

# cookeryschool

at little portland street



## Cook's Certificate in Food & Wine

Our Cook's Certificate in Food & Wine; a six week intensive 'fast track' course which is a good starting point for anyone looking to confidently cater at home, take seasonal work or go into a professional kitchen. Our Certificate embodies principles and culinary skills required to make confident and knowledgeable general cooks. We intend to pass on skills that once would have been acquired through mothers and grandmothers that form the bedrock of cooking and engender a passion for food.

Originally from South Africa, the school's Principal Rosalind Rathouse, is a professional cook and tutor who's been teaching cookery to people of all ages and abilities for over 40 years. Rosalind began teaching in the 1960s and went on to open Cookery School in 2003, based on the lasting principles of classic, simple cooking. An experience at Cookery School is learning that lasts – you cannot unlearn how to chop an onion and crush a clove of garlic.

The school in its tenth year has seen some now household names come through the doors over the years, including Paul Young, Paul Merry, an Australian master baker and the first vegetarian winner of Master Chef, Rosa Baden Powell.

Alongside Cookery School's **Rosalind Rathouse**, our Cook's Certificate will be taught by **Lucy French** and **John Fernandez**, with specialist classes taught by patisserie chef **Ghalid Assyb**, award-winning baker **Dan Lepard**, Indian author and teacher **Kumud Shah** and Japanese sushi specialist **Kimiko Barber**.



**Cookery School**  
**15B Little Portland Street, London W1W 8BW**  
Call: 020 7631 4590 | [www.cookeryschool.co.uk](http://www.cookeryschool.co.uk)

## What qualifications will I receive?

You will gain-

- Cookery School Certificate in Food & Wine
- Regulated Wine Certificate (WSET Level 2)
- Level 2 Award in Food Safety in Catering
- First Aid Certificate

## Attendance

Students are required to attend a minimum of 90% of the sessions in order to qualify at the end of the course. This gives students 3 days' worth of flexibility should anything urgent occur.

Students will be continuously assessed and teachers will give feedback throughout. Practical assessments will take place throughout the course.

## Who is this course suitable for?

The course is suitable for all ages, people who have an interest in cooking and want to develop their existing skills and repertoire. The intensive structure will equip pupils with knowledge, skills and confidence to cater for large groups at home, take seasonal work, go into professional kitchens and to go on and study further.

The course aims-

- To make students into competent cooks so that they can undertake cooking for decent sized groups
- To make students understand the principles behind cooking so that this learning can be extended to other recipes, cuisines and environments
- To allow students to feel relaxed about producing food that may currently seem overwhelmingly difficult. By the end of six weeks they will be able to approach major cooking tasks
- To teach students to plan, budget and think ahead. If they have done this correctly, shopped and have good recipes, the rest will follow.

## What can I go on to do after?

We will help students further their careers in the kitchen as far as we can and will offer career advice throughout the course. Students will have the opportunity to take up a week's work placement in a professional kitchen at the end of the six weeks. Chosen by us the kitchens are with people and chefs that we have previously worked with, whose ethos we know is similar to ours, in the training that will be provided. Previous students have gone on to work in professional kitchens, cater for large parties privately and continue to study.

## Course Topics

- Knife skills
- Weights & measures
- Sustainable & seasonal sourcing
- Oils & vinegars
- Dressings & salads
- Soups, stews & roasts
- Quick breads & yeast breads
- Short, sweet, choux, puff pastry
- Sauces: sweet & savoury
- Chocolate master class
- Meat: cuts, boning, butchery
- Fish: cleaning, skinning, filleting
- Italian pasta, risotto, gnocchi
- Mousses & custards
- Recipe sourcing
- Menu writing & pricing
- Budgeting
- Food plating & presentation
- Sourdough with Dan Lepard
- Japanese with Kimiko Barber
- Indian with Kumud Shah
- Regulated WSET wine course

## How is the course structured?

### Daily classes and homework-

The classes will focus on hands-on prep and cooking where you will be doing all of the cooking. Sometimes you will work on a single dish, with everyone doing a variation on the same theme and at other times you will do everything when the task is perhaps trickier and students all need to practice to gain skills and competency.

