behaviours you have learnt during your apprenticeship.

An example of approximate timings for the discussion are:

- a review of the period of learning, development and continuous assessment (5 mins)
- a review of the recipe log (10 mins)
- coverage of the remaining areas (20 mins)
- personal development and reflection, focusing on professional development (5 mins)

Use your recipe log and the box below to make notes to help you.

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Culinary

Discuss how you work in line with and meet brand standards and contribute to the development of menu items.

In the example scenario you provide detail a time when you have:

- responded to feedback from your manager and/or customers and made a recommendation in line with basic food costs and/or stock checks. How has this supported your professional and ongoing development?
- how do you keep up to date with industry developments and trends and how has this supported your professional development?

Food safety

Discuss and provide examples of how and when you complete the following as part of your job role:

- safe food production and handling in line with labelling and allergens information
- prevent cross-contamination
- arrange deliveries and the correct storage of foods
- cleaning
- stock rotation

People

Discuss how you support and influence the team you work with positively, recognising how all team members are dependent on each other to meet the business's needs.

Provide an example when you have had to overcome a challenge with a member of the team.

In the example scenario you provide consider:

- how you communicated effectively, listened and responded to feedback, and worked as part of the team, using the skills within the team to improve performance

Business

Describe the targets you work towards in your job role including portion control, wastage and the percentage of gross profit you must achieve.

In the example you provide consider:

- a time you have had to apply a contingency plan due to a lack of ingredients being available
- a time you identified and reported a risk as per standard procedures and in line with legal requirements