

# 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 70% of the marks; an online, multi-choice knowledge test to be completed within one hour for 20% of the marks; a 20-minute interview for the remaining 10% of 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 (½ 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 brill<sup>1</sup> with tarragon sauce  
curried hake<sup>2</sup> and basmati rice  
salmon<sup>3</sup> fillet in filo pastry  
seared scallops with bacon  
fritto misto  
grilled whole mackerel<sup>4</sup> with gooseberry sauce  
fish quenelles  
steamed halibut<sup>5</sup> with béarnaise sauce  
marinated salmon<sup>3</sup> 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. Knowledge Test – computer-based test over one hour with the questions set being a random selection from the practice tests available throughout the preparation for the exam and covering all parts of the Syllabus.
  4. Established Literacy and Numeracy – as required and demonstrated throughout the exam day.
  5. Personal qualities overall – attitude, behaviour, presentation, enthusiasm, commitment – as evidenced throughout the exam day.