



Welcome to the Hospitality and Catering Department!

We thought we would take this time to introduce ourselves and let you know that we hope you will be joining us in the autumn term and start your first steps to your chosen career.

We understand that it's been a very difficult time and it must have been so hard not to be allowed to complete your exams and get the opportunity to say goodbye to your school and friends. It's now time to start something new and exciting, taking part in one of our courses will give you the chance to invite your friends and family in for a treatment and show them the new skills you have learnt.

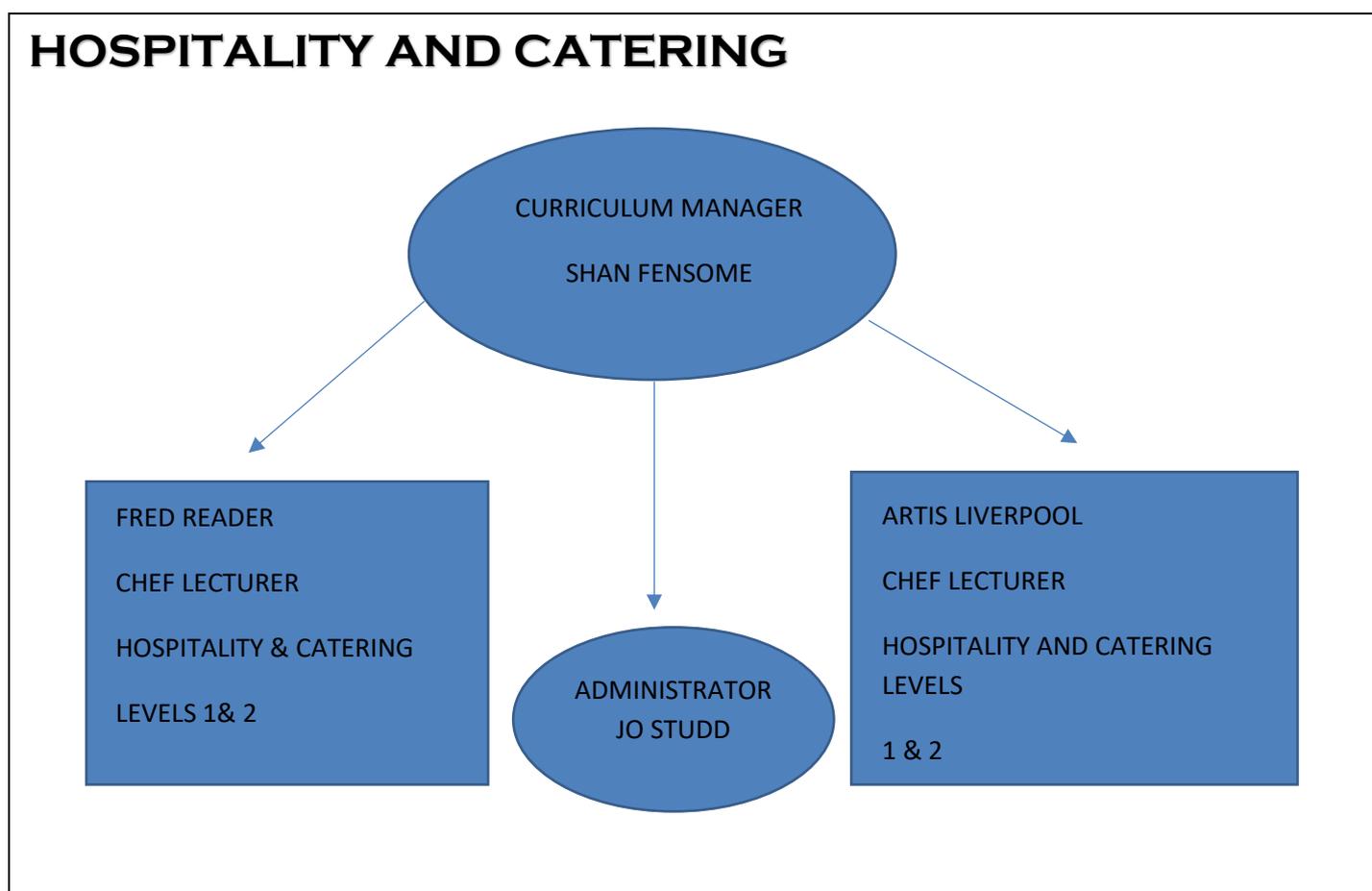
This pack is simply to give you some information on what to expect and how to get yourselves in the right frame of mind for starting your course.

