

# WHY NOT TRY...

# COMMERCIAL COOKERY

## What do Commercial Cooks do?

Commercial Cooks, or Chefs, plan and organise the preparation and cooking of food in a number of settings.

### Chefs may perform the following tasks:

- > plan menus and work out food and labour costs together with the head chef
- > plan staff rosters and supervise the activities of cooks and assistants
- > discuss food preparation issues with managers, dieticians and other staff members
- > order food, kitchen supplies and equipment
- > demonstrate techniques to cooks and advise on cooking procedures
- > prepare and cook food
- > divide food into portions and add gravies, sauces and garnishes
- > explain and enforce hygiene regulations
- > select and train staff
- > freeze and preserve foods

In larger establishments, the chef de cuisine or head chef generally does more supervision than cooking. Senior chefs have to attend meetings, where they discuss problems related to their areas, receive or issue instructions to other managerial staff. In small restaurants, the head chef may prepare food, assisted by other cooks. As well as expert cooking knowledge, chefs involved in supervision need a general knowledge of the skills and activities of all their workers.

### How do I become a Chef?

To become Chef you usually have to complete an Apprenticeship in Hospitality (Commercial Cookery). Entry requirements may vary but employers generally require a minimum of year 10. Training is usually both on and off the job. The off-the-job training is provided through Registered Training Organisations (RTOs), including Group Training Companies. Details of the training may vary depending on the needs of the employer and are finalised as part of the training agreement.

### Qualifying as a Chef involves:

- > Three to Four year commitment
- > Attending paid work with a "host employer" for the duration of the apprenticeship
- > Attending off-the-job training at an RTO

### Ideal personal requirements to be a Chef include:

- > A high level of personal hygiene
- > Able to plan time and work under pressure
- > Able to organise efficient work schedules
- > Flexibility to perform shift work (sometimes on a 24 hour rotating roster)
- > Able to stay calm in difficult situations
- > Able to work well in a team



**How can I do an apprenticeship? Talk to your local RSW representative.**

email: [info@readysetwork.com.au](mailto:info@readysetwork.com.au)  
phone: **1800 819 747** (free call from landlines)

Sources include  
[www.jobguide.thegoodguides.com.au](http://www.jobguide.thegoodguides.com.au)