

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 professional discussion. 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, <i>PD14</i>)		
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, <i>PD2</i>)		
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, <i>PD6</i>)		
S12: Work with others to ensure dishes produced are of high quality, delivered on time and to the standard required (PD8, <i>PD14</i>)		
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, <i>PD14</i>)		
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		Cleaning		Frying (deep and shallow)	
White fish – flat		Descaling		Grilling	
Oily fish		Skinning		Poaching	
		Trimming		Baking	
		Filleting (mandatory)		Steaming	
		Removing bones		Stewing	
		Shelling		Boiling	
		Cutting			
		Marinating			
		Coating			

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		Frying (deep and shallow)	
Shrimp		Descaling		Grilling	
Mussels		Skinning		Poaching	
Clams		Trimming		Baking	
		Filleting		Steaming	
		Removing bones		Stewing	
		Shelling		Boiling	
		Cutting			
		Marinating			
		Coating			

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		Searing	
Lamb		Slicing		Grilling	
Pork		Dicing		Griddling	
		Mincing		Frying (deep, shallow, sauté and stir)	
		Trimming		Braising	
		Boning (mandatory)		Stewing	
		Tying		Baking	
		Checking and preparing cavities		Roasting	
		Skinning		Steaming	
		Tenderising		Boiling	
		Marinating		Poaching	
		Seasoning		Bain-marie	
		Applying dry rubs		Combination	
		Stuffing			
		Filling			

		Trussing			
		Coating and portioning			

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		Cutting (mandatory to cut whole bird down to portions)		Searing	
Duck		Slicing		Grilling	
Turkey		Dicing		Griddling	
		Mincing		Frying (deep, shallow, sauté and stir)	
		Trimming		Braising	
		Boning		Stewing	
		Tying		Baking	
		Checking and preparing cavities		Roasting	
		Skinning		Steaming	
		Tenderising		Boiling	
		Marinating		Poaching	
		Seasoning		Bain-marie	

		Applying dry rubs		Combination	
		Stuffing			
		Filling			
		Trussing			
		Coating and portioning			

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		Cutting		Searing	
Feathered		Slicing		Grilling	
		Dicing		Griddling	
		Mincing		Frying (deep, shallow, sauté and stir)	
		Trimming		Braising	
		Boning		Stewing	
		Tying		Baking	
		Checking and preparing cavities		Roasting	
		Skinning		Steaming	
		Tenderising		Boiling	
		Marinating		Poaching	
		Seasoning		Bain-marie	
		Applying dry rubs		Combination	
		Stuffing			
		Filling			

		Trussing			
		Coating and portioning			

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		Searing	
Kidney		Slicing		Grilling	
Sweetbread		Dicing		Griddling	
Cheek		Mincing		Frying (deep, shallow, sauté and stir)	
		Trimming		Braising	
		Boning		Stewing	
		Tying		Baking	
		Checking and preparing cavities		Roasting	
		Skinning		Steaming	
		Tenderising		Boiling	
		Marinating		Poaching	
		Seasoning		Bain-marie	

		Applying dry rubs		Combination	
		Stuffing			
		Filling			
		Trussing			
		Coating and portioning			

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		Chopping		Roasting	
Fungi		Slicing		Baking	
Seeds and pods		Trimming		Grilling	
Tubers		Grating		Braising	
Leaves		Turning		Frying (deep, shallow and stir)	
Stems				Steaming	
Vegetable fruits				Stewing	
				Combination	

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		Boiling	
Roast gravy (jus rôti)		Measuring		Simmering	
Curry gravy		Chopping		Reducing	
White sauce (béchamel)		Roux (mandatory)		Thickening	
Brown sauce (demi-glace)		Skimming		Flavouring	
Velouté		Passing			
Purée		Straining			
Butter sauce (beurre blanc, beurre noisette)		Blending			
Emulsified sauce		Whisking			

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	Evidence ref
Vegetable		Weighing		Boiling	
Brown		Measuring		Simmering	
White		Chopping		Reducing	
Fish		Roux		Thickening	
		Skimming		Flavouring	
		Passing			
		Straining			
		Blending			
		Whisking			

