ROYAL ACADEMY OF CULINARY ARTS
CHEFS APPRENTICESHIPS
PROSPECTUS 2014
ROYAL ACADEMY OF CULINARY ARTS (RACA)

Leading the hospitality profession by example - shaping its future through education

Founded in 1980, the Royal Academy of Culinary Arts is Britain's leading professional association of Head Chefs, Pastry Chefs, Restaurant Managers and suppliers. Its objectives are primarily focused on the education and training of young people in the hospitality industry through the provision of career opportunities; recognising and rewarding talent and skill; and raising standards and awareness of food, food provenance, cooking and service. The Academy is immensely honoured to have His Royal Highness The Prince of Wales as its Patron.

The Academy is recognised as one of the industry's leading voices and regarded as an authority on a broad range of issues relating to its expertise, which includes education and training, employment, health and hygiene. Working with suppliers of top quality culinary products is also vital to the Academy in order to maintain the high standards to which we are committed. Members are united in the common purpose of supporting the future of the industry through thorough and extensive education and training. To maintain this status and influence as a significant working association, members are expected to invest their time in the Academy's various activities.

Membership of the Royal Academy of Culinary Arts is open, upon application, to professionals aged 30 and over, dependent upon final approval of the Selection Committee. Members can be of any nationality working in Britain.

WHAT IS THE ROYAL ACADEMY OF CULINARY ARTS CHEFS APPRENTICESHIP?

It is a three year vocational course aimed at aspiring young chefs aged between 16 and 19 years old. The RACA Chefs Apprenticeship is a pioneering approach to deliver a comprehensive training to young chefs whilst enabling them to work in the finest establishments in the UK.

The point of difference between an RACA Chefs Apprenticeship and a routine apprenticeship is the standard of employer and establishment at which the apprentice is employed during their training; as well as the 'addons' which form part of the curriculum. In addition to the standard qualifications undertaken on the course, at the end of the three years, apprentices sit the RACA Final Exam and if successful will achieve the Royal Academy of Culinary Arts Diploma and become a Graduate of the RACA.

THE PHILOSOPHY

The RACA is widely recognised as the premier chefs' association in the UK, is well respected by the industry and other professional bodies and most importantly, is synonymous with excellence in training. Excellence is sought in all aspects of the RACA Chefs Apprenticeship: the apprentices, the lecturers, the colleges, the employers and the course content.

The RACA Chefs Apprenticeship is rigorous and challenging; it equips its apprentices with a wide range of in-depth skills underpinned by sound theoretical knowledge; and it aims to provide employers with the best trained chef apprentices in the industry. The curriculum is cutting edge, being built on traditional foundations whilst taking in modern developments and draws from an internationally renowned body of knowledge.

An equally important part of the apprenticeship is the pastoral care given to the apprentices during the three years. Each college undertaking to run the RACA Chefs Apprenticeship must appoint a tutor whose role it is to fully support the apprentices throughout their training in both their work and personal lives.

Creating the leaders of tomorrow

This programme of study aims to develop the individual in the practical, theoretical and intellectual aspects of food and the hospitality business in order to lay the foundations for a career as an active practitioner and ambassador of the Royal Academy of Culinary Arts. It aims to turn out young chefs whose objective is to gain sustainable employment and to act as role models for the next generation. Such a role carries with it responsibilities which are recognised across the global industry, as such individuals possess the talent required to work in this international profession.

Apprenticeships are a great option for school leavers who want to get straight onto the career ladder. An Advanced Apprenticeship is equivalent to 2 A levels or 1 vocational A level.
THE APPRENTICESHIPS

The first RACA Chefs Apprenticeship – the Royal Academy of Culinary Arts Specialised Chefs Course at Bournemouth & Poole College – has been running since 1989 and is a three year, block release programme. The RACA Chefs Apprenticeship at University of West London is a day release programme which has been running since 1993 and the RACA Chefs Apprenticeship at Westminster Kingsway College, also a day release programme, began in 2012. A fourth Apprenticeship, with University College Birmingham is in discussion.

