

# Professional Cookery

## INTRODUCTION

This course is for those who wish to build a successful career in the food and hospitality sector which is currently one of the fastest growing areas in today's economy. It provides students with the key practical skills and knowledge to pursue a career in the catering industry. Students participate in

- Professional guest lectures
- Site visits
- Practical work performed in a commercial kitchen
- HACCP Level 1 and 2 Food Safety & Hygiene training
- Common Purpose *Pitstop* Leadership Programme for selected students

## ENTRY REQUIREMENTS

Leaving Certificate, LCA or QQI Level 4. Mature students are exempt from Leaving Certificate requirement. All applicants are interviewed.

## CERTIFICATION

QQI Level 5 Certificate in Professional Cookery 5M2088

Manual handling training and certification (requirement for work experience)

QQI Component Maths 5N1833 (available as option in evening for learners needing Maths for progression)

Level 1 and 2 Food Hygiene Certification

## WORK PLACEMENT/EXPERIENCE

Students must fulfill a minimum of 40 days work practice which is carried out 1 day per week in our training kitchen and restaurant and in an industrial setting

## EDUCATION PROGRESSION OPPORTUNITIES

CCOC QQI Level 6 Advanced Certificate in Tourism and Hospitality 6M5012. Great progression opportunities to UCC and other Higher Education colleges. Special arrangements in place with CIT (CCPS), Tralee IT and Waterford IT for preferential entry for College of Commerce students. Up to 390 CAO points for any Institute of Technology can be attained by successful completion of this course.

## CAREER OPPORTUNITIES

Kitchen staff in bars, hotels and restaurants, contract caterers, bakeries, tea rooms and cafes, kitchens in hospitals and nursing homes, B&Bs and deli managers. All students can access the Jobs Advice Hub (see pg. 85) Graduates can subscribe to 'CCOC college jobs register' and CCOC LinkedIn alumni for up to date vacancies and networking.

## COURSE CONTENT

Culinary Techniques	5N0630
Food Science & Technology	5N0730
International Cuisines	5N0632
Meal Service	5N0635
Menu Planning & Applied Nutrition	5N2085
Pastry, Baking and Desserts	5N2084
Personal Effectiveness	5N1390
Word Processing	5N1358
Work Practice	5N1433

## COURSE SPECIFIC CONTACT DETAILS

For further information email:  
**hospitality@ccoc.ie**  
**(021) 4223815**

Course fees outlined on  
**[www.corkcollegeofcommerce.ie](http://www.corkcollegeofcommerce.ie)**