



Chef

A Chef is a person who is specially trained professional who is skilled in all aspects of preparing a particular style of food. The word “chef” comes from the French term chef de cuisine, which means “director of a kitchen.” Most chefs receive both formal training from an institution, as well as on-the-job training as an apprentice, working for an experienced chef. A chef wears a standard uniform which includes a hat called a toque, a necktie, a double-breasted jacket, and apron and shoes with steel or plastic toe-caps. The chef is in charge of everything having to do with the kitchen, including creating recipes, creating the menus, managing kitchen staff, ordering and purchasing the inventory and plating (deciding how the food will be presented on the plate).

There are different kinds of chefs. For example, the Sous-chef is the second-in-command in a kitchen, and the Chef de partie handles a specific area of food production. The hierarchy of chefs found in most restaurants and hotels is called the Brigade system. Working at the level just below the chefs are the kitchen assistants.

Many institutions offer a culinary education, and a chef can earn a diploma, an associate, or a bachelor's degree in culinary arts. Depending on the level of degree, a chef's formal education can take one to four years, and often involves an internship. Regardless of the degree obtained, however, most professional kitchens follow the apprenticeship system, and new cooks begin as a lower-level 2nd or 1st cook and work their way up.

An apprenticeship (the apprentice is called a *commis*) generally lasts for four years. Ideally, during his or her apprenticeship, a *commis* will have an opportunity to work in each section of the kitchen to learn the basics.

Name _____ **Community Helpers**

_____ 1. Which language does the word "chef" come from?

- A. English
- B. French
- C. German
- D. Dutch

_____ 2. What kind of qualifications do you need to be a chef?

- A. Formal education from an institution and on-the-job training
- B. A college degree
- C. A license
- D. A diploma

_____ 3. Which does a chef wear?

- A. A double-breasted jacket and an apron
- B. Steel-toed shoes
- C. A hat called a toque
- D. A hat called a toque, a necktie, a double-breasted jacket, and apron and shoes with steel or plastic toe-caps.

_____ 4. Who is second-in-command in a restaurant kitchen?

- A. The chef
- B. A commis
- C. The Sous-Chef
- D. Chef de Partie

_____ 5. What kind of degree can a chef get in the Culinary Arts?

- A. Diploma
- B. Associate's Degree
- C. Bachelor's Degree
- D. All of the above

_____ 6. What is an apprentice chef called?

- A. A Sous-Chef
- B. A Commis
- C. A Director
- D. A Bachelor

