

# Enjoy it in the **KITCHEN?**

Maybe you should consider a career in cheffing. It can be varied, exciting, rewarding and fun.

## **BENEFITS OF A CULINARY CAREER**

### **CREATIVITY**

Cheffing allows individuals to express their creativity through food.

Teenagers with a passion for cooking can experiment with flavours, techniques and presentations.

### **OPPORTUNITIES**

There are numerous opportunities – restaurants, hotels, catering, food trucks and more. Skilled chefs are always in demand.

### **TRAVEL**

The skills are universal and chefs can work anywhere in the world.

### **ENTREPRENEUR**

It provides the perfect opportunity to 'start small' and then grow a business.

## **CHALLENGES OF CHEFFING**

### **PHYSICAL DEMANDS**

It is physically demanding, involving long hours, standing and working in a fast-paced environment.

### **STRESSFUL**

This industry is known for its high-pressure atmosphere.

### **VERY LITTLE 'ME-TIME'**

The hospitality industry is known for messing with the 'Work-Life' balance. It's all about working nights, weekends and holidays!

## **HOW TO BECOME A CHEF**

### **CULINARY SCHOOL**

Many aspiring chefs study formally and attend a culinary school to get certification.

### **APPRENTICESHIP**

Learning on the job provides experience and the reality of the industry.

### **PART-TIME JOB**

Many aspiring chefs start with part-time jobs in restaurants, cafes or catering companies.

### **TO PREPARE YOURSELF**

- READ RECIPE BOOKS & EXPERIMENT
- PREPARE FAMILY MEALS
- TAKE COOKING CLASSES



**PROFESSIONAL** kitchens employ many chefs and each has a specific duty. In smaller restaurants the duties are doubled up and the larger the kitchen the more specific the chef – but they all report to the executive head chef.

# “Yes CHEF!”

## **THE EXECUTIVE HEAD CHEF**

He/she is the head of the kitchen, responsible for overall kitchen management, menu creation, recipe development and kitchen staff supervision.

He/she oversees daily operations, manages food costs, ensures food quality and presentation. He/she coordinates with suppliers and implements health and safety standards.

## **SOUS CHEF**

The second-in-command in the kitchen, assisting the Executive Chef in managing the kitchen and often stepping in during their absence.

## **GARDE MANAGER (PANTRY CHEF)**

This chef manages the pantry, ensuring the freshness and quality of ingredients. They prepare all the cold dishes, such as salads and appetizers.

## **ROTISSEUR (ROAST CHEF)**

This chef is in charge of roasting meats and preparing related dishes, roasting, braising and broiling meats.

## **GRILLARDIN (GRILL CHEF)**

The grill chef handles all grilled foods – meats and vegetables.

## **FRITURIER (FRY CHEF)**

This chef specialises in frying foods such as fries, fritters and fried meats.



## **PASTRY CHEF (PÂTISSIER)**

The pastry chef specialises in creating desserts, pastries, breads, and other baked goods, developing dessert menus, and managing the pastry section of the kitchen.

## **SAUCIER (SAUCE CHEF)**

This chef makes sauces, gravies and soups. Since the sauce is usually the last thing to be placed on the plate they usually assess the final presentation before serving.

