

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.

Level: 2
Duration: 15 months



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

Typical job roles

- Commis Chef
- Trainee Chef
- Kitchen Assistant

Where you might work

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

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