

**Study
Pack**

Hospitality & Catering

Future Careers

Catering Manager

Earning potential: £19K-£40K

Chef

Earning potential: £13K-£50K

Waiter

Earning potential: £12K-£27K

Source:
National Careers
Service

wakefieldcollege

Hospitality and Catering Learning and Information Pack

Hospitality

The friendly and generous reception and entertainment of guests, visitors or strangers.



Catering

The activity of providing food and beverages for clients.



Meet our staff

Darren Sharpe

- Joined the Army when 16, served for 24 years. Served in Bosnia, Kosovo, Croatia, Iraq, Kuwait, Northern Ireland, Belize, Cyprus, Falkland Islands, Canada, America, Germany and Jamaica.
- Spent 5 years as Personal Chef to Major General and 3 years as Military Training Instructor.
- Worked for Williams F1 Team
- Worked at Wakefield College since 2008

Laura Nutten

- Worked in 4*/ 5* hotels and outside catering for 15 years and still works in industry (part time).
- Runs her own cake business.
- Worked at Bradford College for 3 years and Wakefield College for 6 years.
- Her speciality is Patisserie and Confectionery.

Kathryn McCone

- Works on Gaskell's Reception Desk
- Studied at Wakefield College
- Has now worked at College for 10 years
- Previously worked in industry at Oulton Hall Hotel – Waitress/Hostess

Julie Chan

- Studied Catering at Wakefield College and Leeds Thomas Danby
- HND in Hospitality management studies at Leeds Metropolitan University
- Wedding coordinator and training manager
- Ran own catering business for 13 years
- Worked at Wakefield College since 2002

Damian Hunsley

- Worked in numerous hotels and pubs around Barnsley, Wakefield and Leeds.
- Cooked at sporting events for contract catering company Sodexo.
- Worked at Wakefield College since 2007.

Mark Fulton

- Studied at Leeds Met university and gained HND in Hotel, Catering and Institutional Management.
- Worked with leading Hotel company in 4 Star Hotels in London, Cardiff and Birmingham in both food and beverage and Front of House manager positions.
- Operations Director of his own Ltd company operating two sites in the restaurant, bars, pub and nightclub sector for over 15 years.
- Joined Wakefield College in 2009.

What do you know about Wakefield College?



Did you know?

Wakefield College is a good College – but don't just take our word for it, look at what Ofsted say! Ofsted conducted a full Inspection of Wakefield College in December 2018, looking at every area of our work and they concluded that we are a 'Good' College.

The overwhelmingly positive report included praise for many aspects of the College including:



What can you find out about Wakefield College?

All the answers can be found by going to:
<https://www.wakefield.ac.uk>

Q1. What is the name of the restaurant operated by Hospitality and Catering students?

A

Q2. Where are our two main campuses?

A

Q3. Wakefield College has been providing education and training in Wakefield since when?

A

Q4. What is the name of Wakefield College's Principal?

A

What do Hospitality and Catering students do in College?

Take a look at our two Facebook pages

Here you will find pictures of dishes produced by students and films of dishes you could cook at home.



Do you know you will be taught in a restaurant that is open to the public?

Have a look at the reviews for Gaskell's Restaurant on TripAdvisor.



Why Hospitality and Catering?

The Hospitality industry employs around 3.2 million people within the UK.

It is the third largest employment sector in the UK.

The Hospitality and Catering industry can be found in many establishments and has many different kinds of jobs available.

Watch this short film to gain an insight into the Hospitality Industry.

<https://www.youtube.com/watch?v=hwIEvPK6SGY>

Watch this short film to discover information about job roles within the Hospitality Industry.

<https://resources.workable.com/job-descriptions/hospitality-job-descriptions/>

Can you name a different hospitality job you might find in each of the following?