Each course is unique but all follow the same guidelines and philosophy and are verified and monitored by the Royal Academy of Culinary Arts.

As well as meeting the various basic entry requirements set out at each college (see below for further details) all applicants are interviewed in depth and must clearly show the right attitude and aptitude as well as a keen interest and in depth knowledge of the hospitality industry.

Lecturers on the apprenticeships are either Academicians or should be of this calibre and committed towards joining the Academy. They should fully understand and support the Academy’s philosophy and that of the RACA Chefs Apprenticeship. They should also have good, sound industrial experience and be committed to their own continuous professional development.

Employers should also ideally be an Academician and if not, should be considered qualified to be an Academician. They should also fully understand the Academy’s philosophy and that of the RACA Chefs Apprenticeship and should be committed to joining the Academy.

Key to making this apprenticeship work is the relationship between the college and the employer. There should be a seamless link between education in the workplace and at college. Employers will be invited to co-assess at the colleges as well as giving regular masterclasses and apprentices will be visited in the workplace every 10 -12 weeks for a formal review.

Colleges are required to employ a member of staff to take on the role of pastoral care to ensure the wellbeing of the apprentices at college and in the workplace.

The RACA employs an Education Officer whose role it is to ensure that the colleges and employers uphold the values of the RACA Chefs Apprenticeship and that the apprentices are receiving the best possible training.

THE LEGACY

All apprentices are encouraged to remain with their sponsoring employer for at least a further year following their graduation in order to consolidate their training. During the final year of the course employers should engage with their apprentices about a career plan and steps for the future. Where it is not possible for the apprentice to remain with their sponsoring employer the employer is encouraged to help the apprentice to find a suitable position in an equally well respected establishment. The Royal Academy of Culinary Arts may also be able to help.

Through the Chefs Apprenticeships the RACA aims to build a network of highly skilled young chefs who will be able to support the future of the industry.
Established in 1989, the Royal Academy of Culinary Arts Specialised Chefs Course at Bournemouth and Poole College was the first RACA Chefs Apprenticeship. There have been over 450 graduates to date (see end for full list) and the programme has won several awards including a City & Guilds Beacon Award in 2000 and a National Training Award in 2001. Two graduates of the Specialised Chefs Course have won the coveted European Young Chef Apprentice of the Year: Daniel Guest in 1998, who trained with Michel Bourdin at The Connaught; and more recently Adam Bowden in 2008, who trained with John Williams MBE at The Ritz.

Several Graduates of the RACA Specialised Chefs Course at Bournemouth and Poole College are now members of the RACA with some now employing apprentices of their own, such as Graham Chatham (The Langham Hotel), Adam Byatt (Trinity Restaurant) and James Golding (The Pig, Hampshire).

KEY INFORMATION
Head of School:
Lawrence Vincent

Lecturers / Pastoral Care:
- Adrian Martin, Head of Department
- David Boland, Senior Chef Lecturer / Lead Tutor (Fellow of the RACA)
- Barry Dawson, Apprenticeship Manager (Pastoral Care)
- Jenny Brett, Apprenticeship Co-ordinator (Pastoral Care)

Duration of Course:
Three Years (Block Release)

Qualifications Undertaken

Year One:
- NVQ Level 2 Diploma in Food Production & Cookery (City & Guilds)
- Level 2 Award in Food Safety in Catering (Chartered Institute of Environmental Health (CIEH))
- Employment Rights & Responsibilities Certificate (Bournemouth & Poole College)

Whilst working with sponsoring employer, apprentices are expected to collect relevant evidence towards City & Guilds NVQ Levels 2 and 3 Cookery qualifications.

