

LEITHS INTRODUCTORY CERTIFICATE IN FOOD AND WINE

Leiths School was established in 1969 by Prue Leith to provide professional training for career cooks and short courses for amateurs.

Leiths run a franchise scheme within a small number of secondary schools, the only such scheme currently running in the UK. Pupils are taught the 'Introductory Certificate in Food and Wine' within the school's existing timetable.

This is a nationally recognised qualification in all sectors of the food industry. A senior member of Leiths staff will introduce the course to the girls and several visits are made during the course.

Aims

Through being shown a wide range of professional practical cooking methods and being taught the associated theory, the primary aim of this course is to provide students with a vital life skill for independent living, which should they so choose, could open up areas of possible employment. By the end of the course, students should feel confident to produce specified dishes to the required standard using professional methods.

Objectives

By the end of the course students should be able to cook to the standard of quality family food and should be able to:

- Read a recipe and follow a recipe
- Weigh and measure ingredients
- Select the correct equipment for the task
- Coordinate the elements of a meal for a specific serving time at the correct serving temperature
- Season food
- Recognise when food is cooked, or ready to serve
- Work in an organised and hygienic fashion
- Have an understanding of attractive food presentation and be able to select the correct serving plates and dishes

Students will be taught

- Temperature and oven shelf needed to cook basic recipes
- Kitchen terms and kitchen French
- Cuts of meat: which cuts are suitable for which cooking methods
- Traditional accompaniments of dishes
- Quantities of some basic recipes
- Kitchen hygiene and safety
- Fish classification
- Basic wine information
- Healthy eating
- Menu planning

The course is offered as a co-curricular activity. It is delivered over five terms beginning mid-September each autumn and is designed to finish in the spring term before the girls take their final exams. Throughout the course the girls will take 10 multi-choice tests and records of continual assessments will be kept to go towards final exam marks.

At the end of the course the girls will take the following exams set by Leiths:

- **Essentials of Food Hygiene Certificate** – this is done on-line during the course
- 2 ½ hour **practical exam**
- 1 ½ hour **theory exam**

Career opportunities

Leiths students have gone on to do the following, to name but a few...

- Chef at River Café, Chef at Launceston Place, Chef at Oxo Tower, Chef at the Ivy
- Billingsgate teacher, Angela Malik Cookery School, Devon Cookery School
- Media – Lorraine Pascale, food stylists, Author of Cookery books, Food editor of Good Food magazine, Journalist for Telegraph Weekend Cookery section
- Private chef to Ambassador of Monaco, Roger Taylor and Richard Curtis
- Companies such as Wild Thyme and Food Catering Company, Higgidy Pies – in supermarkets

The Duchess of Cambridge recently attended a course at Leiths cookery school alongside Rachel Khoo, the star of ‘The Little Paris Kitchen’.

Leiths School of Food and Wine was recently awarded ‘Best Cookery School’.