Most nights we will ask you to complete homework, for example, finding reputable recipes that look as if they will work. So many recipes do not work and people then blame themselves. One needs to learn which recipes to trust. Other homework will include practising recipes and photographing finished dishes, pricing up ingredients and so on.

### Daily routine-

The course will run daily from 9.30am – 4.00pm with extended classes on certain days. Each day starts with breakfast and students will take it in turns to make breakfast for everyone. Breakfast will be variations on a particular theme, for example, scones, so that each week we ensure that everyone masters the technique and principle.

In general the morning session will be quite long with a late lunch around 2 O'clock when homework and principles learnt that day are discussed, before a shorter afternoon session.

## Key course influences

### Ingredients-

We always use best possible ingredients, organic where possible, with no additives or preservatives. This will be discussed throughout the course.

### Seasonality & Sustainability-

We try to be as seasonal as possible and to buy food that is sustainable, i.e. as local as possible so that our carbon footprint is as small as it can be. We recycle everything, the kitchens split waste into food waste, recycled card, paper, plastic and tins and general waste. It should be noted that we are the first cookery school in London to receive 3 Stars from the Sustainable Restaurant Association.

### Tasting-

Ultimately cooking is about what food tastes like - seasoning is paramount and EVERYTHING has to be tasted before it is eaten. That is something that we are very strong on. You can cook something beautifully so that it looks fantastic but if it not tasted for seasoning, the results can be very disappointing.

### Equipment-

Cookery School custom designed kitchens offer students the opportunity to learn and use a range of appliances. Our kitchens offer the latest induction technology.

## Sample Sessions

### Savoury sauces

Mayonnaise & aioli  
Hollandaise & Bearnaise  
Bechamel  
Red wine reduction  
Tomato  
Pesto  
Puttanesca  
Salsa verde  
Souffle

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### Advanced pastry

Understanding puff pastry  
Provençal tomato tart  
Parmesan cheese straws  
Sausage rolls  
Palmiers  
Apple tarte tatin  
Beef wellington  
Croissants

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### Chocolate master class

Tasting & tempering  
Chocolate discs  
Ganaches  
Dark, milk, white truffles  
French rochers  
Chocolate brownies  
Honeycomb  
Hot chocolate

## Hygiene, health and safety

We have excellent health and safety records at Cookery School.

At the end of week one all students on the Cook's Certificate will complete the Level 2 Award in Food Safety in Catering.

At the end of week two students will complete a certified First Aid training session with the British Red Cross.

As part of our enrolment process, we ask students to inform us of any dietary requirements and to complete a Health Declaration Form to tell us about any relevant medical conditions. This information is treated as confidential.

On day one we will give you our Risk Assessment document and our Best Food Practice information and ask you to familiarise yourself with it.

## What should I wear?

In the kitchen students will be required to wear chef trousers and jackets, aprons and flat, comfortable shoes. Cookery School will provide aprons and the use of all knives and equipment.

You can purchase Wusthof knives from us directly as we sell these through the school. Wusthof are the knives we use and recommend.



## Enrolling and paying for the course

In order to apply for the Cook's Certificate you must download and complete our Enrolment form and return it to [info@cookeryschool.co.uk](mailto:info@cookeryschool.co.uk). You will be contacted by Cookery School to ensure that the course is right for you.

The cost of the course is £5,900 which includes all necessary ingredients and use of Cookery School equipment as well as a daily fresh apron. Once enrolled on the course you must pay a 50% deposit which is non-refundable. The outstanding cost will be due four weeks before the course start date.

## Student visa information for non-EU students

If you wish to enrol and come to Cookery School from outside of the EU please check information on student visas is available on the UK Border Agency's website for students:

<http://www.ukba.homeoffice.gov.uk/studyingintheuk/>

## Foreign language information

The course is taught in English and we require students to have a good understanding of spoken and written English. If you are uncertain about your level of English, please call us to discuss.

