

APPLIED ABILITY AWARDS SYLLABUS

[Edition 7.2.11 - applicable to exams commencing 2011]

AAA Foundation Chef Examination

The Award

This Applied Ability Award will be presented to those who, under test conditions, can demonstrate their ability to work to the professional standard expected of *a capable Kitchen & Larder Chef working under supervision*.

The aim of the Award at Foundation 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 entering into or 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 actual or trainee commis chefs.

Regardless of the calibre and variety of training or experience the individual might previously have gained, the Triple A measures the culminating result against the current requirements of industry. In so doing, the Triple A will both maintain and promote craft skills whilst also eliciting the profession's common view as to what its progressive standards are and how they can best be developed.

EXAMINATION REQUIREMENTS

Ability Assessment Measures

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

HYGIENE:

- a. candidates must present a foundation food hygiene certificate, previously awarded;
- b. awareness of hygiene in food storage, preparation, production.

HEALTH & SAFETY:

- a. awareness in the workplace of hazards and machinery;
- b. correct manual handling/lifting;
- c. knowledge of fire procedures.

FOOD PREPARATION AND COOKING:

Testing will be through a practical exam over 3 ½ hours comprising a variety of skill displays and recipe tests selected from any of the areas of ability listed below, and only from these listings. Candidates will be given an indication of the particular requirements of their exam five working days in advance of the exam.

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.

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 will be 'Practical Cookery' (Edition 11) 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'.

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

PREPARE & COOK VEGETABLES

1. a) basic vegetables:
 - root vegetables: carrot, potato, parsnip, turnip, swede, celeriac
 - bulbs: onion, shallot, garlic
 - leaf vegetables: spinach, rocket, lettuce, cabbage
 - squash: butternut, courgette, pumpkin
 - flower heads: cauliflower
 - stem: celery
 - vegetable fruits: tomato, cucumber, aubergine
 - seeds and pods: fresh green beans, mange tout
 - fungi: mushrooms
 - other: leek, peppers

- b) basic preparation:
 - small dice [brunoise]
 - julienne [strips]
 - paysanne
 - batons [jardinière]
 - macédoine [½ cm dice]
 - small, even chop for mirepoix
 - tomato concassé
 - turning potatoes and carrots
 - chiffonade lettuce
 - top and tail

b) basic preparation: *continued* -

- peel
- slice
- shred

c) cook:

- boil
- steam
- grill
- roast
- stir fry
- bake
- deep fry: chips, game chips
- sauté potatoes
- roast potatoes
- Duchess potatoes

2. STOCK MAKING

a) convenience stocks

b) white stocks:

- fresh chicken
- vegetable
- fish

c) brown stock:

- beef
- vegetable

3. SAUCES

a) hot:

- roux (white, blond)
- béchamel, mornay
- velouté
- butter
- tomato
- thickened gravy
- roast gravy
- bread
- curry (curry powder)

non-thickened sauces:

- beurre noisette
- bercy
- provençale

b) cold:

tartare (using prepared mayonnaise), remoulade
Cumberland
mint
horseradish cream
French dressing [vinaigrette]
mayonnaise (from pasteurised egg)
compound butter

c) dessert sauces:

chocolate
fresh fruit coulis
crème anglaise

4. SOUP MAKING

a) purée:

carrot puree

broth:

Scotch broth
Minestrone
lentil

cream:

of pea
of mushroom
of tomato

b) cold:

gazpacho
vichysoisse

c) soup garnish:

croutons

5. PASTRY MAKING & BAKING

a) shortcrust pastry: make pastry, line flan tin and bake blind

choux pastry
plain, fruit and cheese scones
French pancakes
drop scones
shortbread biscuits
flapjacks
Victoria sandwich
Madeira cake
Quiche Lorraine

b) par baked or frozen:

croissant
Danish pastry
baguette
frozen puff pastry: mille feuille

- c) bread making:
 - rolls (dried or fresh yeast)
 - soda bread
 - oil based:
 - pizza base
 - focaccia

6. RICE COOKING

- boiled
- baked
- steamed
- fried
- braised

7. PASTA COOKING

a) dried:

- tagliatelli carbonara
- spaghetti Bolognese
- penne all'arrabiata
- macaroni cheese

b) fresh chilled (pre-prepared):

- ravioli stuffed with ricotta and spinach served with butter and sage
- lasagne

8. EGG COOKERY

a) poached

- boiled
- scrambled and fried
- eggs Florentine
- plain omelettes

b) pastry cream [crème pâtissière]

- Scotch egg
- crème caramel

9. PREPARE & COOK POULTRY

a) preparing:

