



Chef

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Job Description:

Chefs and dinner cooks measure, mix, and cook food.

Gross Monthly Income:

\$3,400

Wages:

Average median yearly pay is about \$41,000 a year in Utah.

Schedule: May work full or part time. May work early mornings, late evenings, holidays, and weekends if employed at a restaurant.



Advancement: For chefs and cooks, advancement often means working in more expensive or well-known restaurants. Some chefs and cooks go into business as caterers or restaurant owners. Others become instructors in vocational programs. A number of cooks and chefs advance to executive chef or management positions in hotels, clubs, and fine restaurants. Besides cooking skills, advancement depends on the ability to supervise workers. The ability to limit food costs is also important for advancement. Chefs and cooks who can minimize waste and estimate needed supplies may advance quickly.

Education & Experience:

- ♦ High school diploma preferred
- ♦ On the job training
- ♦ 2-year degree at technical school or culinary school preferred

High

School Courses:

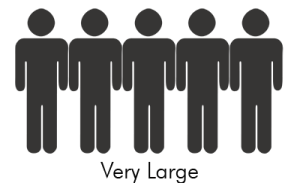
- ♦ Food & Nutrition
- ♦ Food Service
- ♦ First Aide

Work Conditions:

- ♦ Always work indoors.
- ♦ Sometimes exposed to hazardous situations, likely to be exposed to cuts and minor burns.
- ♦ May make decisions that affect customers and their employer's reputation. Chefs have the most freedom to change a menu item, for example.
- ♦ Work in a stressful environment where they must meet constant deadlines. Customers enjoy prompt service.

Travel: None

Job Outlook:



Very Large

Hours a Week:

35

Leisure Time:

High

Knowledge:

- ♦ Food Production
- ♦ Customer & Personal Service
- ♦ Administration & Management
- ♦ Production & Processing
- ♦ Education & Training



Overview

Perhaps no one is more synonymous with the word "chef" than the late Julia Child. With her sharp wit, easy-going attitude, and signature voice, Julia brought French cuisine to America's kitchens. Her first cooking show debuted in 1963 on public television. She made "Supremes de Volaille a Blanc," or chicken poached in butter. It was served with rice and a wine and cream sauce. Before she passed away in 2004, Americans enjoyed over four decades of Julia Child's culinary expertise.

Chefs and dinner cooks prepare meals in restaurants, hotels, and institutions. Although the terms "chef" and "cook" are used interchangeably, chefs tend to be more highly skilled and better trained than cooks. Many chefs have earned fame for themselves and their restaurants by their skillful preparation of dishes.

In general, chefs and dinner cooks mix and measure ingredients. They cut and chop food items. They season and cook dishes and meals. They regulate the temperature for ovens, broilers, and grills so that food cooks properly. Some cooks bake breads, rolls, and other pastries. To do their work, chefs and cooks use a variety of pots, pans, knives, and utensils. They also use equipment such as slicers, grinders, and blenders. In addition, they clean equipment or work areas, or inspect the cleaning done by other workers.

Many chefs and dinner cooks direct the work of other cooks and kitchen workers. Head chefs and cooks may also hire and train cooks and kitchen workers. In addition, many chefs and cooks keep records of food supplies that are used. They then estimate when more will be needed and order them. Some chefs and cooks also help plan meals and develop menus. They analyze the cost of supplies and labor and use that to price items.

The specific duties of chefs and cooks are often determined by the restaurant in which they work. Institutional chefs and cooks work in the kitchens of schools, hospitals, and other institutions. For each meal, they prepare large quantities of a limited number of menu items. Restaurant chefs and cooks typically prepare a wider selection of dishes. They usually cook most orders individually.

Large eating places have varied menus and employ many kitchen workers. Their kitchen staffs often include several chefs and cooks. These workers are sometimes called assistant or apprentice chefs or cooks. Each one usually has a special assignment and often a special title, such as vegetable, fry, or sauce cook. Executive chefs coordinate the work of all the kitchen staff.

Pathway:
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