

APPLIED ABILITY AWARDS SYLLABUS

[Edition 7.2.11 - applicable to exams commencing 2011]

AAA Chef Examination

The Award

This Applied Ability Award, the second in what will be a progression of three, will be presented to Chefs who, under test conditions, can demonstrate their ability to work to the professional standard expected of *an accomplished Kitchen & Larder Chef working without supervision*.

The aim of the Award at Chef level is for the assessors, acting on behalf of their fellow chefs and employers, to define and establish the benchmark that denotes those who have acquired the fit-for-purpose, job-ready skills that are immediately suited to taking responsibilities and advancing within craft-based kitchens.

The Award will be decided on the basis of a one-day examination comprising a 3.5-hour practical worth 80% of the marks and a 30-minute interview for 20% of the marks. The assessors are chefs and employers with first-hand experience of workplace needs. Candidates at this level are expected to be at least junior/demi chefs de partie.

Note, candidates need not take the Foundation Chef exam prior to the Chef exam. However, it is expected that the Chef candidate will have already acquired the skills and aptitude of a proven AAA Foundation Chef; **the requirements below are additional to those of the first level exam.**

EXAMINATION REQUIREMENTS

Ability Assessment Measures

Candidates will be expected to show accomplished practical skills and knowledge in the areas listed below, any of which may be appraised or tested in one form or another.

HYGIENE:

Candidates must present a foundation food hygiene certificate, previously awarded.

HEALTH & SAFETY:

- a. able to execute cleaning schedules;
- b. able to record temperatures as regards, delivery, storage, preparation, cooking;
- c. basic knowledge of first aid.

FOOD PREPARATION AND COOKING:

Testing will be through a practical exam over 3½ hours, which will require a number of main or support dishes of varying difficulty, and may include one or more skill demonstrations. Test dishes or skill displays will be selected from any of those listed

below, and may include any item from the Foundation Chef syllabus. Candidates will be given the recipes relating to their particular exam two weeks in advance of the exam.

With the addition of Vegetarian Cookery, the listing below is the same as for the AAA Foundation Chef exam, but a greater range and depth of skill will be required as is apparent from the selected dishes.

Online Support - the skill headings below are also the subjects of online, multi-choice practice tests. Candidates can take these tests at any time and as frequently as they wish. They are important learning tools for the exam-day Knowledge Test, which comprises a random selection of questions from the practice tests across all headings.

Also available online are practical demonstrations on film, which illustrate many of the items below. Access to the 'Tests & Demos' area of the AAA website is given after registering for the AAA exam.

Note, in the main only the more widespread cooking terms (regardless of origin) are used below; important alternative forms are shown in square brackets.

N.B. As a common point of reference for Chef Mentors and Examiners, the uniform body of knowledge to encompass both the Foundation Chef and Chef exams is 'Practical Cookery' (Edition 11), 'Advanced Practical Cookery' and 'The Theory of Catering' (Ceserani/Campbell, Kinton & Foskett). However, whilst the books' commonly accepted methods are expected, others ways and means that achieve the same results will not be penalised. Recipes used in the exam will be taken from 'Practical Cookery' or from 'Leith's Cookery Bible'.

1. PREPARE & COOK VEGETABLES

a) braised vegetables:

- leeks
- fennel
- chicory
- onion
- fondant potatoes
- Dauphinoise potatoes

b) boil or steam more delicate vegetables:

- broccoli
- asparagus

c) deep fry:

- potatoes: straw, basket, croquette
- beetroot and parsnip chips
- onion bahjee

c) deep fry: *continued* - vegetables in batter:

- cauliflower
- carrot julienne
- aubergine

d) blanching green vegetables:

- runner beans
- spinach
- leek
- mange tout

- e) roasting vegetables
- f) baked vegetables:
 - stuffed peppers
 - aubergine
- g) cooking vegetables in butter:
 - Vichy carrots
 - spinach
 - wilted rocket
- h) purée/creamed vegetable:
 - celeriac purée
 - creamed peas/spinach
- i) presentation of vegetables as a starter:
 - globe artichoke with clarified butter
 - stuffed mushrooms on toast
 - crudités with aioli
 - vegetables à la Grecque

2. STOCK MAKING

- veal
- seafood

3. SAUCES

a) hot:

- mustard or chilli sauces based on demi-glace
- chasseur
- béarnaise
- hollandaise

b) cold:

- mayonnaise
- sauce verte
- pesto
- Marie Rose
- beurre blanc

4. SOUP MAKING

- consommé
- chicken velouté
- bisque
- French onion soup
- New England clam chowder

5. PASTRY MAKING & BAKING

a) pastry:

- sweet pastry or sugar pastry [pâté à sucre]

rich short crust

b) doughs (dried or fresh yeast):

savarin
brioche
herb breads
blinis
sweet buns
teabread and barmbrack

c) dishes:

frangipane
warm red onion and beetroot tart with flaky pastry
rhubarb lattice tart
Tarte Normande with pears & almond pastry
chocolate cake
Swiss meringue
Genoese sponge cake
doughnuts
Eccles cakes
lemon tart

d) icings:

royal
glace
marzipan
basic buttercream

6. RICE COOKING

pilaff
risotto
stir-fried

7. PREPARE & COOK FRESH PASTA

gnocchi
tagliatelle
ravioli or tortellini plus fillings:
mushroom
ricotta and spinach

