

# Cookery





'I appreciated the focus on techniques through learning recipes. I learned how to think of what I wanted the outcome of a dish to be and what tools I needed to make it happen.'

# Zach



Cookery



Head Chef, Abandoned Brewery

Cookery graduate Zach Meech has recently stepped into the role of Head Chef at Abandoned Brewery's new Petone site. From the get-go, Zach has been hands-on, hiring his own team, and building the kitchen from scratch. Zach's role has him dealing with a little bit of everything—creating the menu, dealing with suppliers, training staff and cleaning fridges. We spoke to Zach about his experience and how he landed at Abandoned Brewery in Petone.

## A passion for cookery

From a young age, Zach had always had a love of food but had heard that being a Chef could be high stress, so wasn't sure if it was for him.

"I was obsessed with food and cooking ever since I was a teenager. Making elaborate pastas for lunch, and baking lime pies for my flat mates. I was a bit resistant to becoming a chef because of all the stories about stress and pressure. Eventually I decided to go for it, and I loved it."

## Building a foundation of skills

When Zach studied, the programme was known as the "Level 4 Diploma in Culinary Arts", these days, the equivalent would be the Level 4 Certificate in Cookery. The year-long practical programme introduces students with little to no experience to the culinary field. Students learn various cooking methods, food preparation, food safety, and techniques required to create a variety of restaurant

style dishes from meat and poultry (or entrees and mains) to pastry and desserts.

The focus on practical work appealed to Zach, and he had no aversion to sampling so many types of dishes, saying he "ate like a king".

## Diving into the industry

During his course, Zach got his foot in the door doing work experience at Monterey in Newtown, a small smoked meats and burger restaurant. Once he graduated, they offered him a full-time job. After that, he picked up various different skills at companies across the Wellington region; learning about allergies at a high-end childcare centre, variety as a temp chef at catering companies, and eventually, Seashore Cabaret, where he worked his way up to Sous Chef. That then led to the opportunity at Abandoned Brewery.

## Creative freedom in the kitchen

Zach loves the variety and freedom at Abandoned Brewery. He's got a lot of work to do, but he's able to get creative.

"In a small kitchen and small team, my role really includes a little bit of everything. From creating and costing the menu, to dealing with suppliers, to cleaning fridges to staff training, to getting annoyed when someone comes in at 9.30pm on a Wednesday. I do a bit of everything."

Follow the QR code below to read the full story.



# Whitireia and WelTec hospitality and cookery programmes return to Petone campus

Published on 22 February 2024

WelTec's hospitality programmes have returned to the original Kensington Avenue hub in Petone.

The decision to leave the previous location on Cuba Street in Central Wellington came about following the end of the lease and a willingness to be joined up with other tutors and students on a WelTec campus in a community central to the Wellington region.

"Re-creating our hospitality hub on the Petone campus will draw students from a wide catchment in the Wellington region," says Mick Jays, Head of School, Creative and Hospitality.

"It is on street level and has parking, making it more accessible for our students and creates a better link to the campus and surrounding neighbourhoods. We have upgraded the site significantly to create three cutting edge industrial teaching kitchens and a service kitchen and as part of the return, the training restaurant and cafe, along with a new pop-up bakery, will be open to the public on certain days of the week."

"Having the students practice their cookery and hospitality skills in our on-campus eateries will be fantastic experience for them and will connect them nicely to the 'foodie' hub of Petone," says Ben Shadbolt, who is leading the project.

"Hospitality is now so much more than cookery. The flexibility in course offerings allows student to 'earn while they learn' and leads to a diversity of careers."

"Most of our managed traineeship chef students will already be working, getting qualified while they continue to work. Hospitality level 3 can either be done full time for 17 weeks or two days a week for 34 weeks. The diploma in Hospitality Management level 5 and the Diploma in Cookery level 5 occupy students two days a week allowing students time to work and get on-the-job experience. We also offer a food and beverage level 4 qualification delivered one day a week over 17 weeks with 12 hours on-the-job training.

"As part of helping students into work or work experience during or following their study, we link locally and regionally with employers which span a wide range of food service, food production, restaurants, hotels, aged care and conference centres," says Ben.

Commenting on the move, Tony Parun, director of Petone-based food company, Brezelmania commented: "We have a longstanding and very good relationship with WelTec with many graduates successfully take up jobs with us. Petone is a vibrant place with many food businesses and restaurants, I think it is a great area for WelTec to run its hospitality programmes from here."

