



**LET US HELP YOU
PLAN YOUR
CULINARY CAREER**



MESSAGE FROM OUR DIRECTOR OF STUDIES



Are you A Master Chef follower? Do you love cooking programmes? Do you love searching through recipe books and preparing food for your friends and family? Have you considered that perhaps a career in Culinary Arts is the right one for you? You have all the signs to enter the exciting world of Culinary!

Since COVID, many people have dreamt of becoming a chef, but they have shied away from taking up a career in Culinary Arts, considering that Hospitality was one of the hardest hit industries. What people do not realise is that there is a global shortage of chefs. Every week I see articles in newspapers, magazines and posts on social media saying just how difficult restaurants, hotels, and catering companies are finding it to source qualified chefs.

No chef should be unemployed or without self-employment right now!

If working in a hotel, restaurant or catering company doesn't inspire you, there is a myriad of different jobs a qualified chef can hold, from working in airline catering, on cruise ships, hospitals and aged facilities to new age jobs such as food stylists, food photographers, videographers, app developers, food bloggers, restaurant reviewers, critics and social media influencers. Gone are the days of just cooking in a restaurant, the world now really is your oyster. Traveling with a Culinary Qualification is definitely worth its weight in gold!

Have you seen how many followers the largest Instagram Food hashtag has #thefeedfeed? Over 2 million followers! It is amazing how this Food Hashtag can have such influence over follower's consumer behaviour.

So, if you are not quite sure, and want to find out whether Culinary Arts is right for you, which is the best route to study, if the career will suit your personality and career aspirations and how to finance it, use our simple Career Workbook to help you decide.

Culinary regards

Cheryl Cordier

CHERYL CORDIER

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HOW SUITED AM I TO A CAREER IN CULINARY ARTS?



We won't deny that becoming a chef takes hard work and resilience. Yes, you must study and learn professional skills and techniques, but it also takes certain key personal characteristics to become a world class chef or to work in a food related profession.

Start by taking this short assessment to see if a career in Culinary Arts is suited to your personality and key competencies. Answer the following statements, yes ✓, no ✗ or maybe ?.

	✓	✗	?
I am motivated to do or achieve something on my own with my own enthusiasm or interest without needing pressure from others.			
I can focus on all areas of a project or task, no matter how small.			
I am a passionate person and show strong feelings and strong emotions.			
I stick things out even when things get tough.			
I handle stress well.			
I get excited about things that I do or am asked to do.			
I am strong and healthy.			
I get along well with others when I work in a team of people.			
I don't get scared off by hard work.			
I do not mind if I am asked to change things.			
I respect others, their opinions, feelings and their seniority.			
I anticipate future problems, needs, or changes and take the necessary action.			
I am happy to follow the instructions of others.			
I enjoy using my imagination or original ideas to create something.			

Add up your ✓, if you have achieved more than 10 you definitely have what it takes to be a chef, if you scored between 7 and 10, you may have some areas to work on. If you scored less than 8 but are still keen, look to see if there are other types of culinary careers that suit your personality and competencies.

“

**Opportunities
don't happen,
you create them**

”

WHAT IS MY DREAM CAREER?

Establishing a career most suitable for you often takes time and you need to reflect on what you enjoy and what is most suited to your personality, personal values and personal motivations.

An excellent website that offers you a free assessment that can help you identify your motivations and what's really important to you in your career is [MyPlan.com](https://www.myplan.com) which ranks different aspects of work, and the results can encourage you to look at jobs or industries you may not have considered before. You'll walk away from this career test with a list of 739 jobs rank-ordered based on how well they suit your style.

Once you have done this, use the space below to list some of your possible career choices

MY POSSIBLE CAREER CHOICES ARE:

1

2

3

4



WHAT IS MY DREAM CAREER?

What are the Culinary Arts?

Chef Andy explains



The world of Culinary Arts is anything related to cooking. Simply put, Culinary Arts refers to the art of preparing, cooking, presenting and serving food. When thinking Culinary Arts, we usually think of a chef preparing food in a restaurant, however it refers to all professions involved in preparing, cooking, and serving food.

Humans use their senses to judge food, the smell, the visual appeal, how the food tastes, how it feels in your mouth when you eat it and even how it sounds. The role of a culinary professional is to create eating experiences that are sensual, and it is a culinary professionals desire to create the perfect dish every single time.

A qualified chef will tell you that the first and most important element for creating a fantastic dish is finding the best fresh ingredients. Senior chefs will design menus, usually with seasonal ingredients in mind, and then seek the finest ingredients to have the best outcome. For some chefs, the ingredients come first, for others the recipe. Finding interesting recipes and concepts and then modifying them to suit their needs, increasing quantities where necessary is just one of a senior chef's focus areas.

Keeping ingredients in storage at the correct temperatures is very important to guarantee the freshness and safety of ingredients.

