

THE APPRENTICE Chef

PROGRAMME



About us

The apprentice chef programme is a highly successful programme run by a professional team of chefs and nutritionists. It has been running for the past 7 years with over 4,000 students taking part since its inception.

Students from Transition year get to create their own dish, using local ingredients and find out what it is like to be a professional chef, during this 3 month mentoring programme.



FOLLOW US ON



Our Mission and Vision

“We will form proactive partnerships with teachers and their schools and give them the tools to educate their students on the benefits of cooking fresh local foods for a healthier diet to promote mental and physical wellbeing.”

This programme offers a practical, fun and engaging ways to look at four food sources, choosing wisely for good health and cooking up a dish in our professional kitchens worthy of 5 star recognition.

It will be achieved through the continued development of teachers through mentoring workshops and teachers working together with the Apprentice Chef Programme to help and encourage the progression of their students within the hospitality and food industry.

We have always recognised how important it is to educate for our future, in the art of cooking, using fresh local ingredients, to produce a beautiful meal, the ultimate good mood food. So to you the participants of the Apprentice Chef Programme.

- You are our future
- You can help shape Ireland's future
- You can promote healthy eating in Ireland- good mood food
- You can promote buying locally- supporting local industry
- You can promote a fitter healthier Ireland

WHAT IS THE APPRENTICE CHEF PROGRAMME



- A programme for secondary school students and youth reach centres who have an interest in food and general wellbeing.
- The objective of the programme is to steer students towards a healthier diet which will improve their physical and mental health and also promote careers in the hospitality and culinary industry.
- The programme is currently run in secondary schools across the province of Munster with the southern region of Leinster with a short term goal of a national roll out.
- The challenge is to create a dish using locally sourced ingredients to ensure “Good Mood Food”.

How does the Programme works

Timetable

1. Find out details on our website and download the application form
2. Send in the application form to the national administrator.
3. Students and teachers attend the open day in your appointed Institute of Technology
4. Students are invited to create recipes to reflect healthy eating and ‘Good Mood Food’.
5. Teachers prepare students to cook their chosen dish in the school and 2 dishes are chosen to go forward to represent the school in the apprentice chef cook offs in the Institutes.
6. The chosen students submit their initial projects to the Apprentice chef programme and will receive mentoring from industry leading chefs in the Apprentice Chef team.
7. The students will be mentored for the duration of the programme, by email, directly with their mentor chef.
8. The students will build a project to include their chosen dish, and why they think it is good mood food, their method of cooking, and the nutritional content of the dish, along with details of where they sourced their local foods.
9. Cook-offs will take place at the Institute of Technology Tralee and the Institute of Technology Waterford in Late February 2019 Dates T.B.C.
10. Successful candidates will be chosen by independent chefs at the cook offs and will be notified to represent their school in the final.
11. The Apprentice Chef Final will take place in the Culinary Arts Dept. of the IT Tralee and IT Waterford in late April 2019.

The Mentoring Process

- The finalists will be mentored by one of the Chef Mentors. The mentoring will take place via a personal Gmail account. Schools will also have access to a dynamic learning account online, which will help to develop different cooking and preparation techniques.
- This process is extremely important and valuable to the students and the mentors.
- **It is important that work only with the assigned mentor.**

School Based Mentors

- School mentors will take part in a Cookery Workshop on the day of the cook offs

PRIZES

The Winner receives

- €1,000 of Cookery Equipment for the winning school.
- A Cookery Workshop at the winning school by The Apprentice Chef Team
- The Apprentice Chef monogrammed uniform.
- A specially commissioned chopping board from Ambri chopping boards
- A Year's subscription to Easy food magazine
- A day at the Easy food test kitchen in Dublin to cook and style their winning dish. This will be featured in Easy food magazine
- The inaugural commissioned supreme Apprentice Chef Trophy
- A set of Professional Chefs Knives
- Work Experience in a leading 5 Star Hotel

The Runners up receives (2nd and 3rd Place)



- The Apprentice Chef monogrammed uniform.
- A specially commissioned chopping board from Ambri boards
- A day at the Easy food test kitchen in Dublin to cook and style their winning dish. This will be featured in Easy food magazine
- A set of Professional Chefs Knives

All Finalists will receive

- The Apprentice Chef monogrammed uniform.
- A specially commissioned chopping board from Ambri chopping boards



A Career as a Chef

- Commis Chef
- Professional Chef (Supervisory Level)
- Pastry/Confectionary/Sugar Craft (Artistry)
- Food Product Development
- Food Photography/Styling/Writing
- Entrepreneurs (owners and managers, consultancy)
- Kitchen Management
- Food Safety Consultancy
- Education (Teacher, Instructor, Lecturer)

Opportunities are available in areas across the food industry:

- Restaurants, Cafés, Bistros
- Hotels and Resorts
- Industrial and Contract Catering - Airlines, Hospitals, Schools, Companies
- Cruise Liners
- Food Manufacturing and Processing
- Artisan Food Production
- Nutritional Therapy- Health promotion

Programmes Available

- **Level 6** - Higher Certificate in Culinary Arts
- **Level 7** - Bachelor of Arts in Culinary Arts
(Full time and Apprenticeship)
- **Level 8** - Bachelor of Arts in Culinary Arts (Add on)
(Full time and Apprenticeship)

Information on Culinary Programmes

- Institute of Technology Tralee www.ittralee.ie
- Waterford Institute of Technology www.wit.ie
- Qualifax

Ireland's National Learners' Database - <http://www.qualifax.ie/>

- Apprenticeships

Irish National Culinary Apprenticeships www.apprenticeship.ie

- Find out more about Nutritional Therapy
- www.ntoi.ie
- <https://www.iinh.net/nutritional-therapy/>
- <https://instituteofhealthsciences.com/course/diploma-nutritional-therapy/>