Year Two:
- Intermediate Apprenticeship – Professional Cookery (People 1st)
- Level 3 Award in Supervising Food Safety in Catering (CIEH)
- Personal Learning & Thinking Skills (PLTS) (Bournemouth & Poole College)

Whilst working with sponsoring employer, apprentices are set a comprehensive project that must be handed in when returning to college for their final term. This project is an important and integral part of the NVQ Level 3 Award as well as the Royal Academy of Culinary Arts Diploma assessment.

Year Three:
- NVQ Level 3 Diploma in Professional Cookery (City & Guilds)
- Advanced Apprenticeship (People 1st)
- Level 3 Diploma for Pastry Cooks and Pâtissiers (ABC Awarding Body Consortium)
- Wines & Spirits Certificate (Bournemouth & Poole College)
- French for Catering Certificate (Bournemouth & Poole College)
- Diploma in Professional Cookery (Royal Academy of Culinary Arts)
**Entry Requirements:**
Candidates must be under 19 years of age when the course commences in September and are required to have GCSE English and Maths at grade D or above plus four additional GCSEs at grade D or above. They should also have the right attitude and aptitude, as well as a keen interest and in depth knowledge of the industry. Candidates must be prepared to train and live in London hotels and restaurants or country house hotels. Successful entry depends upon interview and assessments.

**Funding:**
In the main the cost of the course is covered through Local Government Funding. In addition, the employer is required to pay £4000 per year to cover costs of accommodation etc, whilst the apprentice is attending college full-time.

**COURSE OVERVIEW**
This is a three year, block release course which begins in September each year and runs as follows:

- **September – December (Autumn Term):** One term full-time at college
- **January – December:** One year in employment with sponsor
- **January – March/April (Spring Term):** One term full-time at college
- **May – April:** One year in employment with sponsor
- **March/April – July (Summer Term):** One term full-time at college ending with the RACA Graduation Exam
- Graduates are encouraged to consolidate their training by continuing in employment with their sponsor for at least a further year.

During the first term at college, apprentices are matched with their sponsor (employer), with whom they will work for the remainder of the course. For this course the majority of the employers are based in London and include Claridge’s, The Ritz, Buckingham Palace and Chewton Glen Hotel.

**Curriculum and Assessment**
Throughout the course the apprentices work towards their NVQ levels 2 and 3 in Professional Cookery, ABC Pastry Level 3 and CIEH level 2 and 3 awards in Food Safety in Catering, culminating in the Royal Academy of Culinary Arts Diploma in Professional Cookery (see above for full list of qualifications).

The apprenticeship covers:
- Kitchen and Larder
- Patisserie and Confectionery
- Health, Safety and Hygiene
- Food service through dealing with customers
- Culinary and conversational French
- Husbandry and food issues

Whilst at college the apprentices have an average of 30 hours contact time per week, on rotation, for both practical and theory classes. The apprentices are continually assessed both when at college and when in the workplace and will also sit external examinations for key skills as required. Their progress is reviewed regularly and achievable targets are set to ensure they complete the course. All formal assessments take place at The College. At the end of the third term at college the apprentices must sit the RACA graduation exam which is set and examined by members of the RACA, they must pass this in order to receive their RACA diploma.

**Added Value**
As part of their induction to the college and the course, during their first term at college, the apprentices are given presentations by:
- The College’s Nurse on health and sexual matters
- The ARK Foundation on drugs and alcohol awareness
- The Police on personal safety
- The College Student Services team on personal finances
- The RACA, by way of an introduction and their role in the apprenticeship
In addition, during their time at college the apprentices are given masterclasses by visiting chefs including Adam Byatt, Chef Patron of Trinity Restaurant, Clapham and James Golding, Head Chef at The Pig in the New Forest (both are graduates of the Specialised Chefs Course as well as being members of the RACA) and a chocolate masterclass and tasting with Sara Jayne Stanes OBE. Visits to outside establishments include Sharpham Park on the Somerset Levels, to see the production of Spelt, Cattle and Goat, amongst other things; local cheese producers in Dorset; Borough Market; Lucknam Park Hotel and Spa (where the students recently spent a day with Hywel Jones and all the staff learning comprehensively about the sourcing of good food; and all first years have a complete tour of the kitchens at The Dorchester to familiarise them with a traditional large hotel working kitchen.

