



Cook

Description

Cooks make food in many different ways. They are responsible for preparing the variety of dishes: hot and cold starters, soups, broths, salsa, salads, grilled meals, fish and seafood, meat and vegetable dishes, simple desserts and pastries. Cooks take care of proper preparation of vegetables, meat, fish, fruit and desserts and provide tasty and creative serving and plating of food. As this occupation involves food, the cook maintains proper hygiene in the workplace. Communication with co-workers and wait staff is crucial for cooks who work in restaurants or other catering establishments. The cook is also responsible for menu and daily menu plan development and foodstuff safety control.

Patrons expect to get their order quickly and to be served a tasty meal, while the environment in which a cook works is often hectic and noisy demanding from him to work fast and be well organized. Therefore the cook is flexible, well-organized working fast and in coordination with other staff. Creativity is also a desirable trait of a cook. His creativity is expressed through food quality and presentation. If the clients/customers are satisfied with the taste and presentation of food, they are likely to keep coming back.

Desirable traits/requirements

- Manual ability/ hand skills;
- Have an exemplary sense of smell and taste /a sophisticated palate and attention to detail;
- Creativity and sense of form and decoration;
- Hygiene awareness and sense of order and cleanliness;
- Accuracy, neatness and responsibility;
- Communication skills and politeness;
- Organizational skills and teamwork;
- Flexibility.

Positive aspects:

- The work is interesting, creative and versatile. Cooks have a wide range of options for further education and advancement. There is a possibility to work throughout the year or only during a season in a restaurant, hotel, canteen or at nursing homes. Cooks are also in high demand abroad.

Negative aspects:

- Cook's working hours are scheduled differently. He often works up till late at night, on weekends or holidays. His work may be quite hectic and exhausting and may include long-hour standing on his feet.

Career path/ fields of work

The cook's job requires completion of a three-year secondary vocational education.

Cooks may work in hotels, restaurants, hospitals, canteens, nursing homes or other.