

## **Certified Cook:**

### **Entry Requirement:**

- a) 1 year full time Certificate (HITDC or equivalent course – minimum 1,200 hours in food preparation training) and minimum 3 years relevant work experience  
  
or minimum 6 years relevant work experience
- b) Relevant certificate in hygiene and safety (Basic Food Hygiene Certificate for Hygiene Supervisors)

### **Preparatory Course for Certified Cook**

Aim: The Course will enable participants to:

- (a) Be familiar with the training and test kitchen of the Hospitality Industry Training and Development Centre;
- (b) Ensure a clear understanding of the requirements for the written and practical trade test, that includes the skills and knowledge of the following topics:
  - General Organization of Hotel and Catering Establishments;
  - General Employment Requirements/ F&B Service;
  - Food Hygiene, Safety/ HACCP/ Nutrition;
  - Culinary History;
  - Kitchen Organization;
  - Purchasing and F&B Costing;
  - Cooking Techniques and Methods;
  - Basic Stocks, Sauces, Soups and Doughs;
  - Herbs and Spices and Seasonings;
  - Meat/ Poultry and Games;
  - Dairy Products and Eggs;
  - Seafood, Crustaceans and Molluscs;
  - Fats, Oils and Margarine;
  - Plant Food (Cereal, Ground Products);
  - Vegetables, Potatoes and Mushrooms;
  - Fruits;
  - Sugar, Additives, Coffee, Tea and Chocolate.