You will hear from the college nearer the time about how to enrol and when we will be starting. Enrolment is usually in August after the GCSE results come out.

Enjoy the summer, and I really look forward to welcoming you to the college soon!

Shan Fensome - Curriculum Manager for Hairdressing, Beauty, Hospitality, Catering and Employability programmes

Meet the team



Shan Fensome

Shan Fensome Curriculum Manager for Service Industries and Employability Programmes. Been in Hairdressing for 30yrs. Managed a hair salon for 10yrs and have taught in Further Education for 20yrs. Successful in competition work and have a Master Colour Award with Wella. I keep abreast of current trends and changes in the industry by attending seminars and undertaking catering courses .I am passionate about my craft and enjoy passing on my knowledge and skills to students so they can achieve their goals and aspirations.

sfensome@buckscollegigroup.ac.uk

Artis Liverpool

Joined Bucks College group in 2018 after teaching in various colleges and institutions around the Bedfordshire area. Worked in the industry for over 25 years and made the transition into teaching in order to pass on my experiences teaching the future hospitality and catering

students. My current role as a lecturer and course tutor is to over see all the level 1's and level 2 Culinary skills students. Delivering both theory and practical knowledge.

aliverpool@buckscollegegroup.ac.uk

Fred Reader

Chef Lecturer and Head Chef for commercial activities in the college. Worked in catering for 43 years serving 23 in the RAF, seeing service at home and abroad. Employed for 10 years as Executive Chef Manger and Site Manager, overseeing catering contracts for Compass. Joined the College in 2007. I felt strongly about wanting to bring young chefs through qualifications to go into what can be a very rewarding and worthwhile career.

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Induction

We will start your course with Induction week. Shan Fensome will welcome you to the college and introduce you to your tutors.

You will be given your time table and a tour of the facilities and spend the week getting to know your classmates.

You will also be taking part in practical, learning some basic skills so you will need to have your Chef`s uniform (Whites), including safety shoes and knives with you. You will be shown the correct way to wear your uniform and given some instruction on basic knife skills.

Your first lessons will be based on Food Safety with an exam to gain the required Food Safety Certificate.

Induction week gives you the chance to ensure it's the right course and by the end of the week you will feel settled and ready to start your new timetable.

Course Summary

We offer a variety of courses across the hospitality and catering department and we are here to help you decide the best course for you.

Level 1 Culinary Skills

The course is made up of practical timed assessments along with assignments and short multiple-choice questions test papers.

The Theory and practical units students will be covering are:

Unit 601 Investigate the catering and hospitality industry

Unit 602 Food safety

Unit 604 Healthier foods and special diets

Unit 605 Kitchen equipment

Unit 606 Personal Workplace skills

Unit 607 Boiling, poaching and steaming

Unit 608 Stewing and braising

Unit 609 Baking, roasting and grilling

Unit 610 Deep frying and shallow frying

Unit 611 Regeneration of pre-prepared food

Unit 612 Cold presentation

Level 2 Culinary skills (7138-22)