Soup					
Range (minimum 3 out of the following)	Evidence ref	Preparation methods (K17) (minimum 5 out of the following)	Evidence ref	Cooking methods N/A	Evidence ref
Puree		Weighing		Boiling	
broth/potage		Measuring		Simmering	
Finished with cream		Chopping		Reducing	
Velouté		Roux		Thickening	
		Skimming		Flavouring	
		Passing			
		Straining			
		Blending			
		Whisking			

Rice					
Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K18) (minimum 1 out of the following)	Evidence ref	Cooking methods (K28) (minimum 2 out of the following)	Evidence ref
Long		Washing		Blanching	
Short		Soaking		Boiling	
Round		Straining		Frying (deep, sauté)	
Brown				Scrambling	
				Poaching	
				Braising	
				Steaming	
				Stewing	
				Baking	
				Combination	

Pasta					
Range (minimum 2 out of the following)	Evidence ref	Preparation methods N/A	Evidence ref	Cooking methods (K28) (minimum 3 out of the following)	Evidence ref
Shaped pasta		Washing		Blanching	
Flat pasta		Soaking		Boiling	
Dried pasta		Straining		Frying (deep, sauté)	
Fresh pasta				Scrambling	
				Poaching	
				Braising	
				Steaming	
				Stewing	
				Baking	
				Combination	

Eggs					
Range (minimum 1 out of the following)	Evidence ref	Preparation methods (K19) (minimum 1 out of the following)	Evidence ref	Cooking methods (K28) (minimum 3 out of the following)	Evidence ref
Chicken eggs		Beating		Blanching	
Duck eggs		Whisking		Boiling	
Quail eggs				Frying (deep, sauté)	
				Scrambling	
				Poaching	
				Braising	
				Steaming	
				Stewing	
				Baking	
				Combination	

Vegetable proteins					
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		Washing		Blanching	
Quorn		Soaking		Boiling	
Seitan		Straining		Frying (deep, sauté)	
Tofu (both firm and soft)				Scrambling	
				Poaching	
				Braising	
				Steaming	
				Stewing	
				Baking	
				Combination	

Bread and dough

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K21) (minimum 3 out of the following)	Evidence ref	Cooking methods (K29) (minimum 2 out of the following)	Evidence ref
Enriched dough		Weighing		Baking	
Soda bread dough		Measuring		Boiling	
Bread dough		Sieving		Poaching	
Naan dough/pitta dough		Mixing		Stewing	
		Kneading		Steaming	
		Proving		Frying	
		Knocking back		Combination	
		Shaping			
		Resting			
		Chilling			
		Piping			
		Rolling			
		Cutting			
		Trimming			
		Glazing			
		Portioning			

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		Baking	
Sweet		Measuring		Boiling	
Suet		Sieving		Poaching	
Choux		Mixing		Stewing	
Convenience		Shaping		Steaming	
		Resting		Frying	
		Chilling		Combination	
		Piping			
		Rolling			
		Cutting			
		Trimming			
		Glazing			
		Portioning			

Cakes, sponges, biscuits, scones

Range (minimum 2 out of the following)	Evidence ref	Preparation methods (K23) (minimum 14 out of the following)	Evidence ref	Cooking methods (K29) (minimum 3 out of the following)	Evidence ref
Cakes		Weighing		Baking	
Sponges		Measuring		Boiling	
Biscuits		Sieving		Poaching	
Scones		Mixing		Stewing	
Cakes		Shaping		Steaming	
		Rubbing in		Frying	
		Creaming		Combination	
		Resting			
		Piping			
		Rolling			
		Cutting			
		Trimming			
		Lining			
		Beating			
		Folding			

		Greasing			
		Glazing			
		Portioning			
		Aeration			
		Adding flavours/colours			
		Pureeing			
		Combining			
		Chilling			

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		Weighing		Baking	
Mousse		Measuring		Boiling	
Egg based		Sieving		Poaching	
Batter based		Mixing		Stewing	
Sponge based		Shaping		Steaming	
Fruit based		Rubbing in		Frying	
Pastry based		Creaming		Combination	

		Resting			
		Piping			
		Rolling			
		Cutting			
		Trimming			
		Lining			
		Beating			
		Folding			
		Greasing			
		Glazing			
		Portioning			
		Aeration			
		Adding flavours/colours			
		Pureeing			
		Combining			
		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