- wash, joint and portion a raw chicken (ref. 'Practical Cookery', Edition 10)
- lift breasts from chicken
- egg and breadcrumb a chicken breast (supreme)
- tie poultry
- stuff joints (for chicken Kiev)

b) cooking:

roast chicken: portion roasted chicken into 4
shallow fry: pan-fried duck breasts
deep fry: breaded chicken drumstick, chicken Kiev
stir fry: marinated chicken
sauté: chasseur
pot roast: bonne femme
poach: chicken and spring vegetables
casserole: Thai green chicken curry
grilled: Indonesian chicken sate
boiled: chicken à la king

10. PREPARE & COOK MEAT, OFFAL, GAME

a) preparing:

trim small cuts
dice and trim stewing steak
wash, trim and snip rind of chops
batting a steak
cleaning offal
scoring for crackling
skin beef or pork fillet

b) cooking:

beef stew
Irish stew
grill chop
fry steak
shepherds pie
Lancashire hot pot
boiled bacon
chicken liver pate
pork escalopes [Vienna (pork) schnitzel]
Chinese sweet and sour pork (deep fried)
brown lamb or mutton stew [Navarin of lamb]
liver and bacon with sage mash and onion gravy

11. PREPARE & COOK FISH & SEAFOOD

a) preparing round and flat fish:

gutting
skinning
scaling
trimming
filleting
portioning:
gougons
supreme
darnes
tronçons

flour & egg breading
marinating
defrosting

b) preparing shellfish:

defrost
rinse/wash prawns
select & wash mussels

c) cooking:

roast
grill
deep fry prepared breaded or battered fish
shallow fry
stir fry
searing
stewing
baking
steaming
poaching

d) dishes:

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

stuffed roast mullet
grilled fish¹
haddock² and chips
gougons and chips
lemon sole¹ meunière
prawn³ stir-fry
moules marinières
fish pie
poached salmon⁴
seafood cocktail
smoked mackerel⁵
Thai steamed fish with chilli and spices
fillets of fish Bonne Femme
kedgeree
hot smoked haddock² supreme with poached egg and mornay sauce

1 - if using plaice: North Sea stocks, if sole: lemon sole or Dover sole from Celtic Sea, North Sea, Bay of Biscay, Hastings Fleet; 2 - NE Arctic, North Sea; 3 - Tiger & King (organic-certified farmed or zero input system); 4- Pacific (5 species), Atlantic (organic farmed); 5 handline, driftnet caught or North Sea

12. PULSE COOKING

soaking of pulses
care of soaked pulses
casserole: spiced lentil dhal
purée: chick pea humus

13. SALAD MAKING

wash, dry leaves and herbs

main course plated salad: Ceasar, Nicoise

starch based salad: pasta, rice salad

vegetable salads: tomato and mozzarella, potato and onion, coleslaw, Russian

14. SANDWICH MAKING

a) hot:

toasted

filled focaccia

grilled panini

bruschetta

bacon

Bookmaker

b) cold:

chicken wrap

tuna and sweetcorn filling in a bap

baguette with cheese filling

afternoon tea finger sandwiches

plain round of sandwiches

15. FRUIT PREPARATION

fresh fruit salad

fresh fruit platter

fruit purée

fruit juice

smoothies

16. MAKE & PRESENT DESSERTS

a) hot:

crumble

steamed sponge pudding

hot rice pudding

English apple pie

sticky toffee pudding

jam roly-poly (suet pastry)

lemon sauce pudding

treacle tart

bread and butter pudding

cabinet pudding

b) cold:

fruit fool

coffee profiteroles

chocolate mousse (no gelatine)

poached pear in flavoured syrup: orange, vanilla

poached apple

NB Chef Examiners will watch for the candidate's work approach as regards:

- a. methodical planning
- b. weighing and measuring
- c. correct use of ingredients
- d. time management
- e. problem solving
- f. dish presentation
- g. food tasting

Aptitude & Knowledge Assessment Measures

Candidates should demonstrate their abilities and knowledge as regards:

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 appraising 'employability' with specific regard to:
 - a. Communication With Others
 - b. Punctuality
 - c. Working to Deadlines
 - d. Teamwork

Indicators:

- able to converse and express themselves, their experience, interests, aspirations;
 - attitude to work, service time and the customer;
 - attitude to authority and to work colleagues, response to advice or criticism;
 - ability to work as part of a team.
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. Literacy and Numeracy – as required and demonstrated throughout the day.
 5. Personal qualities overall – attitude, behaviour, presentation, enthusiasm, commitment – as evidenced throughout the exam day.