LEVEL 1 HOSPITALITY SERVICES

Work as part of a Team

Provide a counter and takeaway service

Food Safety

Prepare and cook hot and cold sandwiches

Prepare and cook basic meat dishes

Prepare and cook basic poultry dishes

Prepare and cook basic fish dishes

Prepare and cook basic Vegetable dishes

Barista



Assessments

Observations

Exams

Tutorials

LEVEL 2 DIPLOMA IN HOSPITALITY SERVICES

Food safety

Develop working relationships

Food and drink services

Prepare and cook meat dishes

Prepare and cook fish dishes

Prepare and cook poultry dishes

Prepare and cook vegetable dishes

Real Work Experience



Observations

Assessments

Exams

Tutorials

LEVEL 2 DIPLOMA IN PROFESSIONAL COOKERY

Maintain and Handle Knives

Food Safety

Health and Safety

Prepare and Cook Meat Dishes

Prepare and Cook Poultry Dishes

Prepare and Cook Fish Dishes

Prepare and Cook Vegetable Dishes

Prepare and Cook Hot Sauces

Prepare and Cook Basic Soups

Prepare and Cook Basic Pastry Dishes



Menu Planning

Assessments

Competitions

Trade Visits

APPRENTICESHIPS

We offer a range of apprenticeships some of which are listed below:-

Level 2 Apprenticeship Standard in Food Production

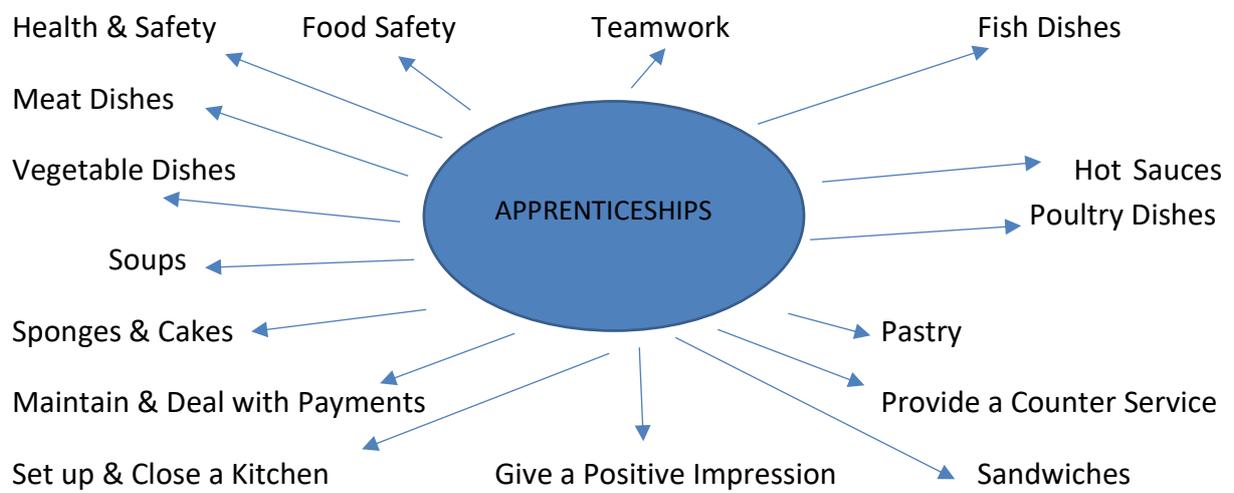
Level 2 Apprenticeship Standard in Food Production and Cooking

Level 2 Apprenticeship Standard Hospitality Team Member

Level 3 Apprenticeship Standard Senior Chef Food Production

For these qualifications you must be employed and must complete 20% of your annual working hours in Off the Job Hours.

