






Certificate III in Commercial Cookery

SIT30821



STUDY WITH SPROUT!

-  No experience required
-  Face-to-face or hybrid learning
-  52-week course



ENQUIRE NOW!

Sprout Training

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Certificate III in Commercial Cookery

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This qualification provides participants with pathways to work in restaurants, hotels, clubs, pubs, cafes, and coffee shops.

Core Structure

The course structure comprises the following core and elective units.

To be awarded the SIT30821 Certificate III in Commercial Cookery, a student must successfully complete a total of twenty-five (25) units of competency, comprising of:

twenty (20) core units, and five (5) elective units, of which: three (3) units must be from Group A or Group B; and two (2) units must be from Group A, Group B or Group C.

Sprout Training delivers the electives listed in the 'course structure and units' below. These electives have been selected based on industry needs, graduate pathways and/or student and trainer feedback. Alternative suitable electives are only available via Recognition of Prior Learning (RPL) and Credit Transfer (CT)



What will you learn?

The program focuses on mastering basic skills: from how to hold a knife properly, to preparing vegetables. You will learn the correct planning and preparation of food and equipment and have sound knowledge of kitchen operations to prepare food and menu items. You will learn how to make a large variety of recipes such as stocks, sauces, cakes and meat, poultry, and seafood dishes.

Assessments

Your competency will be assessed through practical and theory, classroom observation and simulated training exercises.

Potential career pathways

Sous Chef
Restaurant Manager
Executive Chef

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Core units

SITXFSA005	Use hygienic practices for food safety
SITXFSA006	Participate in safe food handling practices
SITXINV006	Receive, store and maintain stock
SITHKOP009	Clean kitchen premises and equipment
SITHWHS005	Participate in safe food practice
SITHCCC023	Use food preparation equipment
SITHCCC027	Prepare dishes using basic methods of cookery
SITHCCC029	Prepare stocks, sauces and soups
SITHCCC028	Prepare appetisers and salads
SITHCCC030	Prepare vegetable, fruit, egg and farinaceous dishes
SITHCCC031	Prepare vegetarian and vegan dishes
SITHCCC035	Prepare poultry dishes
SITHCCC036	Prepare meat dishes
SITHCCC037	Prepare seafood dishes
SITHCCC042	Prepare food to meet special dietary requirements
SITHCCC041	Produce cakes, pastries and breads
SITHPAT016	Produce desserts
SITXHRM007	Coach others in job skills
SITHKOP010	Plan and cost recipes
SITHCCC043	Work effectively as a cook (VP)

Elective units

SITHCCC025	Prepare and present sandwiches
SITHCCC026	Package and prepare foodstuffs
SITHFSA007	Transport and store food
SITHCCC040	Prepare and serve cheese
SITXCCS014	Provide service to customer

Delivery mode

Face-to-face at Sprout Training OR hybrid learning.

Course duration

Fifty-two (52) weeks

Entry requirements

There are no entry requirements for this qualification. Sprout Training requires satisfactory completion of Australian Year 10 or equivalent.

Learner supplied resources

Learner requires access to a laptop or a computer.

2023 fees

Tuition cost \$11,500 includes chef uniform and Koi knife set