8. EGG COOKERY

a) hot:

omelette Arnold Bennet (classical)
eggs en cocotte
cheese soufflé
cheese and herb roulade
hot cheese timbale
sweet jam omelette

b) cold:

floating islands

baked egg custard
lemon curd

9. SELECT, PREPARE AND COOK POULTRY & GAME BIRDS

a) techniques: boning whole birds and joints, stuffing joints

b) dishes:

ballotine of duck
coq au vin
chicken cordon bleu
roast partridge
casserole of pheasant
sauté of pigeon breast
pan fried Chinese chicken in black bean sauce
chicken/poussin spatchcock

10. SELECT, PREPARE & COOK MEAT, OFFAL, GAME

NB Preparation includes boning where applicable

a) cooking methods:

grill, roast
braise
stew
steam
fry and griddle

b) dishes:

Boeuf à la Bourguignonne
stuffed roast shoulder of lamb
honey-baked bacon
beef Wellington
pan fried venison in mustard sauce
moussaka
cannelloni stuffed with pork and mushrooms
grilled pork chop with apple sauce
braised steak and onions
grilled lamb cutlets (French trimmed)
Indian Madras beef curry
sauté of kidney
Thai red beef curry
noisettes and rosettes of lamb
stuffed shoulder of lamb
roast lamb (□ leg) with traditional garnishes
braised chump chops with paysanne vegetables
steak and kidney pie (frozen puff pastry crust)
kidneys Turbigo

11. SELECT, PREPARE & COOK FISH AND SEAFOOD

Numbers below refer to notes at the end of this section, which identify fish sources that are not endangered as advised by the Marine Conservation Society

N.B. Starting with fish, round and flat, that is not cleaned, scaled or trimmed

Dish: warm calamari salad
poached brill¹ with tarragon sauce
curried hake² and basmati rice
salmon³ fillet in filo pastry
seared scallops with bacon
fritto misto
grilled whole mackerel⁴ with gooseberry sauce
fish quenelles
steamed halibut⁵ with béarnaise sauce
marinated salmon³ en papillote

1 – Baltic Sea; 2 – Cape, Northern European; 3 – Pacific (5 species), Atlantic (organic farmed); 4 – handline, driftnet caught or North Sea; 5 – farmed (onshore system)

12. PULSE AND GRAIN COOKING

a) grains:

cous cous
quinoa
millet
polenta

b) vegetarian dishes:

bean hotpot [chilli sans carne]
three bean salad
lentil soup

c) composite dishes:

sausage hot pot
cassoulet
tabouli
lentil and chickpea salad
tortilla and re-fried beans
falafel

13. SALAD MAKING

a) complex warm salads:

Pigeon breasts and quails' eggs on rocket with mustard mayonnaise
bacon and egg salad (lardoons, croutons, strips of warm omelette
on leaf salad with French dressing)
grilled goat cheese with endive and walnut salad

b) complex cold salads:

guacamole
taramsalata
hummus
avocado
seafood cocktail

14. SANDWICH MAKING

Dishes:

mozzarella in carrozza
Welsh rarebit
croque-monsieur
tripledecker
club sandwich
decorative open sandwiches
canapés

15. FRUIT PREPARATION

Dishes:

poached fruit
peach cardinal
fritters
hot spiced winter fruit salad

16. MAKE & PRESENT DESSERTS

a) hot:

French apple tart (includes glazing)
hot soufflé
cabinet pudding

b) cold:

Bavarois
mousse
crème brûlée
pannacotta
fresh jelly
ice cream
syllabub
Swiss roll
chocolate roulade

17. VEGETARIAN COOKERY

a) meat substitutes:

dishes using quorn
soya or tofu (see also 12.b)

b) vegetable dishes:

open ravioli
ratatouille
nut roasts
Chinese spring rolls
vegetable terrine with tomato sauce

NB Chef Examiners will pay attention to the candidate's work approach, as described in the Foundation Chef exam plus:

a. working knowledge of ingredients

- b. control of waste
- c. ability to use equipment and machinery

Aptitude & Knowledge Assessment Measures

Candidates should demonstrate social and communication skills building on the attributes set out for the AAA Foundation Chef exams. The assessment will be as for the first AAA exam viz:

1. English - the exam will be conducted in English and candidates will need an adequate understanding of the spoken and written language.
2. Interview - considering the candidate's written, personal statement brought on the exam day and assessing the candidate's prospect for advancement with specific regard to:
 - a. Communicating With Others
 - b. Working to Deadlines
 - c. Punctuality
 - d. Teamwork
 - e. Managing Your Own Work

Indicators:

- able to express and pursue career aspirations;
 - able to understand, seek and apply for appropriate jobs;
 - adaptability to different ways of working;
 - willingness to take responsibility in the work place;
 - knowledge of stock-taking sheets and order forms;
 - able to understand basic principles of dish costings.
3. Literacy and Numeracy – as required and demonstrated throughout the exam day.
 4. Personal qualities overall – attitude, behaviour, presentation, enthusiasm, commitment – as evidenced throughout the exam day.