

Cook

Written by Administrator

Wednesday, 09 June 2010 15:10 - Last Updated Wednesday, 09 June 2010 15:14

Cook

Cooks prepare food in eating establishments such as hotels, restaurants, institutions and camps.

What do Cooks do on the job?

- Study menus to estimate food requirements and obtain the necessary food
- Wash, peel and cut vegetables
- Clean and cut meats, fish and poultry
- Clean kitchen equipment and cooking utensils
- Prepare, season and cook foods such as soups, salads, meat, fish, gravies, vegetables, desserts, sauces and casseroles
- Carve meats, prepare portions on plates and add gravies, sauces and garnish to servings
- Bake pastries
- Oversee menu planning, regulate stock control and supervise kitchen staff

Where do Cooks work?

- Hospitals
- Hotels
- Restaurants
- Catering firms
- Cafeterias
- Institutions
- Isolated camps



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Job Titles

- Chefs
- Kitchen managers

What characteristics do you need?

- Good oral and written communication skills
- Basic math skills
- Interest in preparing food
- Keen sense of taste and smell
- Able to work as members of a team
- Willing to maintain the high standard of cleanliness necessary in any food establishment

Estimated Average Hourly Wage from Service Canada - Saskatchewan - \$15.19/hour

Post-Secondary Institutes

- SIAST – Professional Cooking
 - o Certificate Program
 - o Require: Grade 10
 - o Length: 35 weeks
- Saskatchewan Apprenticeship – Cook
 - o Completed Grade 12
 - o Must be working in the trade and under the supervision of a certified journeyperson
 - o Length: 3 years including 1,800 hours of technical training and on-the-job training

Career Ambassador Project
Community Vitality Monitoring Partnership Process
306-425-6883