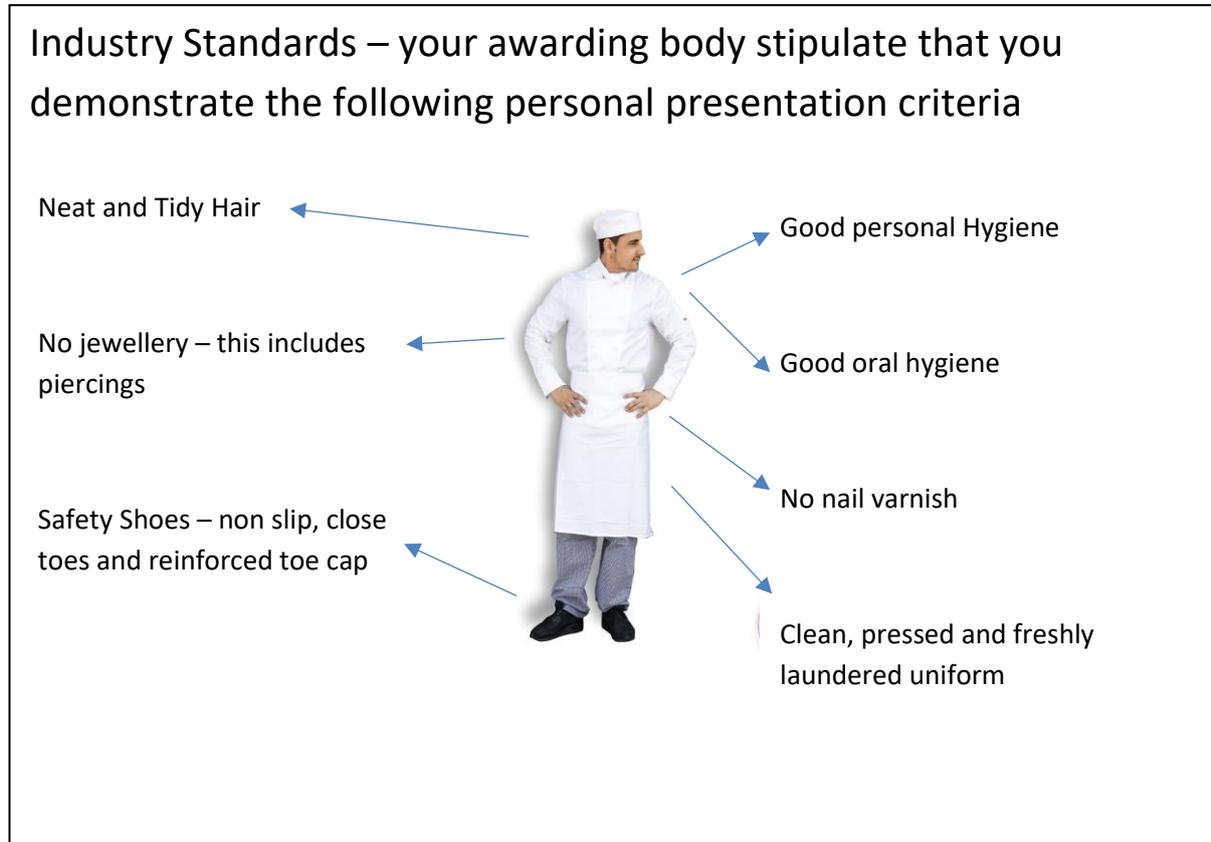
Here are some of the units covered, according to which qualification you require.



Please get in touch to discuss the type of Apprenticeship that would suit you.

Standards

We follow the highest industry standards; this will help you prepare for the work place.



Assessments

To gain your qualification you will need to complete practical observation assessments, assignments and exams.

Career and progression opportunities

The beauty of our courses is that they open such varied careers. We have had students who are now working in some of the leading restaurants and businesses in the area. Students have gone on to work at Le Manoir aux Quatre Saisons, with Raymond Blanc, The Hand In Flowers with Tom Kerridge and The Fat Duck with Heston Blumenthal. Some have gone on to open their own establishments working for themselves. The college has strong connections with a wide range of businesses, throughout the county, one of which is Waddesdon Manor who are always willing to offer an opportunity in starting a career in catering.

Below gives you an insight into where your course could take you.

Do you like the idea of working and seeing the world? Then you may like a career on a cruise ship.

<https://youtu.be/R2vXbFp5C9o>

You may like the thought of working in Hotel Catering.

https://youtu.be/5zT_BsuQvfc

You may decide you would like to concentrate on event catering

<https://youtu.be/rRIHZUjTP4Y>

Don't forget to speak to your Tutors and ask them about their careers, it could give you a real insight and inspiration.

Have a go

Why don't you have a go and cook for the family following the recipes below .



Risotto primavera

Ingredients

- 4 medium shallots
- 3 spring onions, trimmed
- 1 small garlic clove
- 250g bunch asparagus
- 1.3l good quality vegetable stock
- 1 tbsp olive oil
- 85g butter
- 350g Carnaroli rice (or Arborio or Vialone)
- 100ml dry white wine
- 140g shelled peas
- 100g parmesan, finely grated

Method

1. Chop the shallots, spring onions and garlic as finely as you possibly can. Snap the woody bases from the asparagus spears and discard. Slice each spear into 4 diagonal pieces. Pour the stock into a separate pan and bring to a simmer.

