



Centacare – Apprentice Chef Level 2

Program Content

The aim of our Apprentice Chef Level 2 course is to build the foundations of meal preparation. The course will eventually enable our participants to follow a recipe to complete meals without any assistance. This course will cover various topics including those outlined below:

Intermediate practical stove top cooking skills

- Safe food storage (fridge, freezer, pantry)
- Peeling and blanching vegetables
- Safe Food Handling (hand washing, clean surfaces)
- Safe storage temperatures for hot and cold food
- Food cross-contamination and hygiene
- Frying
- Boiling
- Toasting
- Casseroles and stews
- Using the microwave oven
- Using blenders
- How to make a no-bake cheesecake

Intermediate baking skills

- How to mix flour and water to make pies and cakes from scratch

- How to make simple short crust pastry
- How to make simple cupcake and cake batters
- Oven temperatures and cooking times
- Cake decorating
- Apple crumble
- Roasting vegetables and meat for a dinner party

A recipe sheet will be provided each week, and the participants will be encouraged to keep the recipe sheets and put them in a folder for future reference.

Program Goals

The primary goal of the Apprentice Chef Level 2 course is for our participants to safely prepare nutritious, inexpensive meals from a recipe.

A secondary goal is to educate participants about the advantages of using staples such as flour, dried pasta, and fresh vegetables instead of commercially prepared ingredients in order to save money and widen their repertoire of dishes.

If there are specific goals for a participant, delivery can be tailored and individualised for that participant.