

# cookery school

S U S T A I N A B L E   L E A R N I N G

*at Little Portland Street, London*

## Cook's Certificate in Food & Wine

March, June and September 2022

This six-week long professional cooking course provides the fullest possible culinary training for knowledge that will last a lifetime. Participants leave with a Level 3 certification from OCN London, a Wine and Spirit Education Trust (WSET) Level 2 qualification in wine, Level 2 Sustainable Kitchen accreditation, Level 2 Award in Food Safety in Catering and the confidence to take steps towards a career in food, become a professional chef or simply a brilliant home cook.



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Cookery School at Little Portland Street  
15b Little Portland Street, London W1W 8BW

## Cook's Certificate in Food & Wine

Our Cook's Certificate in Food & Wine is a six-week intensive fast-track cooking course, accredited by OCN London, for anyone looking to confidently cater at home, undertake seasonal work or enter a professional kitchen. The course takes place three times a year – spring, summer and autumn.

Through our sustainable, principle-led teaching approach, you will gain the skills required to become confident and knowledgeable general cook. As a Cookery School-certified cook, you will leave us feeling proficient and well-equipped with the ability to plan and execute menus to suit the occasion and to go on to fulfil the ambitions that brought you to the course in the first place.

Our food is based on classic, simple cooking. Avoiding jargon, we focus on the importance of fantastic ingredients and understanding the principles of the kitchen. An experience at Cookery School is learning that lasts – you cannot unlearn how to chop an onion or crush a clove of garlic!

The school's founder, Rosalind Rathouse, is a professional cook and tutor who's been teaching cookery to people of all ages and abilities for over 50 years. Rosalind has always been committed to sustainability and this is evident throughout Cookery School, from the ingredients used – which are organic and locally-sourced where possible – to the renewable energy that powers the kitchen and the eco-friendly habits of all staff.



### A selection of topics covered

- Fish & shellfish
- Meat & poultry
- Salads, dressings and vegetables
- Soups
- Stews
- Roasts & Yorkshire pudding
- Pasta, risotto, gnocchi
- Indian food
- Middle Eastern food
- Thai food
- Other cuisines
- Savoury and sweet sauces
- Pastry: puff, shortcrust, sweet shortcrust & choux
- Bread
- Sourdough making
- Cake making
- Biscuits, macarons, scones, muffins & pancakes
- Gelatine, custards, mousses
- Eggs
- Ice cream & sorbet
- Chocolate: moulding and tempering
- Knife skills
- Weights & measures
- Food and wine pairing
- Catering planning
- Recipe sourcing
- Budgeting
- Sustainable & seasonal sourcing

## Why a Cook's Certificate and not a Chef's Certificate?

Cookery School at Little Portland Street was founded on teaching people how to cook good food with confidence. We believe that to be a good cook, you need to master the fundamentals of cooking before taking them to the next level and this is what our Cook's Certificate aims to achieve.

## Who the course is suitable for?

The course is suitable for all ages, for 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, undertake 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 sizeable groups
- To give students understanding of 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 with confidence
- 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 students do after the course

The intensive structure will equip pupils with the knowledge, skills and confidence to go into a career in food, be it small-scale catering, yacht or chalet cooking or work in professional kitchens.

We will help students further their careers in the kitchen as far as we can and 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 course.

## Qualifications you will receive

- Cookery School at Little Portland Street Certificate in Food & Wine
- A Cookery School Cook's Level 3 Training Certificate from OCN London
- Level 2 Regulated Wine Certificate from Wine and Spirit Education Trust (WSET)
- Level 2 Award in Food Safety in Catering
- Level 2 Sustainable Kitchen accreditation from OCN London

## 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  
Provencal tomato tart  
Parmesan cheese straws  
Sausage rolls  
Palmiers  
Apple tarte tatin  
Beef Wellington  
Croissants

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### Chocolate Masterclass

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

## Design of the course

The course is based on the premise that everyone has holes in their culinary knowledge so nothing is taken for granted. All relevant topics – theoretical and practical – are covered, giving students a good grasp of the cooking skills that they will require in the future. Students will build up the requisite skills needed to become confident using techniques that are considered tricky but are an essential part of a cook's arsenal.

## Our teaching

Learning how to cook good food with confidence is the happy result of our sustainable, principle-led teaching approach. We work within a clearly structured framework with recipes that have been honed and tested over the years and used by thousands of students.

Alongside the school's founder, Rosalind Rathouse, the Cook's Certificate will be taught by our in-house chefs, with certain classes taught by chefs who are specialists in their respective fields.

Our teaching is straightforward, and we avoid using jargon. Rosalind insists that all teaching principles are consistent whomever the teacher. Students are encouraged to ask questions to ensure a full understanding.

Assessments take place throughout the duration of the course so that students can witness their growing competency and Cookery School can ensure that what has been taught has been assimilated and is being appropriately used.

## The course structure

The course runs daily from 8:30am – 4pm with extended classes on certain days. Each day, students will take turns to make breakfast for the whole class.

The classes are totally hands-on, so you will be doing all 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. In general, the morning sessions are quite long with a late lunch, during which homework is set and principles learnt that day are discussed. Afternoon sessions are shorter and include a short daily OCN London assessment.

During the final week, time will be dedicated for career advice. We are able to help place students in top London restaurants and caterers for work experience (some of which have resulted in offers of full time jobs!). Past participating food and hospitality businesses include:





## Our ethos

We try our utmost to be as sustainable as possible – no mean feat when you are based in central London! We were the first cookery school in London to receive three stars from the Sustainable Restaurant Association (SRA) and our course includes an OCN-accredited sustainability training module called Sustainable Kitchen. This one-day course introduces the salient sustainability concepts and demonstrates how cooks can preference the environment in their kitchen.

Part of our commitment to sustainability is seasonality and using local, primarily organic ingredients so that our carbon footprint is as small as it can be. This will be discussed throughout the course.

Cookery School's custom-designed kitchens offer students the opportunity to learn and use a range of appliances. Even the appliances we use have the highest possible sustainability rating.

## Class size

The class size is limited to 12 participants. As well as having a high teacher/pupil ratio, we provide a high helper/pupil ratio to allow as much time as possible to be devoted to valuable learning rather than tasks like washing up.

## What to wear

Students are required to wear clean chef's trousers and jackets, aprons and flat, comfortable shoes in the kitchen. You will need to purchase chef's whites and Cookery School will provide a fresh apron daily.

## 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 are continuously evaluated and teachers give feedback throughout. Practical assessments will take place regularly throughout the course.



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## **Cost**

The course is £7,750, 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 commences.

We are happy to take payment in instalments, with the final payment being made at least four weeks before the start of the course. Depending on your circumstances, you may be eligible to apply for a professional development loan from the government. Find out more here: <https://www.gov.uk/career-development-loans/eligibility>.

## **Enrolment**

Contact us on 0207 631 4590 or [info@cookeryschool.co.uk](mailto:info@cookeryschool.co.uk) and we will arrange a time for Rosalind to give you a call or to meet with you to discuss the course and ensure that you will gain what you are hoping to from it.

## **Student visa information for non-EU students**

If you live outside the EU and wish to enroll, please check your eligibility for a student visa on the UK Border Agency's website for students: <https://www.gov.uk/browse/visas-immigration/student-visas>

## **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.