Helen Lim studied level 3 Hospitality at the WelTec Cuba Street Campus. She is now studying level 4 Cookery at the relocated site in Petone, and is enrolled for further hospitality studies into level 5 starting in March.

"I am excited to be working toward my diploma in hospitality at WelTec and by the time I am complete I will have some knowledge of both cooking, as well as the business side. The new Petone hub for my WelTec study is friendly and I like that there is parking."

# Kua tuwhera ā tumatanui ngā ratonga

## Services open to the public

### Bistro 107

Our fully supervised training restaurant has moved to Petone Campus and is open on selected dates throughout the year. Keep an eye out on our websites for the next round of bookings!

### Aria Beauty Therapy

Our beauty therapy students offer an array of beauty treatments, with support from fully qualified professional therapists. Enjoy a professional spa service for a fraction of the cost today.

The salon is open every Thursday from 9:30am–2:30pm, July through to October, at two locations:

- 📍 **Te Kāhui Auaha**  
65 Dixon Street, Wellington
- 📍 **Petone Campus**  
O Block, Buick Street, Petone

### Barbering

Sharpen up your look in our professional barbershop. Our barbering students frequently cut and shave all types of hair to build their portfolio in their pursuit to become a professional barber.

We have two locations available:

### Te Auaha Barbering Academy

- 📍 Te Kāhui Auaha,  
65 Dixon Street, Wellington
- 📅 Tuesday–Thursday
- 🕒 9:30am–3:30pm

### The People's Barber

- 📍 Whitireia Porirua Campus,  
3 Wi Neera Drive, Porirua
- 📅 Tuesday–Thursday
- 🕒 10am–3pm

### Te Whare Makawe

#### Hair on Campus

Experience a range of different services at highly competitive prices. You'll leave looking and feeling great.

We have two locations available:

### Petone Campus Salon

- 📍 O Block, Buick Street, Petone
- 📅 Thursday
- 🕒 1–7pm

### Whitireia Porirua Campus Salon

- 📍 Corner of Tutuira Place and  
Wi Neera Drive, Porirua
- 📅 Wednesday
- 🕒 9:45am–4:30pm

### Latte Lab

Located in the Hospitality Campus at Petone, the Latte Lab gives students the chance to develop front of house and barista skills in a cafe-like environment. The Latte Lab is where we do the coffee training for our programmes and STAR tasters (Secondary Schools).





The lab opens up as a pop-up cafe at certain times of the year. Customers are able to purchase barista-made coffee and bakery items.



### Book now!

Scan the QR code to book your appointment and find out more information!

# New Zealand Certificate in Cookery (Level 3)

 Level 3
 17 weeks, full-time
 \$3,887 (indicative for 2024 intake)
 \$12,500* (indicative for 2024 intake)

Discover the basic skills needed to be a part of the food industry. This introductory programme covers basic methods of food preparation, cooking and health and safety practices. Use this programme to pathway on to higher cooking qualifications.

## Programme Outline

Produce the basic dishes required in a commercial kitchen. Gain the skills to work at an entry-level in a commercial kitchen. Practice preparing, cooking and presenting dishes. Learn about nutrition, health and safety, and commercial kitchen procedures.

## More detail about this programme

- Apply fundamental cookery skills to prepare, cook and present a range of basic dishes, using commodities commonly used in industry
- Commercial kitchen procedures
- Develop knowledge of the importance of the nutrition and the effects that the cooking and storing of food has on nutritional value
- Apply health and safety and security practices to ensure own safety and minimize potential hazards for customers

## Entry Requirements

Open entry.

\*For fee exclusions, please see our [terms and conditions](#).

## Further Study Options

- [New Zealand Certificate in Cookery \(Level 4\)](#)

Disclaimer: The information contained in this document is correct at the time of print. Whitireia and WelTec | Te Pūkenga reserves the right to cancel or postpone any of the programmes, and shall not be liable for any claim other than the proportion of programme fees that the cancelled portion bears. Some programmes may be dependent upon formal approval from NZQA (New Zealand Qualifications Authority), TEC (Tertiary Education Commission) funding allocation, and the number of enrolments. As part of the NZQA targeted review of all Level 1-6 New Zealand qualifications, there may still be changes to some programmes starting in 2024. Fees, programmes, entry and selection criteria, and dates, are subject to change. Please check the relevant programme pages at [whitireiaweltec.ac.nz](http://whitireiaweltec.ac.nz) for up-to-date information and full entry regulations before applying to enrol. Information regarding English language requirements is available on each course page at [whitireiaweltec.ac.nz](http://whitireiaweltec.ac.nz).