2. Heat the oil and half the butter in a heavy, wide pan. Tip in the shallots, spring onions and garlic and cook for 3-4 mins until soft and see-through, but not brown, stirring often. With the heat on medium, add the rice and keep it moving with a wooden spoon for a few mins so it gets toasted, but not coloured, and very hot. Once it starts to hiss and sizzle, pour in the wine. Keep stirring for about a min until the wine has evaporated.

3. Put the timer on for 20 mins (it takes 18-20 mins to add the stock), now add 1 1/2 ladles of stock, letting it simmer, not boil. Keep

stirring until all the liquid is absorbed, scraping the sides of the pan to catch any stray bits of rice. Continue to stir and add a ladleful of stock once the previous amount has been absorbed. (If you add too much stock at a time the risotto won't be as creamy.) The rice tells you when it needs more stock. You will hear it sigh and when you pull a spoon across the bottom of the pan it should leave a clear line

4. After 14 mins add the beans and peas to the rice with some seasoning. At the same time, drop the asparagus into the stock and let it simmer for 4 mins, then lift out with a slotted spoon and add to the rice. Start tasting the rice now too – when done it should be softened, but with a bit of bite in the centre, almost chewy, and the risotto creamy – overcooking just makes it mushy. Continue adding stock and stirring until done (you may have a little stock left). Take the pan off the heat, add half the parmesan and the rest of the butter plus a splash of stock to keep everything moist. Put the lid on the pan and leave for 3 mins to rest. Serve with the remaining parmesan



Escalope of Pork Napolitaine

Escalope of Pork in breadcrumbs, sautéed, then served with a garnish of Spaghetti mixed with tomato concasse and a cordon of tomato sauce.

Ingredients:

1 Pork escalope flattened out and then passed through seasoned flour, egg wash and breadcrumbs.

Finely diced shallot (quantity depends upon the size of the shallot) with crushed garlic sweated in oil then mixed with two tomatoes cut for concasse.

Tomato Sauce

This is basically a veloute-based sauce with the addition of tomato puree and a mirepoix of vegetables.

30gms Margarine

30gms Flour

45gms diced Carrots

½ Diced Onion

¼ Leek roughly chopped.

1 Stick celery

Tomato Puree

1-pint Chicken stock

Tomato Sauce cont`d

- Collect all the ingredients and cut up the vegetables.
- In a suitable size saucepan melt the margarine and sweat down the mirepoix on the side of the stove without burning.

- Add the flour and cook out, then mix in the tomato puree, do not cook out.
- Gradually, add the stock mixing in the roux. Finally add the herbs bayleaf and thyme plus seasoning.
- Bring to the boil and simmer on the side of the stove.
- When the sauce is cooked, about 30 minutes, strain through a conical strainer, adjust seasoning and consistency.

To Serve:

- Have ready the tomato concasse.
- Sauté the escalope in oil in a sauté pan, do not use a frying pan.
- Reheat the spaghetti in butter and mix in the concasse.
- Place the escalope on a plate and the spaghetti at one end in a mound.
- Pour around a fine cordon of Tomato sauce.
- The spaghetti is traditionally finished with grated parmesan cheese.

TRANSITION TASK

For this task you need to research a restaurant. It does not have to be local. Find out the range of services they provide and the price range from lowest to highest.

Write this information down with your opinion on how well they advertise, are they traditional or modern. Is there parking nearby? Does it have disability access? Does the business use or advertise a particular brand? Is the business linked to another business i.e. spa/beauty services, hotel for example.

This can be done on computer or by hand. Please use images of the restaurant you have researched. This induction task should be handed in before the end of your timetabled week.

WHAT HAPPENS NEXT

We will be in touch and will hopefully see you on our enrolment day but don't forget if you have any questions please get in touch.

Have a great summer.

Hospitality & Catering Team