

Highfield Level 2 End-point Assessment for ST0228 Commis Chef

Recipe Log Matrix

This document must be used to map the apprentice's recipes to the range required by the standard and must accompany the recipes when submitted to Highfield Assessment. Please ensure you are logging recipes that will meet the minimum requirements for each range section **and** the minimum requirements for each individual recipe which **must** include:

- full recipe/ingredients
- food safety controls
- time plans
- photos

Please note that the Professional Discussion may be cancelled and rescheduled should the requirements be found as not met by the End Point Assessor.

Apprentice's Name:	
Employer:	
Training Provider:	

Recipe Index

Recipe ref	Recipe Name	End Point Assessor use only	
		Min Req Met	Comments

		End Point Assessor use only	
Recipe ref	Recipe Name	Min Req Met	Comments



Fish		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
white fish – round			
white fish – flat			
oily			
Preparation methods (minimum 5 out of the following)	Recipe ref	Met	Comments
filleting			
cutting			
skinning			
trimming			
coating			
marinating/adding dry rubs			
descaling			
Cooking methods (minimum 4 out of the following)	Recipe ref	Met	Comments
frying			
grilling			
poaching			
baking			
steaming			
stewing			

Shellfish		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
prawns			
shrimp			
mussels			
clams			
Preparation methods (minimum 3 out of the following)	Recipe ref	Met	Comments
cleaning			
shelling			
washing			
coating			
cutting			

Cooking methods (minimum 3 out of the following)	Recipe ref	Met	Comments
boiling			
frying			
grilling			
steaming			
poaching			

Meat		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
beef			
lamb			
pork			
Preparation methods (minimum 6 out of the following - must include boning)	Recipe ref	Met	Comments
cutting			
seasoning/marinating			
trimming			
boning			
tying			
tenderising			
portioning			
marinating/adding dry rubs			
stuffing/filling			
Cooking methods (minimum 7 out of the following)	Recipe ref	Met	Comments
sealing			
grilling			
griddling			
frying			
braising			
stewing			
roasting			
steaming			
boiling			
resting			

Poultry		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
chicken			
duck			
turkey			
Preparation methods (minimum 6 out of the following - must include cutting down a whole bird to portions)	Recipe ref	Met	Comments
checking and preparing the cavity			
seasoning/marinating			
trimming			
cutting			
stuffing/filling			
coating			
tying and trussing			
batting out			
brining			
Cooking methods (minimum 6 out of the following)	Recipe ref	Met	Comments
grilling			
griddling			
roasting			
poaching			
frying			
steaming			
braising			
confit			
combining cooking methods			

Game		End Point Assessor use only	
Range (minimum 1 out of the following)	Recipe ref	Met	Comments
furred			
feathered			
Preparation methods (minimum 2 out of the following)	Recipe ref	Met	Comments
checking and preparing the cavity			
seasoning			
cutting			
stuffing/filling			
trussing			
Cooking methods (minimum 2 out of the following)	Recipe ref	Met	Comments
sealing			
grilling			
griddling			
sautéing			
roasting			
frying			
braising			
stewing			
combining cooking methods			

Offal		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
liver			
kidney			
sweetbread			
cheek			
Preparation methods (minimum 3 out of the following)	Recipe ref	Met	Comments
cutting and slicing			
marinating/seasoning			
coating with flour			
skinning			
trimming			

blending and mincing			
Cooking methods (minimum 4 out of the following)	Recipe ref	Met	Comments
grilling			
griddling			
shallow frying			
boiling			
braising			
poaching			
combined cooking methods			
baking			
steaming			
'bain marie'			
sautéing			

Vegetables		End Point Assessor use only	
Range (minimum 6 out of the following)	Recipe ref	Met	Comments
roots			
bulbs			
flower heads			
fungi			
seeds and pods			
tubers			
leaves			
stems			
vegetable fruits			
Preparation methods (minimum 6 out of the following)	Recipe ref	Met	Comments
washing			
peeling			
re-washing			
chopping			
traditional French cuts			
slicing			
trimming			
grating			
turning			

Cooking methods (minimum 6 out of the following)	Recipe ref	Met	Comments
blanching			
boiling			
roasting			
baking			
grilling			
braising			
frying			
steaming			
stewing			
combining cooking methods			

Sauces		End Point Assessor use only	
Range (minimum 5 out of the following)	Recipe ref	Met	Comments
thickened gravy (jus lié)			
roast gravy (jus rôti)			
curry gravy			
white sauce (béchamel)			
brown sauce (demi-glace)			
velouté			
purée			
butter sauce (beurre blanc, beurre noisette)			
emulsified sauce			
Preparation methods (minimum 5 out of the following - must include 'make roux')	Recipe ref	Met	Comments
weighing/measuring			
chopping			
simmering			
boiling			
'make roux'			
passing/straining/blending			
skimming			
whisking			

Cooking methods (minimum 2 out of the following)	Recipe ref	Met	Comments
adding cream			
reducing			
adding thickening agents			
adding other ingredients (e.g. alcohol)			