A restaurant –

Cruise liner –

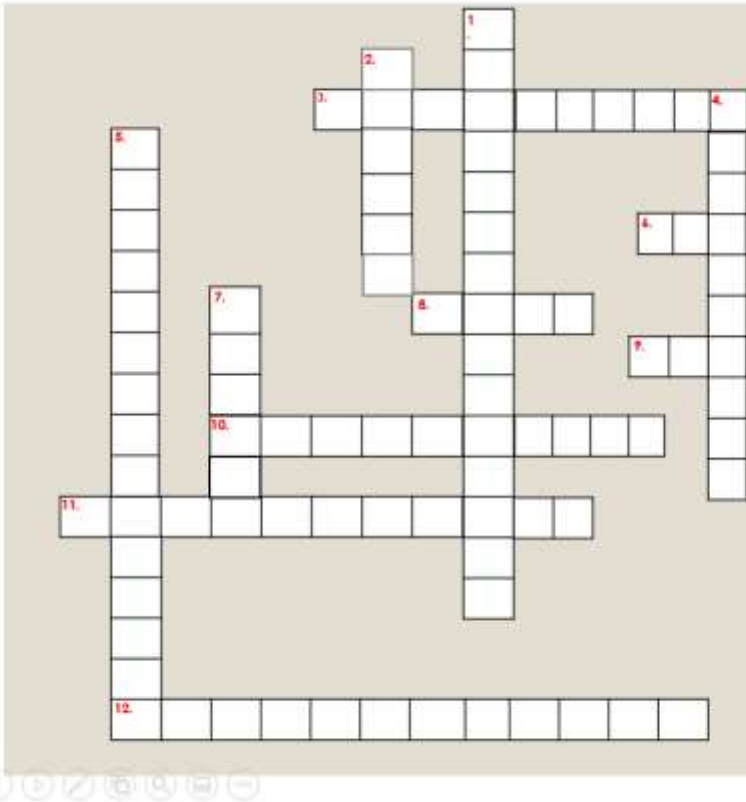
Football Stadium –

Army base –

Hotels –

Theme Park -

Crossword Activity



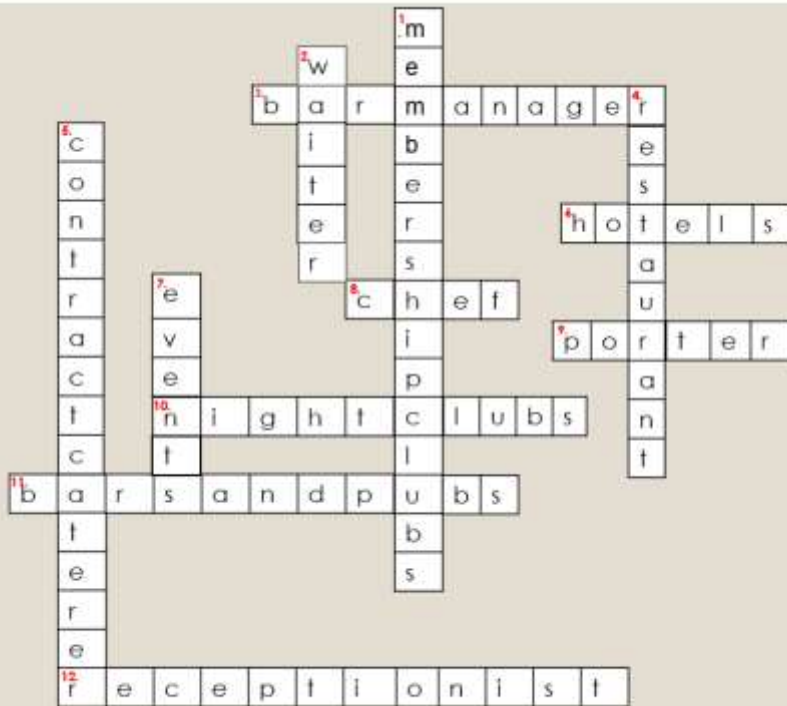
Down

1. Private place where you can meet to use facilities for food, drink and sports with likeminded people. (10 + 5)
2. Person who serves food to your table. (6)
3. 4. Place where you have food and drink served to your table e.g. Nando's. (10)
4. Company that provides food and drink facilities to another company who needs them in their premises. (8 + 7)
7. Caterers who provide catering services at one-off specialist sites like festivals or film sets for example. (6)

Across

3. Job title of person who is in charge of running all the alcoholic drinks selling venues in a hotel. (3 + 7)
6. Places where you can stay on holiday and need a room. (6)
8. Professionally trained person responsible for cooking food. (4)
9. Person who may help you carry bags to your room in a hotel. (6)
10. A hospitality business with late night opening serving drinks with entertainment and dancing. (10)
11. Places to meet, socialise and have drinks with friends, local or town centre. (4 + 3 + 4)
12. Person employed in a hotel to receive guests and deal with their bookings. (12)

See answers on next page



Down

- 1. Private place where you can meet to use facilities for food, drink and sports with like-minded people. (10 + 5)
- 2. Person who serves food to your table. (6)
- 4. Place where you have food and drink served to your table e.g. Nando's. (10)
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Did you know?

Each year the Hospitality and Catering Department at Wakefield College sends 10 students to work at the Hilton Hotel in Malta.

Take a look at this short film to see careers advice from the Hilton.

<https://www.youtube.com/watch?v=K8odBS2Xamo>



Hilton Hotel Malta

A great learning and development opportunity for our learners



The Balance of Good Health

The balance of good health plate model gives us an idea of the proportion and types of food we need in order to achieve this. It is divided into five main food groups:

- Carbohydrate foods - bread, other cereals and potatoes
- Fruit and vegetables
- Dairy products - milk and dairy foods
- Protein foods- meat, fish and alternatives
- Fats and sugars - foods containing fat and foods and drinks containing sugar.