Pastoral Care
Initially, when they start in the workplace, the apprentices are visited at some time during the first 6 weeks for a full, written work review, a health and safety questionnaire and to ensure that a comprehensive company induction, including health and safety, has been carried out. The apprentices is an employee of the establishment that they are working at, must sign a contract of employment, be on the payroll and is subject to the same rights and responsibilities as all other members of staff. Following this, the apprentices are visited every 8-10 weeks for a review. The college representative speaks to both the apprentice and their Head Chef and/or Sous Chef or Chef de Partie regarding progress. This gives all parties an opportunity to express any positive or negative feedback. At the end of each review goals are agreed for the apprentice to work towards. All reviews are written up and signed by both the apprentice and the Head Chef.

CASE STUDY: Ashley Best, Graduate of the Royal Academy of Culinary Arts Specialised Chefs Course at Bournemouth & Poole College
Ashley Best graduated from the RACA Specialised Chefs Course at Bournemouth & Poole College in 2013. He undertook his apprenticeship training at The Ritz London where he is still working.

“I was doing a young apprenticeship at Bournemouth while still at school and I heard about the course there. I decided to apply because the idea of working with such a well respected man (Chef David Boland) with the opportunity to work in a 5 star hotel in London or the country was too good to miss. The people I had spoken to had said that there isn't another course for miles that offers the same standard of training and teaching as the RACA Specialised Chefs Course and I loved the idea of being employed in such prestigious hotel at such a young age (16 when I started).

The apprenticeship has helped me by giving me a structure in the workplace to work by. I think that spending six months on each section is critical to give a young chef a balanced view of working in the kitchen and learning different skills while understanding fully the level that one is required to work to. I think the course has helped me in understanding not just cookery, but actually moving to a big city at 16, learning to organise myself financially and responsibly, and it has helped me behave in a way that is expected of somebody in a professional job. At the age of 19, I have already spent over 3 years working at the Ritz and am building the foundations of a career. The course teaches much more than just food, from how to write menus, wines and spirits, table service, silver service and even the French language. Everything we do gives us an edge over other college courses available and a better idea of the hospitality industry as a whole.

My future has already been hugely helped by the RACA Apprenticeship. Apart from the training, the contacts I have made have been invaluable. I had a meeting with a Restaurant Manager in another 5* hotel who used to be a ‘Spec Chef’, he gave me lots of really useful, practical advice and was honest and blunt - I would be making some very different decisions now, if it weren't for that meeting, that Jenny (Brett, Pastoral Care at Bournemouth & Poole College) had suggested I arrange. The network of people in the industry today, in many different capacities and roles that have links with the course is massive. All over the world there are Specialised Chefs, in senior positions. They are all willing to help and advise which is fantastic for us when thinking about the future.

My advice to young people considering this course is to only do so if they are 110% ready to be the best they can be. The course is very, very hard work, mentally, physically and emotionally, but if they are serious about a career as a chef or in the food industry, there is no better way to start than this. You have to be prepared, not just to act like an adult, but to be one. It isn't acceptable to say "I'm only 16" for example, there are no excuses and you have to take responsibility for everything. Times will be incredibly tough but once you come out the other end, you will understand that it was all worth it. It would be the best decision you could make if you want to be a great chef.”
The RACA Chefs Apprenticeship at the University of West London began in 1993 and was re-launched in September 2008. There have been 30 graduates to date.

In December 2013 the University went through an Ofsted visit, the apprenticeship programme was singled out as a model of good practice, which had the full backing of employers. The overall success rates being above the national benchmarks all achieving in a timely manner. The overall inspection grade from OFSTED was outstanding in all areas.