Stock		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
vegetable			
brown			
white			
fish			
Preparation methods (minimum 4 out of the following)	Recipe ref	Met	Comments
weighing/measuring			
chopping			
simmering			
boiling			
'make roux'			
passing/straining/blending			
skimming			
whisking			

Soup		End Point Assessor use only	
Range (minimum 3 out of the following)	Recipe ref	Met	Comments
puree			
broth/potage			
finished with cream			
velouté			
Preparation methods (minimum 5 out of the following)	Recipe ref	Met	Comments
weighing/measuring			
chopping			
simmering			
boiling			

'make roux'			
passing/straining			
blending/liquidising			
sweating vegetable ingredients			
skimming			

Rice		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
long			
short			
round			
brown			
Preparation methods (minimum below)	Recipe ref	Met	Comments
washing/soaking			
Cooking methods (minimum 2 out of the following)	Recipe ref	Met	Comments
boiling			
frying			
braising			
steaming			
stewing			
baking			

Pasta		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
shaped pasta			
flat pasta			
dried pasta			
fresh pasta			
stuffed pasta			
Cooking methods (minimum 3 out of the following)	Recipe ref	Met	Comments
blanching			
straining			
mixing			

boiling			
baking			
combining cooking methods			

Egg dishes		End Point Assessor use only	
Range (minimum 1 out of the following)	Recipe ref	Met	Comments
chicken eggs			
duck eggs			
quail eggs			
Preparation methods (minimum below)	Recipe ref	Met	Comments
beating			
Cooking methods (minimum 3 out of the following)	Recipe ref	Met	Comments
blanching			
straining			
mixing			
boiling			

Vegetable protein		End Point Assessor use only	
Range (minimum 1 out of the following)	Recipe ref	Met	Comments
soya			
Quorn			
seitan			
tofu (both firm and soft)			
Preparation methods (minimum 2 out of the following)	Recipe ref	Met	Comments
soaking			
washing			
stewing			
straining			
Cooking methods (minimum 2 out of the following)	Recipe ref	Met	Comments
boiling			
braising			
steaming			

deep frying			
roasting			
baking			
frying			
sautéing			

Bread and dough		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
enriched dough			
soda bread dough			
bread dough			
naan dough/pitta dough			
pizza dough			
Preparation methods (minimum 3 out of the following)	Recipe ref	Met	Comments
Weighing/measuring			
sieving			
mixing/kneading			
proving			
knocking back			
shaping			
Cooking methods (minimum 2 out of the following)	Recipe ref	Met	Comments
baking			
frying			
glazing			
icing			
filling			
decorating			

Pastry		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
short			
sweet			
suet			
choux			
convenience			
Preparation methods (minimum 4 out of the following)	Recipe ref	Met	Comments
weighing/measuring			
sifting			
rubbing in			
creaming			
resting			
pipng			
rolling			
cutting/shaping/trimming			
lining			
Cooking methods (minimum 2 out of the following)	Recipe ref	Met	Comments
baking			
steaming			
deep frying			
combining cooking methods			

Cakes, sponges, biscuits, scones		End Point Assessor use only	
Range (minimum 2 out of the following)	Recipe ref	Met	Comments
cakes			
sponges			
biscuits			
scones			
Preparation methods (minimum all 14 of the following)	Recipe ref	Met	Comments
weighing/measuring			
Creaming/beating			
whisking			

folding			
rubbing in			
greasing			
glazing			
portioning			
pipng			
shaping			
filling			
rolling			
lining			
kneading			
Cooking methods (minimum 3 out of the following)	Recipe ref	Met	Comments
baking			
trimming/icing			
spreading/smoothing			
Dusting/dredging/sprinkling			
mixing			

Cold and hot desserts		End Point Assessor use only	
Range (minimum 4 out of the following)	Recipe ref	Met	Comments
ice cream			
mousse			
egg based			
batter based			
sponge based			
fruit based			
pastry based			
Preparation methods (minimum 7 out of the following)	Recipe ref	Met	Comments
slicing			
creaming			
folding			
moulding			
mixing			
aeration			
addition of flavours/colours			

puréeing			
combining			
portioning			
chilling			
Cooking methods (minimum 6 out of the following)	Recipe ref	Met	Comments
boiling/poaching			
stewing			
baking			
combination cooking			
steaming			
frying			
filling			
glazing			
pipng			
garnishing			

Apprentice Declaration

I confirm that the recipes mapped within this form were prepared and cooked independently by myself during my own programme learning.

Apprentice's signature:		Date:	
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Please ensure this Recipe Log Matrix form is submitted with your recipes and that all evidence submitted is saved in one of the following file formats:

.docx

.xlsx

.pptx

.pdf

.jpg

.png

.mp3

.mp4

.m4a

End Point Assessor use only

End Point Assessor name:	
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Recipe log approval	Yes	No
Does the recipe log demonstrate the required coverage of food groups, preparation and cooking methods?		
Does the recipe log present the variety of dishes they have prepared, with full recipes, time plans, food safety controls and photos?		
Does the recipe log reflect the dishes produced, as opposed to the individual stages of preparation and cooking?		
Revised submission deadline (if not approved):		
Feedback		

Assessor signature:		Date:	
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Please upload this form to Highfield Central and log outcome on Recipe log review unit.