

# CHEF

Chefs prepare, cook and present food

## Entry requirements

There are no set requirements, but GCSEs in English and Maths will help.

You could do on-the-job training, starting as a kitchen assistant or trainee chef.

Another option is to take a full-time college course.

## Skills Required

You'll need:

- organisational and time management skills
- excellent communication and number skills
- the ability to stay calm under pressure

## What you'll do

You will work in a restaurant chain initially in a large kitchen you may be a specialist chef, in charge of one area like pastry, fish or vegetables, working under a head chef.

## Day to Day Tasks

Your day-to-day tasks will vary with your role, but may include:

- preparing attractive menus to nutritional standards
- controlling and ordering stock and inspecting it on delivery
- gutting and preparing animals and fish for cooking
- scraping and washing large quantities of vegetables and salads
- cooking and presenting food creatively
- monitoring production to maintain quality and consistent portion sizes
- working under pressure to make sure food is served on time
- keeping to hygiene, health and safety and licensing rules

You'll need knowledge of allergens, nutrition and diets.

## Average Annual Salary

Starter: £13,000 (trainee chef)

Experienced: £18,000 to £25,000 (section chef)

Highly Experienced: £30,000 to £50,000 (head chef)

## Working hours, Patterns and Environment

40 - 45 hours per week.

Your working day may start in the early morning or continue late at night. You will also work weekends and public holidays. Kitchens are hot, humid and busy and the job is physically demanding. You will wear chef whites and a hat.

## **Career Path and Progression**

With experience, you could progress to section chef (station chef) and look after a particular area like desserts. The next step is sous chef, running an entire kitchen when the head chef is busy.

As head chef (also known as chef de cuisine), you'll run a kitchen, create menus and manage the budget.

You could move into the business side by taking a foundation degree or degree in hospitality management.

Very large establishments have executive chefs, usually in charge of multiple outlets. This is a management role and you would do very little cooking.