The revised programme is in its fourth year, with apprentices employed and mentored by John Williams MBE, Winston Matthews, Rob Kirby and Phillip Corrick. Further academicians to support and mentor are Chris Galvin, Martyn Nail, Alain Roux and Henri Brosi and Allan Picket. The course is steered and monitored by Gregg Brown and externally verified by Keith Podmore. Academicians are actively involved in the assessment process and attend assessment practicals where they co-mark with the lecturer.

**KEY INFORMATION**

**Vice Chancellor:**
Professor Peter John

**Associate Dean and Head of Department:**
Professor David Foskett MBE (Fellow of the RACA)

**Lecturers / Pastoral Care:**
- Gregg Brown, Lecturer and Apprenticeship Coordinator (Member of the RACA)
- Michael Coaker, Senior Lecturer in Culinary Arts (Fellow of the RACA)
- Derek Quelch, Part-Time Lecturer in Culinary Arts (Fellow of the RACA)
- Carol Greenham, Apprenticeship Manager (Pastoral Care)

**Duration of Course:**
Three Years (Day Release)

**Qualifications Undertaken:**

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<tr>
<th>Year One</th>
<th>Awarding Body</th>
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<tbody>
<tr>
<td>Modern Apprenticeship</td>
<td>EDI</td>
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<tr>
<td>NVQ Level 2 in Professional Cookery</td>
<td>Chartered Institute of Environmental Health (CIEH)</td>
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<tr>
<td>Level 2 Award in Food Safety and Catering</td>
<td>University of West London</td>
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<td>Employment Rights and Responsibilities</td>
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<th>Year Two</th>
<th>Awarding Body</th>
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<tr>
<td>NVQ Level 3 in Professional Cookery</td>
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<th>Year Three</th>
<th>Awarding Body</th>
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<tr>
<td>NVQ Level 3 in Pastry and Confectionery</td>
<td>EDI</td>
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<tr>
<td>Diploma in Professional Cookery</td>
<td>Royal Academy of Culinary Arts</td>
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**Entry Requirements:**
Applicants should be in full-time employment within the catering industry with an employer who is committed to supporting through their apprenticeship. Candidates are required to have four GCSEs at grade B or above although the University is lenient as long as the right attitude and determination is shown. There is no specific age limit although age does affect funding (see below).
Funding:
Government funding covers costs for students aged between 16 and 19 years of age. Those over the age of 19 will incur fees.

COURSE OVERVIEW
This is a three year, day release course which begins in September each year. The apprenticeship is designed to help students to develop their skills as a chef as well as gaining a range of qualifications. Students may apply to the course when already in full-time employment, or alternatively, UWL is able to match students to an employer. Students attend the University each week where they spend their time in a training kitchen undertaking practical work and assessments in addition to some classroom studies, completing the work necessary for the theoretical and key skills elements of the course.

Curriculum and Assessment
The apprenticeship covers:

Year One (NVQ Level 2 Professional Cookery):
- Stocks, soups and sauces
- Cold preparation
- Egg dishes
- Pasta, gnocchi and rice
- Fish and shellfish
- Meat and offal
- Vegetables, pulses and grains
- Potato dishes
- Pastry techniques
- Healthy eating
- Health and safety
- Level 2 Award in Food Safety in Catering (CIEH)
- Enhanced hospitality skills
- Employee rights and responsibilities

Year Two (NVQ Level 3 Professional Cookery):
- Poultry and game
- Meat
- Fish and shellfish
- Sauces
- Canapés
- Cold preparation
- Food safety
- Health and safety
- Healthy eating
- Kitchen management
- Teamwork
- Understanding costs and control
- Enhanced hospitality skills

Year Three (NVQ Level 3 Pastry and Confectionery):
- Cakes and pastries
- Marzipan, pastillage and sugar products
- Production systems
- Complex decorative work

The achievement of the NVQ Level 2 is monitored through continuous assessment and question and answer sessions. To ensure students meet the necessary standards of food safety they will complete Level 2 Food Safety for Catering. Students must produce a portfolio of work for both, with support from their tutor. Students also complete a short test in each subject and a portfolio of employment rights and responsibilities during classroom sessions.

