



Professional Cookery NVQ Level 3

Mandatory Units

- Establish and develop positive working relationships in hospitality
- Maintain the health, hygiene, safety and security of the working environment
- Maintain food safety when storing, preparing and cooking food
- Prepare fish for complex dishes
- Prepare meat for complex dishes
- Prepare poultry for complex dishes
- Cook and finish complex fish dishes
- Cook and finish complex meat dishes
- Cook and finish complex poultry dishes
- Cook and finish complex vegetable dishes
- Prepare, cook and finish complex hot sauces
- Prepare, cook and finish dressings and cold sauces

Optional Units—Choose 4

- Prepare shellfish for complex dishes
- Prepare game for complex dishes
- Cook and finish complex shellfish dishes
- Cook and finish complex game dishes
- Prepare, cook and finish complex soups
- Prepare, cook and finish fresh pasta dishes
- Prepare, cook and finish complex bread and dough products
- Prepare, cook and finish complex cakes, biscuits, sponges and scones
- Prepare, cook and finish complex pastry products
- Contribute to the control of resources
- Contribute to the development and introduction of recipes and menus
- Prepare, process and finish chocolate products
- Prepare, process and finish marzipan, pastillage and sugar products
- Prepare, cook and present complex cold products
- Prepare, cook and present canapés and cocktail products
- Prepare and cook complex hot desserts
- Prepare and cook complex cold desserts
- Produce sauces, fillings and coatings for complex desserts
- Prepare, cook and finish healthier dishes
- Ensure appropriate food safety practices are followed whilst food is prepared, cooked and served