

# Highfield Level 2 End-Point Assessment for

## ST0228 Commis Chef

### Practical Assessment Specification

<b>Apprentice Name:</b>	
<b>Employer:</b>	
<b>Training Provider:</b>	

#### Specification 1a - Main dish

<b>Dish:</b>	
<b>Brief description of dish</b>	
<b>Ingredients</b>	

#### Preparation methods (please select three):

Cutting		Cleaning		Beating		Whisking	
Slicing		Filleting		Sieving		Soaking	
Dicing		Descaling		Mixing		Folding	
Mincing		Shelling		Kneading		Greasing	
Trimming		Peeling		Proving		Aeration	
Boning		Chopping		Knocking back		Puréeing	
Tying		Grating		Shaping		Combining	
Checking and preparing cavities		Removing bones		Resting		Adding flavours/colours	
Skinning		Turning		Chilling		Portioning	
tenderising		Weighing		Piping		Coating	
Marinating		Measuring		Rolling		Blending	
Seasoning		Roux		Glazing		Trussing	
Applying dry rubs		Skimming		Rubbing in		Lining	
Stuffing		Passing		Creaming		Straining	
Filling							

**Cooking methods (please select three):**

Searing		Poaching		Thickening		Stewing	
Grilling		Bain-marie		Flavouring		Baking	
Griddling		Combination		Scrambling		Roasting	
Frying (deep)		Blanching		Stir frying		Steaming	
Frying (shallow)		Simmering		Braising		Boiling	
Sauté		Reducing					

**Finishing methods (please select three):**

Resting		Glazing		Decorating	
Garnishing		Gratinating		Dusting	
Adding sauce		Piping		Dredging	
Filling					

**Specific requirement (please select one):**

Allergens / intolerances / medical		Religious / Cultural		Dietary		Nutritional	
Coeliac		Jewish		Vegetarian		Children	
Crohn's		Muslim		Vegan		Elderly	
Lactose free		Hindu		Other:		Disability	
Nuts		Sikh				Pregnancy	
Other:		Other:				Other:	

## Specification 1b – Main dish

<b>Dish:</b>	
<b>Brief description of dish</b>	
<b>Ingredients</b>	

### Preparation methods (please select three):

Cutting		Cleaning		Beating		Whisking	
Slicing		Filleting		Sieving		Soaking	
Dicing		Descaling		Mixing		Folding	
Mincing		Shelling		Kneading		Greasing	
Trimming		Peeling		Proving		Aeration	
Boning		Chopping		Knocking back		Puréeing	
Tying		Grating		Shaping		Combining	
Checking and preparing cavities		Removing bones		Resting		Adding flavours/colours	
Skinning		Turning		Chilling		Portioning	
tenderising		Weighing		Piping		Coating	
Marinating		Measuring		Rolling		Blending	
Seasoning		Roux		Glazing		Trussing	
Applying dry rubs		Skimming		Rubbing in		Lining	
Stuffing		Passing		Creaming		Straining	
Filling							

### Cooking methods (please select three):

Searing		Poaching		Thickening		Stewing	
Grilling		Bain-marie		Flavouring		Baking	
Griddling		Combination		Scrambling		Roasting	
Frying (deep)		Blanching		Stir frying		Steaming	
Frying (shallow)		Simmering		Braising		Boiling	
Sauté		Reducing					

### Finishing methods (please select three):

Resting		Glazing		Decorating	
Garnishing		Gratinating		Dusting	
Adding sauce		Piping		Dredging	
Filling					

**Specific requirement (please select one):**

Allergens / intolerances / medical		Religious / Cultural		Dietary		Nutritional	
Coeliac		Jewish		Vegetarian		Children	
Crohn's		Muslim		Vegan		Elderly	
Lactose free		Hindu		Other:		Disability	
Nuts		Sikh				Pregnancy	
Other:		Other:				Other:	

## Specification 1c – Main dish

<b>Dish:</b>	
<b>Brief description of dish</b>	
<b>Ingredients</b>	

### Preparation methods (please select three):

Cutting		Cleaning		Beating		Whisking	
Slicing		Filleting		Sieving		Soaking	
Dicing		Descaling		Mixing		Folding	
Mincing		Shelling		Kneading		Greasing	
Trimming		Peeling		Proving		Aeration	
Boning		Chopping		Knocking back		Puréeing	
Tying		Grating		Shaping		Combining	
Checking and preparing cavities		Removing bones		Resting		Adding flavours/colours	
Skinning		Turning		Chilling		Portioning	
tenderising		Weighing		Piping		Coating	
Marinating		Measuring		Rolling		Blending	
Seasoning		Roux		Glazing		Trussing	
Applying dry rubs		Skimming		Rubbing in		Lining	
Stuffing		Passing		Creaming		Straining	
Filling							

### Cooking methods (please select three):

Searing		Poaching		Thickening		Stewing	
Grilling		Bain-marie		Flavouring		Baking	
Griddling		Combination		Scrambling		Roasting	
Frying (deep)		Blanching		Stir frying		Steaming	
Frying (shallow)		Simmering		Braising		Boiling	
Sauté		Reducing					

### Finishing methods (please select three):

Resting		Glazing		Decorating	
Garnishing		Gratinating		Dusting	
Adding sauce		Piping		Dredging	
Filling					

**Specific requirement (please select one):**

Allergens / intolerances / medical		Religious / Cultural		Dietary		Nutritional	
Coeliac		Jewish		Vegetarian		Children	
Crohn's		Muslim		Vegan		Elderly	
Lactose free		Hindu		Other:		Disability	
Nuts		Sikh				Pregnancy	
Other:		Other:				Other:	