At the end of the third year the apprentices must sit the RACA graduation exam which is set and examined by members of the RACA, they must pass this in order to receive their RACA diploma.

Added Value
At the beginning of the course the students receive presentations on:
- RACA
- Chefs Adopt a School Tasting Session

Each year group receives at least two masterclasses per year from visiting chefs and producers. Apprentices also have the opportunity to work with top chefs during various fundraising dinners throughout their time on the course. Visits to specialist farms and producers are also included as part of the course, for example, all apprentices had the opportunity to travel to France to experience a French restaurant and local market in Boulogne in 2014.
Pastoral Care
All apprentices are visited in the workplace every 8-10 weeks by assessors who carry out both progress reviews and work-based assessments. The college maintains contact with the employers via regular e-mail updates every 2-3 weeks or more frequently if there are any specific issues to address. Employers are invited to the college to co-assess kitchen assessments and are also encouraged to support the tutors by assisting with the delivery of classes where possible.

CASE STUDY: Victoria Windling-Gayton, Graduate of the Royal Academy of Culinary Arts Chefs Apprenticeship at the University of West London
Victoria Windling-Gayton graduated from the RACA Chefs Apprenticeship at the University of West London in 2013. She undertook her apprenticeship with Alyn Williams at The Westbury Hotel and Bachmann’s Patisserie where she is currently still working.

“I had developed a passion for food, in particular patisserie, during my gap year and knew that I was ready to move to London to begin my adult life. It became obvious that an apprenticeship was the best way for me to be able to do this.

This apprenticeship is better than other courses available simply because it gives you the best of both worlds. You get to earn and learn in some of the best kitchens in London. Although I found I learnt more in my day to day work environment, the day you spend at the university is invaluable. This is when you can explore new ideas or techniques in depth and ask the questions that there isn’t time to do or ask in a busy kitchen when you’re building up to a hectic service.

I think completing an apprenticeship with the Academy of Culinary Arts carries a lot of weight as the Academy itself is so highly regarded in the industry. Furthermore the apprenticeship gives you an advantage over a full time course because of the experience you gain of working in a ‘real-life’ kitchen. For myself I think that experience combined with the excellent tuition I recieved is reflected in my working practices, my pace in the kitchen and my punctuality. An apprenticeship drives up the overall standards of chefs and cooking.

I would recommend the Academy apprenticeship at The University of West London to anyone who is seriously considering a career in culinary arts. It leads to a fun, rewarding career full of opportunities. However I would also advise anyone who equates the word ‘apprenticeship’ to meaning ‘easy option’ to think again. You will work harder, longer hours and with more intensity than you have ever worked before. Everyday will be a roller coaster of emotions but if you are prepared to walk out of the door at midnight and get up the next morning to do it all again then an apprenticeship is for you!”
The RACA Chefs Apprenticeship at Westminster Kingsway College is the newest of the apprenticeships and began in September 2012. This programme is a four year course beginning with a full-time foundation year at the college as part of the Professional Chef Diploma, before the apprentices begin the three year, day release apprenticeship. As with the RACA apprenticeships run at Bournemouth & Poole College and the University of West London, apprentices are encouraged to remain with their employer for at least one year’s consolidation following their graduation.

