



Cook (Restaurant and Catering Company)

Certificate III in Commercial Cookery - SIT30813

Job Description

Employees work as cooks in a restaurant which also runs a catering business. Responsibilities may include the full range of kitchen and cooking functions, coaching others, designing menus, transporting food, and using cook-chill production processes. (This is the 'trade' qualification for cooks.)

Summary of Training

- Participate in environmentally sustainable work practices
- Work effectively with others
- Provide first aid
- Use food preparation equipment
- Produce dishes using basic methods of cookery
- Produce appetisers and salads
- Produce stocks, sauces and soups
- Produce vegetable, fruit, egg and farinaceous dishes
- Produce poultry dishes
- Produce seafood dishes
- Produce meat dishes
- Prepare food to meet special dietary requirements
- Produce cakes, pastries and breads
- Work effectively as a cook
- Clean kitchen premises and equipment
- Plan and cost basic menus
- Produce desserts
- Use hygienic practices for food safety
- Participate in safe food handling practices
- Coach others in job skills
- Maintain the quality of perishable items
- Participate in safe work practices
- Produce cook-chill and cook-freeze foods
- Produce and serve food for buffets
- Prepare sandwiches



- This Australian Apprenticeships occupation may attract additional incentives under a range of initiatives in the Australia Government's Skilling Australia for the future initiative. This may include incentives to take up a trade or upgrade your skills in a skill shortage occupation. For more information contact an Apprenticeship Network provider, call the Australian Apprenticeships referral line on 13 38 73, or look at the [National Skills Needs List](#).

Note

Please be aware that this Sample Training Program is designed to be a guide only to the selection of non-core units. Alternative combinations of units may be selected. In some cases Australian Apprentices may also have to complete prerequisite units. Employers and Australian Apprentices should seek advice from Australian Apprenticeship Support Network (Apprenticeship Network) providers or Registered Training Organisation for more detail.