



COOKERY

HEAD OF DEPARTMENT: MR ROSENTHAL
EXAMINATION BOARD: LEITHS SCHOOL OF FOOD AND WINE, THE CONFEDERATION OF TOURISM AND HOSPITALITY (CTH)

Truro School has a purpose-built, state-of-the-art cookery school combining bespoke work stations with a large demonstration area, an overhead camera and a superb range of equipment.



The Leiths course is allowing me to develop practical cookery skills that are not only useful in terms of employment opportunities but also in everyday life.

We are the only Leiths Academy school in Cornwall and offer a Level 3 Extended Certificate in Professional Cookery, written and run by Leiths and accredited by the Confederation of Tourism and Hospitality (CTH)

In addition to the Level 3 Certificate, we also offer co-curricular courses to Sixth Form pupils, such as 'Seasonaires', 'Cooking for Life' and 'Patisserie'.

WHAT YOU WILL STUDY IN LOWER SIXTH

The Level 3 Extended Certificate in Professional Cookery, is an A-Level style course worth 12-36 UCAS points. It is a five-term course based on 42 core weeks of practical menus which will develop a wide range of culinary skills.

The qualification enhances a personal statement and UCAS application and can play a pivotal role in opening the door to careers in food and drink from cheffing to food teaching; cookery writing to food photography and journalism; recipe design and development to marketing and advertising.

During the first year you will gain the confidence to cook by learning how to use a wide range of ingredients, understanding dishes that complement each other on menus, and learning the methods used to cook and serve the food to achieve the best results.

You will study a wide range of basic methods essential for mastering the fundamentals of professional cooking. Starting with foundational skills in preparing soups, sauces, pastry, bread and cakes, you will progress to creating more complex dishes like sticky soy-glazed guinea fowl breasts accompanied by chilli and garlic tenderstem broccoli. The course will also cover culinary creations, such as tandoori prawns with flatbreads and coriander chutney, profiteroles, pavlova, and traditional roast chicken with all the trimmings.



WHAT IS THE LEITHS INTRODUCTORY CERTIFICATE USEFUL FOR?

You will learn how to cook delicious, healthy meals for when you move away from home. You will also perfect higher culinary skills required to rustle up more elaborate meals for your housemates at university like a Sunday roast or how to prepare a celebratory meal to impress your family and friends. In addition, there are some other benefits to studying the course...

THE LEITHS LIST

If you receive a top grade upon completion of the course, you will be eligible to apply for positions advertised on Leiths List, where private clients and employers source chefs and staff for a variety of catering requirements. With Leiths List, opportunities arise in both the UK and overseas. The qualification will open the door to entry level, casual and full-time employment including seasonal work. You will need to provide a CV, evidence of your qualification and any appropriate references as part of the application process.

UCAS POINTS

The CTH accreditation classes the qualification as a Level 3 course and will therefore accrue sought-after UCAS points. A Distinction will earn you 36 UCAS points, which is extremely valuable when you consider an AS at Grade A is worth 20 points and an A-Level at Grade C is worth 32 points.

WHAT YOU WILL STUDY IN UPPER SIXTH

By the second year, you will really start to master the art of professional cookery. The Leiths Academy programme is not just about learning how to cook, it is about achieving perfection with food, cooking simple high-quality ingredients to an excellent standard. Attention to detail is a large part of the assessment criteria in the second year of the course, proving that you can work calmly under pressure in a professional kitchen.



BUILT AROUND YOUR TIMETABLE

The Leiths Introductory Certificate is designed to fit around your long-term goals and objectives and is offered alongside A-Levels as part of the enrichment options on your Sixth Form timetable. The course ends at Easter of the Upper Sixth allowing time to prepare for A-Level examinations.

I have thoroughly enjoyed the practical lessons with the Leiths course this year as they provide such a contrast to my other A-Level classes and give me an opportunity to work with the skills learnt in previous theory classes and demonstrations. I am hoping to use my Leiths qualification to get a job working abroad as a private cook.

ELLA



THREE REASONS TO STUDY FOR THE LEITHS INTRODUCTORY CERTIFICATE

Prepare for independent living before you move away for university or work.

Evidence to interviewers that you have strong time management, organisation and practical skills and that you can work well with others as a team under pressure.

Open the door to future job opportunities in the UK and beyond, be it whilst on a gap year, whilst studying at university or as a chosen career path.

Towards the end of the first term of the second year you will all be challenged to work as a team to design, prepare and host a luxurious canapé and champagne cocktail party for invited special guests.

Menus during the second year include duck breast with bramble sauce, Dauphinoise potatoes and grilled hispi cabbage; pan-fried sirloin steak with Béarnaise sauce; sea bream with fennel and orange salad with seaweed hasselback potatoes; and a delectable caramel soufflé with a raspberry sorbet.

You will also study wine pairing and tasting with a professional sommelier from Leiths, gaining valuable knowledge about which wines work best with which flavours and foods.

By the end of the course, you should be able to show that you can produce specified dishes using professional methods to the required standard under timed conditions.