**KEY INFORMATION**

**Head / Principal:**
Andy Wilson

**Assistant Principal:**
Geoff Booth (Member of the RACA)

**Lecturers / Pastoral Care:**
- Gary Hunter, Head of Faculty for Hospitality and Culinary Arts (Member of the RACA)
- Tony Cameron, Head of Culinary Arts (Fellow of the RACA)
- Terry Tinton, Programme Manager for Culinary Arts (Member of the RACA)
- Yolande Stanley MCA, Senior Pastry Lecturer (Fellow of the RACA)
- Simon Stocker, Advanced Practitioner and Senior Culinary Lecturer

**Duration of Course:**
Four Years (First year full-time followed by three years day release)

**Qualifications Undertaken:**

**Year One (Foundation Year. Full-Time at College)**
- 7100-01 Professional Cookery (City & Guilds)
- 7103-01 Food and Beverage Service (City & Guilds)
- Plus other technical and specialist qualifications

**Year Two (Day Release)**
- Modern Apprenticeship (City & Guilds)
- NVQ Level 2 Professional Cookery (City & Guilds)
- Plus other technical and specialist qualifications

**Year Three (Day Release)**
- Advanced Apprenticeship (City & Guilds)
- NVQ Level 3 Professional Cookery (City & Guilds)
- Plus other technical and specialist qualifications

**Year Four (Day Release)**
- NVQ Level 3 Pastry and Confectionery (City & Guilds)
- Plus other technical and specialist qualifications
- Diploma in Professional Cookery (Royal Academy of Culinary Arts)
Entry Requirements:
Applicants must have 3 GCSEs of grade C or above and each candidate must pass through a comprehensive interview system in order to assess their aptitude and suitability for the course. Students must undertake the first year of the Professional Chef Diploma course on a full-time basis in order to be qualified to move on to the Royal Academy of Culinary Arts Chefs Apprenticeship.

Funding:
There is no cost to the employer or student for the first three years of the four year course. The final year of the course (Advanced Pastry Module) costs approximately £2600.

COURSE OVERVIEW
The apprenticeship (Years 2-4) is a day release programme of approximately 8 hours per day, split between practical sessions, theory and tutorials. The programme includes the operation of their own in-house Artisan Bakery (mentored by Richard Bertinet), daily working butchery and fishmonger kitchen areas with strong links to organic farms and estates throughout the UK; as well as culinary science modules delivered from a bespoke culinary and innovation laboratory with leading gastronomy scientist Dr Rachel Edwards-Stuart; and the specialist teaching of patisserie and confectionery alongside a leading UK Chocolatier and a pastry lecturer who hold the Master of Culinary Arts (MCA).

Following an extensive interview process, successful candidates are placed on the first year of the Professional Chef Diploma where they undertake study on a full time basis, matching the qualification aims. Throughout this first year the college lecturing team will monitor, test and assess each student and create a final recommendation list of potential students to progress on to the second year/first year of the RACA Chefs Apprenticeship. These students are tested in a practical synoptic test at the end of the first year. Students are matched to their employers during this selection process, when they undergo a rigorous interview process which identifies their strengths and weaknesses and so on.

Curriculum and Assessment
During the course the apprentices work towards NVQ Levels 2 and 3 in Professional cookery covering the following subjects. Some of the content is delivered in a combination of methods including traditional teaching, workshops, simulations, work based, web based, self study and visits.

Basic Nutrition including:
Salt
RDAs
Food Groups ie Proteins, Carbs, Fats,
Sugars, Minerals, vitamins and
Amino acids and calorific values
Storage
Fats and oils; the Omegas and Hydrogenated
Carcinogens and poisons

Savouries
Savoury jellies and aspics
Soups
Soups and their types
Vegetables and farinaceous dishes and products
Vegetables and preparations various purées and creams etc

Culinary
Knife skills
Butchery
Court bouillons and marinades
Eggs
Entremets (sweets)
Fish
Fishmongery
Fonds de cuisine
Fruit stews and jams
Garnishes for main dishes
Garnishes for soups
Hors-d’oeuvres
Ices and sorbets
Leading culinary preparations
Relevés and entrées of meat poultry and game
Roasts and salads

Processes
Baking
Blanching
Boiling
Braising
Chilling
Frying
Grills
Gratins and Glazing
Larding for roasts
Butchery
Poaching
Poêle
Roasting
Sous vide and water bath cooking
Spit roasting
Steaming
Sautêing
During practical and theory classes themes such as the wider food production industry, farming, the environment, ethics, sustainability and animal husbandry will be discussed in relation to all topics.

