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TRAVEL & TOURISM/CATERING DEPARTMENT

Course: Professional Cookery

Aims

This course is a one – year Post Leaving Certificate Course, which gives students the key skills and knowledge necessary to pursue a career in the Hospitality Industry. The course provides the student with an opportunity to obtain experience in a wide range of specialized areas such as Food and Beverage Services, Kitchen, Health and Safety, while at the same time obtaining a sound general knowledge in areas needed to function in the hotel and catering environment. This course leads to a FETAC Level 5 Certificate in Professional Cookery (5M2088) and an Environmental Health Offices Association Certificate.

Entry Requirements

- A minimum of five passes at ordinary level in the Leaving Certificate or Leaving Certificate Vocational or Leaving Certificate Applied.
- A personal interview

Course Content

Culinary Techniques	Menu Planning and Applied Nutrition
International Cuisines	Work Practice
Meal Service	Word Processing
Food Science and Technology	Personal Effectiveness
Pastry, Baking and Desserts	Food Safety & HACCP

Accreditation Body

- FETAC Level 5 – Advanced Certificate in Professional Cookery (5M2088)
- Environmental Health Offices Association Certificate

External Examiners

- Further Education & Training Awards Council (FETAC)
- Environmental Health Offices Association Certificate

Career Opportunities

Successful candidates may pursue careers in the hospitality industry eg kitchen, restaurant or beverage service. They can also progress onto the Advanced Certificate in Hotel Reception Operations FETAC Level 6 or progression to third level.

DESCRIPTION OF COURSE MODULES

PROFESSIONAL COOKERY (5M2088)

CULINARY TECHNIQUES

5N0630

*Organisation within a professional run kitchen
Time management, work plans and teamwork
Contemporary issues relating to food
Food production
National food and health and safety agencies*

PASTRY, BAKING AND DESSERTS

5N2084

*Standards and grades for baking ingredients
Commodities used in the production of desserts
Preparation of products using pastry
Baked dishes and soufflés
Preparation of hot and cold desserts*

INTERNATIONAL CUISINES

5N0632

*Relationship of food to culture & history
Preparation & techniques of World Cuisines
Best practice in hygiene & workplace safety
Factors determining the availability of food*

MENU PLANNING AND APPLIED NUTRITION

5N2085

*Influences of tradition, culture and trends on food choice and menu planning
Role of menu as a marketing tool
How menus and dishes are constructed
Nutritional content of food*

MEAL SERVICE

5N0635

*Factors in creating a meal experience
Sequence of service
Reservation Sales Process
Record reservations
Quality and customer focus
Appropriate communication skills when serving food and wine*

WORK PRACTICE

5N1433

*Distinguishing features of organizations
Current issues, challenges and trends affecting the workplace
Legislation and regulations relevant to place of work
Internal and external policies relevant to ones role
Minimum 2 month work practice placement*

FOOD SCIENCE AND TECHNOLOGY

5N0730

*Scientific principles & properties of food
Emerging trends in food
Stability and nutritional content of food
Food Production systems
Principles & applications of slow cooking*

FOOD SAFETY & HACCP

*Introduction to Food Safety
Introduction to HACCP and its principles
Food hazards and their control
HACCP Plans, Application, Development and Implementation*

PERSONAL EFFECTIVENESS

5N1390

*Objectives of working in groups
Features of meetings
Problem solving
Principles of personal effectiveness
Structure and purpose of an organization*

WORD PROCESSING

5N138

*Text manipulation
Document formatting
Graphics
Document Configuration
Proofing*