## Specification 2a – Starter or dessert dish

<b>Dish:</b>	
<b>Brief description of dish</b>	
<b>Ingredients</b>	

### Preparation methods (please select three):

Cutting		Cleaning		Beating		Whisking	
Slicing		Filleting		Sieving		Soaking	
Dicing		Descaling		Mixing		Folding	
Mincing		Shelling		Kneading		Greasing	
Trimming		Peeling		Proving		Aeration	
Boning		Chopping		Knocking back		Puréeing	
Tying		Grating		Shaping		Combining	
Checking and preparing cavities		Removing bones		Resting		Adding flavours/colours	
Skinning		Turning		Chilling		Portioning	
tenderising		Weighing		Piping		Coating	
Marinating		Measuring		Rolling		Blending	
Seasoning		Roux		Glazing		Trussing	
Applying dry rubs		Skimming		Rubbing in		Lining	
Stuffing		Passing		Creaming		Straining	
Filling							

### Cooking methods (please select three):

Searing		Poaching		Thickening		Stewing	
Grilling		Bain-marie		Flavouring		Baking	
Griddling		Combination		Scrambling		Roasting	
Frying (deep)		Blanching		Stir frying		Steaming	
Frying (shallow)		Simmering		Braising		Boiling	
Sauté		Reducing					

### Finishing methods (please select three):

Resting		Glazing		Decorating	
Garnishing		Gratinating		Dusting	
Adding sauce		Piping		Dredging	
Filling					

**Specific requirement (please select one):**

Allergens / intolerances / medical		Religious / Cultural		Dietary		Nutritional	
Coeliac		Jewish		Vegetarian		Children	
Crohn's		Muslim		Vegan		Elderly	
Lactose free		Hindu		Other:		Disability	
Nuts		Sikh				Pregnancy	
Other:		Other:				Other:	

## Specification 2b – Starter or Dessert dish

<b>Dish:</b>	
<b>Brief description of dish</b>	
<b>Ingredients</b>	

### Preparation methods (please select three):

Cutting		Cleaning		Beating		Whisking	
Slicing		Filleting		Sieving		Soaking	
Dicing		Descaling		Mixing		Folding	
Mincing		Shelling		Kneading		Greasing	
Trimming		Peeling		Proving		Aeration	
Boning		Chopping		Knocking back		Puréeing	
Tying		Grating		Shaping		Combining	
Checking and preparing cavities		Removing bones		Resting		Adding flavours/colours	
Skinning		Turning		Chilling		Portioning	
tenderising		Weighing		Piping		Coating	
Marinating		Measuring		Rolling		Blending	
Seasoning		Roux		Glazing		Trussing	
Applying dry rubs		Skimming		Rubbing in		Lining	
Stuffing		Passing		Creaming		Straining	
Filling							

### Cooking methods (please select three):

Searing		Poaching		Thickening		Stewing	
Grilling		Bain-marie		Flavouring		Baking	
Griddling		Combination		Scrambling		Roasting	
Frying (deep)		Blanching		Stir frying		Steaming	
Frying (shallow)		Simmering		Braising		Boiling	
Sauté		Reducing					

### Finishing methods (please select three):

Resting		Glazing		Decorating	
Garnishing		Gratinating		Dusting	
Adding sauce		Piping		Dredging	
Filling					

**Specific requirement (please select one):**

Allergens / intolerances / medical		Religious / Cultural		Dietary		Nutritional	
Coeliac		Jewish		Vegetarian		Children	
Crohn's		Muslim		Vegan		Elderly	
Lactose free		Hindu		Other:		Disability	
Nuts		Sikh				Pregnancy	
Other:		Other:				Other:	

## Specification 2c – Starter or Dessert dish

<b>Dish:</b>	
<b>Brief description of dish</b>	
<b>Ingredients</b>	

### Preparation methods (please select three):

Cutting		Cleaning		Beating		Whisking	
Slicing		Filleting		Sieving		Soaking	
Dicing		Descaling		Mixing		Folding	
Mincing		Shelling		Kneading		Greasing	
Trimming		Peeling		Proving		Aeration	
Boning		Chopping		Knocking back		Puréeing	
Tying		Grating		Shaping		Combining	
Checking and preparing cavities		Removing bones		Resting		Adding flavours/colours	
Skinning		Turning		Chilling		Portioning	
tenderising		Weighing		Piping		Coating	
Marinating		Measuring		Rolling		Blending	
Seasoning		Roux		Glazing		Trussing	
Applying dry rubs		Skimming		Rubbing in		Lining	
Stuffing		Passing		Creaming		Straining	
Filling							

### Cooking methods (please select three):

Searing		Poaching		Thickening		Stewing	
Grilling		Bain-marie		Flavouring		Baking	
Griddling		Combination		Scrambling		Roasting	
Frying (deep)		Blanching		Stir frying		Steaming	
Frying (shallow)		Simmering		Braising		Boiling	
Sauté		Reducing					

### Finishing methods (please select three):

Resting		Glazing		Decorating	
Garnishing		Gratinating		Dusting	
Adding sauce		Piping		Dredging	
Filling					

**Specific requirement (please select one):**

Allergens / intolerances / medical		Religious / Cultural		Dietary		Nutritional	
Coeliac		Jewish		Vegetarian		Children	
Crohn's		Muslim		Vegan		Elderly	
Lactose free		Hindu		Other:		Disability	
Nuts		Sikh				Pregnancy	
Other:		Other:				Other:	