At the end of years 2 and 3 the apprentices must sit an in-house examination testing the curriculum from that academic year. At the end of the fourth year the apprentices must sit the RACA graduation exam which is set and examined by members of the RACA, they must pass this in order to receive their RACA diploma.

**Added Value**

During the course students will have the opportunity and will be encouraged to take part in culinary competitions and will be expected to support the college competition Fundraising Dinner by cooking at this event. Apprentices are also encouraged to join the Westminster Kingsway Gastronomic Society which gives the opportunity to go on visits to food manufacturers, farms, markets, restaurants, food producers and to go foraging.

Other added value items which have take place since the beginning of this course are:

- A visit to Billingsgate Market in partnership with Seafish and Billingsgate Seafood School.
- A visit to Reynolds Food Distribution with Ian Nottage hosting a masterclass in fruit and vegetables, sourcing, quality, distribution, seasons, working with farmers and organic farming.
- Working with Mark Sargeant, Stephen Docherty MCA and Sarah Hartnett (Academicians) for the Chefs Adopt a School Fundraising Dinner at the Royal Automobile Club.
- Taking part in the Westminster Kingsway College Competition Fundraising Dinner.
- A masterclass in game butchery with Jose Souto.
- A masterclass in sous-vide with Simon Stocker.

The following are planned for the future:

- Trip to Cornwall to meet fishermen, market, crab processing plant, fish restaurants.
- Trip to Rungis Market.
- Question Time with Chris Galvin on menu planning.
- Oyster Tasting with Tim Hughes.
- Trip to Burger and Lobster lobster holding tanks warehouse in Heathrow.

**Pastoral Care**

Apprentices are visited in the workplace at least once every term in order to check on their general progress in the workplace and with their employer. Employers have access to ‘Moodle’ (Westminster Kingsway College’s online system) where they can keep track of the topics that the apprentices are covering at college. The Pastoral Care Officer checks in with the groups at the beginning of the year and then on a regular, casual basis throughout the year to ensure all is going well. Employers and apprentices are encouraged to contact the college with any issues that may arise.
CASE STUDY: Ewan Goulcher, Age 18, Apprentice on the Royal Academy of Culinary Arts Chefs Apprenticeship at Westminster Kingsway College

Ewan Goulcher is in the second year of the RACA Chefs Apprenticeship at Westminster Kingsway College, working at Café Royal with Chef Andrew Turner. After completing the full time first year at the college, Ewan was selected to transfer to the RACA Chefs Apprenticeship which he started in September 2013. “This apprenticeship course is better than other apprenticeships/full time courses because the standard of workplace and chef employer is so high. I’m in the working environment every day building my skills and standard of working rapidly faster than any of my peers; I hope that this will make me a better chef.

I hope that having worked in such a prestigious kitchen will help with career progression in the future. As well as the connections I have made through this course.”

CASE STUDY: Charlie Aggett, Age 18, Apprentice on the Royal Academy of Culinary Arts Chefs Apprenticeship at Westminster Kingsway College.

Charlie Aggett is in the third year of the RACA Chefs Apprenticeship at Westminster Kingsway College, working at Hartwell House Hotel & Spa with Chef Daniel Richardson. “After studying my NVQ level 2 at a different college my head chef heard about the course and decided that it would be beneficial for me to join, so after having a trial I was accepted onto the course with the other third year students. The course offers a greater range of topics than others do, both classical and modern techniques are taught and we are given opportunities to learn from specialist tutors. Since beginning this course I’ve already noticed that I have a greater understanding of how food works, a better skill range and hopefully have the knowledge to run or own my own restaurant in the future.”
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