



Occupational Requirements – Cook

Applicants seeking recognition of their qualifications¹ or experience in relation to the commercial cookery trade will need to demonstrate knowledge and understanding of the occupational requirements listed in this document.

To be eligible for occupational recognition an applicant must have the minimum years of work experience equal to the full-time equivalent of the nominal term of the training contract for the occupation. For a cook, the nominal term of the training contract is 48 months, so the minimum years of work experience required is 48 months (4 years).

Successful recognition of qualifications or experience will result in the applicant gaining an **Occupational Certificate as a Cook**.

To be considered for Occupational Recognition as a Cook you must be able to perform the following skills:

Skills/Tasks
Actively participate in safe food handling practices.
Actively participate in safe work practices
Clean kitchen premises and equipment
Coach others in job skills
Plan and cost recipes
Prepare appetisers and salads
Prepare dishes using basic methods of cookery
Prepare food to meet special dietary requirements
Prepare meat dishes
Prepare poultry dishes

¹ Where these qualifications have not been obtained under an Australian training contract (apprenticeship or traineeship).



Prepare seafood dishes
Prepare stocks, sauces and soups
Prepare vegetable, fruit, eggs and farinaceous dishes
Prepare vegetarian and vegan dishes
Produce cakes, pastries and breads
Produce desserts
Receive, store and maintain stock
Use food preparation equipment
Use hygienic practices for food safety
Work effectively as a cook
Work effectively with others

Commercial kitchen workplace practices

- Following safe hygiene, health, and work practices
- Following environmentally sustainable work practices, minimising waste, and maximising sustainability
- Understanding and complying with work health and safety legislation and implementing safe work practices
- Receiving, handling, and managing stock, including pre-ordering for future use and/or planned work
- Safely using, maintaining, and cleaning kitchen premises and equipment
- Communicating effectively across teams, colleagues, contractors, suppliers, and other professionals
- Legislation and goods practice relating to the purchase, storage, preparation, cooking, and service of food products
- Prioritising and planning work effectively within a kitchen timeframe, including production schedule and costing recipes
- Factors bearing on ingredients used in cooking, including seasons, availability, costs, storage, and use

**Specific skills**

- Preparing:
 - appetisers and salads
 - stocks, sauces, and soups
 - vegetable, fruit, eggs, and farinaceous dishes
- Preparing and producing:
 - meat, poultry, and seafood dishes
 - vegetarian and vegan dishes
- Preparing food to meet specific dietary and allergy requirements
- Producing:
 - cakes, pastries, and breads
 - desserts
- Producing and preparing dishes using basic cookery methods
- Using, cleaning, and maintaining food preparation equipment

Additional skills to consider

- Packaging prepared foodstuffs
- Preparing and presenting sandwiches
- Preparing and serving cheese
- Preparing specialised food items
- Producing:
 - cook-chill and cook-freeze foods
 - pates and terrines
- Producing and serving food for buffets
- Re-thermalising chilled and frozen foods
- Transporting and storing food