The Balance of Good Health



Using a Knife

Chefs are required to work safely, cleanly and competently with a range of different knives.

Watch this short film as an introduction to knife skills.

<https://www.youtube.com/watch?v=G-Fg7l7G1zw>



THE SAFE USE OF KNIVES

Always select the right knife for the task.

Knives should be kept sharp and have handles that can be properly held.

When using a knife, use a firm grip, try to use even pressure for cutting, cut downwards and avoid cutting towards the body.

Never try to catch a falling knife.

Knives should not be left lying around on worktops and tables. They should not be placed unprotected in cupboards or drawers, nor left in washing up water. They should always be stored in suitable sheaths or racks.

Cutting blocks, tables and boards should be firm, smooth and clean.

There should always be enough room so that a person using a knife is not in danger of being bumped by another person.

When carrying a knife always hold the point of the knife downwards

Different types of Knife

- **Boning Knife** – a sharp pointed narrow bladed knife used for removing the bones from meat and poultry.
- **Filleting Knife** – a flexible and sharp pointed knife. Being flexible gives it a great deal of control in the skinning and filleting of fish



- Paring Knife – a small, short bladed knife, blades are precise and sharp. Ideal for intricate cutting and the preparation of fruit and vegetables.



- Turning Knife – has a distinctive short, curved, sharp blade, used for shaping of vegetables.



- Chef's Knife – a sharp multi purpose knife designed to perform well at many tasks including, dicing, chopping and shredding.



- Serrated Knife - – usually a large knife between 28 and 35cm long. Distinctive scalloped edges make it ideal for slicing and carving, giving a precise cut.



- Palette knife – a kitchen utensil designed for spreading substances such as icing onto surfaces. It does not have a cutting edge.



- Cleaver – a large heavy blade, designed for cutting through bone.





Identify and match the correct knife to the task.

No	KNIFE	No	TASK
1.	Boning		Shaping vegetables into barrel shapes
2.	Paring		Slicing and carving
3.	Cooks/Chef's		Skinning fish
4.	Palette		Removal of bones from joints of meat
5.	Filleting		Preparing small fruit and vegetable
6.	Turning		Cutting through bones
7.	Cleaver		Spreading icing
8.	Serrated		Shredding, dicing and chopping

Answers on next page

No	KNIFE	No	TASK
1.	Boning	6	Shaping vegetables into barrel shapes
2.	Paring	8	Slicing and carving
3.	Cooks/Chef's	5	Skinning fish
4.	Palette	1	Removal of bones from joints of meat
5.	Filleting	2	Preparing small fruit and vegetable
6.	Turning	7	Cutting through bones
7	Cleaver	4	Spreading icing
8.	Serrated	3	Shredding, dicing and chopping



Colour coded knives are used with colour coded chopping boards to keep food safe and prevent cross contamination.

Name the uses of the following coloured chopping boards

Red

Blue

Yellow

Green

Brown

White

Answers:

Red - Raw meat

Blue - Raw fish

Yellow – Cooked meat

Green - Salads and fruit

Brown - Vegetables

White - Dairy items



Basic Methods of Cookery

Different methods of cookery can be applied to different foods. Cooking is the application of heat in order to:

Make food safe to eat by destroying bacteria.

Make food easier to digest.

Make food pleasant to eat by improving its flavour and improving texture.

Give variety to our diet and menus.

Cookery methods are split into two types: wet and dry.



Some dry methods of cookery. Can you give a description of these methods and find a dish cooked this way?

Method	Description	Dish
Baking		
Roasting		
Grilling		
Stir Frying		
Sautéing		

Some wet methods of cookery. Can you give a description of these methods and find a dish cooked this way?

Method	Description	Dish
Boiling		
Poaching		
Steaming		
Braising		
Stewing		

Kitchen Equipment

- Whilst working in the hospitality industry you will use a large range of equipment with strange and unusual names.

- Did you know chefs call this a 'chinois'?



- And this is an ice cream machine?



Can you find the list of words in the grid?

