

Commis Chef

A commis chef is the most common entry-level role in a professional kitchen, providing a solid foundation in culinary skills and kitchen operations.

Apprenticeship overview

You will learn the fundamental skills required to work in all sections of the kitchen. This includes food preparation, basic cooking techniques, and maintaining a clean and safe working environment while supporting senior chefs.

Core skills, knowledge and behaviours you will learn

- Preparation and cooking of meat, poultry, fish, and vegetables
- Basic pastry, dough, and sauce making
- Food safety and allergen awareness
- Professional kitchen equipment use and maintenance
- Teamwork and communication in a high-pressure environment
- Stock control and portion management

Where you might work

- Restaurants and bistros
- Hotels and resorts
- Pubs and bars
- Contract catering sites

Typical job roles

- Commis Chef
- Trainee Chef
- Kitchen Assistant

Level: 2

Duration: 15 months



Good to know!

Kitchens are fast-paced, hot, and often involve long periods of standing

Shift patterns include late evenings, weekends, and public holidays

Personal grooming and high standards of hygiene are non-negotiable