- Chopping Board
- Colander
- Cooling Rack
- Dishcloth
- Fork
- Freezer
- Measuring Cup
- Measuring Jug
- Measuring Spoon
- Microwave
- Oven Gloves
- Pan
- Pastry Blender
- Pastry Brush Peeler
- Pressure Cooker
- Refrigerator
- Rolling Pin
- Sieve
- Sink
- Strainer
- Tea Towel
- Teaspoon
- Wooden Spoon

D	E	C	P	E	E	L	E	R	H	A	L	T	T	A	E	I
D	M	H	I	L	E	R	H	I	P	R	R	C	E	D	C	M
I	E	O	S	S	V	O	A	P	A	E	E	O	A	I	M	E
S	A	P	T	T	A	L	O	A	S	K	F	L	S	A	E	A
H	S	P	R	D	W	L	Q	S	T	O	R	A	P	A	A	S
C	U	I	A	C	O	I	G	T	R	O	I	N	O	W	S	U
L	R	N	I	I	R	N	T	R	Y	C	G	D	O	O	U	R
O	I	G	N	P	C	G	E	Y	B	E	E	E	N	O	R	I
T	N	B	E	A	I	P	A	B	L	R	R	R	E	D	I	N
H	G	O	R	T	M	I	T	R	E	U	A	E	K	E	N	G
R	S	A	S	T	N	N	O	U	N	S	T	S	J	N	G	J
E	P	R	I	Y	E	E	W	S	D	S	O	I	E	S	C	U
Z	O	D	E	T	D	J	E	H	E	E	R	N	N	P	U	G
E	O	G	V	I	T	O	L	A	R	R	L	K	I	O	P	F
E	N	P	E	N	A	G	N	U	G	P	W	B	R	O	W	O
R	I	A	C	O	O	L	I	N	G	R	A	C	K	N	O	R
F	E	N	E	S	O	V	E	N	G	L	O	V	E	S	J	K

Cook with College

- Would you like to try to make some recipes our students use in class?
- Here are some recipes you can try at home.

Chocolate Brownie

Ingredients

- 350g Dark chocolate
- 250g US butter
- 250g Dark brown sugar
- 100g Plain flour
- 3 eggs
- 1 tsp Baking powder



Method

1. Pre heat the oven to 170°C.
2. Grease a baking tin, line with greaseproof paper, grease and flour.
3. Very gently melt the butter, add the chocolate and melt in a heat proof bowl over a pan of barely simmering water.
4. Whisk the eggs, slowly add the sugar.
5. Beat in the chocolate mixture.
6. Gently fold in the sieved combined flour and baking powder.
7. Pour into the tin, bake for 40-45 mins until the surface is set.
8. When cooked a little mixture will stick to a skewer.
9. Cool in the tin slightly before transferring to a cooling wire. Cut when cool.

Carrot Cake

Ingredients

- 200g self-raising flour
- Half a tsp cinnamon
- Half a tsp nutmeg
- 1 tsp bicarbonate of soda
- 150g castor sugar
- 1 tbsp black treacle
- 200ml vegetable oil
- 3 eggs
- 225g grated carrots

- Frosting**
- 340g icing sugar
- 75g butter
- 30ml hot milk
- vanilla



Method

1. Whisk the eggs, castor sugar and black treacle together for 5 minutes.
2. Add the dry ingredients and whisk to a smooth paste.
3. Mix in the grated carrot.
4. Pour into a tray lined with baking parchment. Bake at 175°C until the sponge is springy or when inserting a knife it comes out clean. Leave to cool.
5. To make the frosting, place the butter and the icing sugar in a bowl and cream together.
6. Slowly add the hot milk and continue to cream until soft and smooth.
7. When cool, split and fill the carrot cake, top with the cooled frosting.
8. If you wish, you can decorate with piped frosting, chopped walnuts, moulded carrots made from marzipan and food colouring.

Flapjack

Ingredients

250g butter
250g golden syrup
250g demerara sugar
500g oats
If desired 40g of sultanas,
glace cherries or dried
cranberries could be
added.

Method

1. Line a small baking tray with silicone paper.
2. Place the sugar, butter and golden syrup in a saucepan.
3. Melt together until the sugar has dissolved.
4. Remove from the heat and stir in the oats.
5. Press into the prepared tray.
6. Bake in the oven at 180°C until a light golden brown (approx. 20 minutes).
7. Set and slice into pieces.



Celeriac Soup

Ingredients

400g Diced celeriac
2 Thinly sliced shallot
30g Butter
700ml Vegetable stock
80ml Double cream

To finish
Olive oil
Chopped chives

Method

1. Wash peel and rewash the celeriac. Dice into small even sized pieces.
2. Sweat the shallots and celeriac in the butter for 5 minutes without any colour.
3. Add the vegetable stock, cover, simmer gently until the celeriac is very soft.
4. Liquidize until very smooth, pass and season.
5. Return to the heat and add the cream.
6. Prior to serving check for consistency, temperature and seasoning.



Photos

- We would love to see photographs of anything you make at home, from any of our recipes or ones you already have.
- Please send photos to d.sharpe@Wakefield.ac.uk or to our Facebook page.



- The above email can be used for any question you have about our Hospitality and Catering college courses.