During preparation, the senior chef and their team will set about preparing ingredients, slicing, dicing, mincing, cutting, so that the ingredients are suitable to use in the recipe. Once the preparation of the ingredients is complete, the chef and their team will get to cooking, roasting, steaming, baking and so on. All these cooking methods and techniques that are used by chefs, are essential techniques to learn to become a world class chef.

Knife skills and techniques such as slicing, dicing and shaping, to improve the appearance of food is an essential skill for a chef. Then there is an array of equipment that is used to prepare food. Besides knives you will find sieves, ladles, strainers, colanders, blenders, mincers, ovens, and many other pieces of equipment, all requiring skills to use.

Another key skill that chefs learn is how each ingredient is impacted by cooking, the science of cooking. Some ingredients dry out, others fall apart, some brown and others don't. Understanding the makeup of ingredients and the chemical reactions that take place when food is cooked, allows chefs to prepare dishes on point.

Kitchens have teams of chefs, from very junior chefs who are still in training to the most senior chef in the kitchen, the Executive Chef. Chefs often specialise in an area, for example patisserie or in hot kitchen, usually in a skill area that they find the most inspiring and stimulating.

Chef Andy: Group Executive Chef

WHO WAS ESCOFFIER?

Georges-Auguste Escoffier was a French chef, often referred to as "the king of chefs and the chef of kings", known for his work on modernising a very traditional style of cooking.

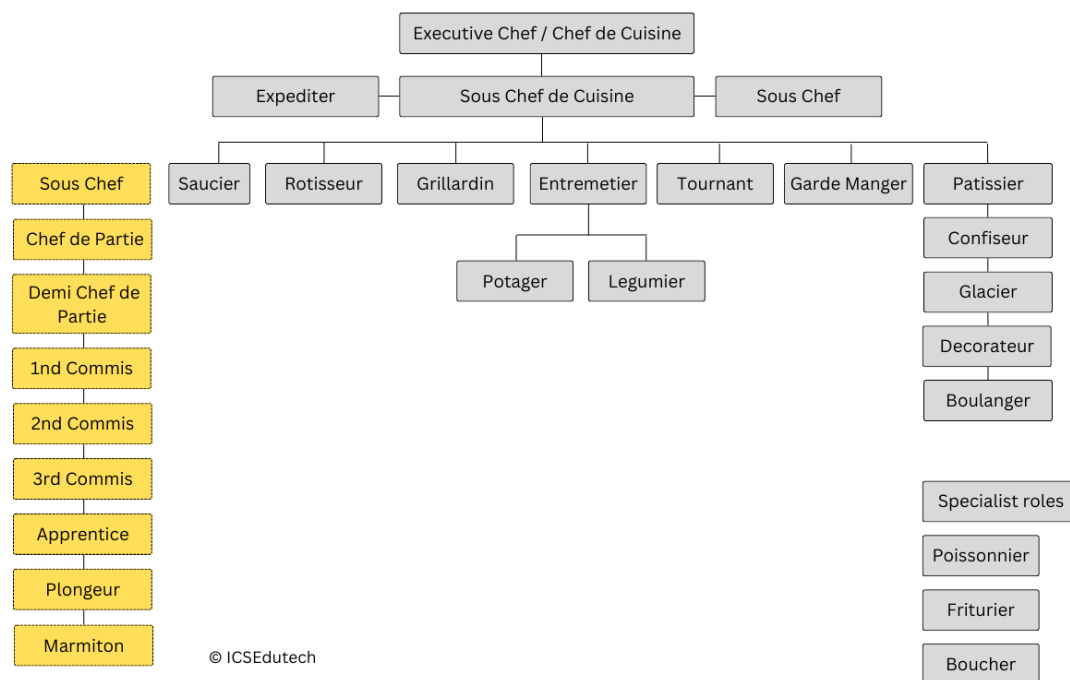
Escoffier who is known for his development of the five French mother sauces also developed the 'Brigade de cuisine' system which, even though slightly modernised, is still found in many kitchens today.

Escoffier, previously having served in the French Army, used his skill of assigning roles and responsibilities to develop a hierarchy of more than twenty cooking roles in the kitchen. This hierarchy ensures that every person working in the kitchen knows their duties and is able to work to maximum efficiency.

Traditionally, all food preparation was done in a kitchen, this meant that you had roles such as fish mongers and butchers. Today, due to modern technology replacing certain manual tasks, and because many kitchens buy in pre-prepared cuts, certain skills are no longer required.

So, what did the traditional kitchen structure look like?

This diagram shows the traditional kitchen hierarchy:



Traditional Kitchen Hierarchy

On the left, in yellow, the positions in each area of specialisation are shown.

For example, you would find a hot kitchen Sous Chef and a team of Chefs de Partie (at various skill levels), Commis (at various skill levels), Apprentices, a Steward (plongeur) and a Kitchen Hand (marmiton). This describes the progress that you would make if you joined a professional kitchen.

WHERE AM I INSPIRED TO WORK?

Not everyone is suited or is inspired to work in a restaurant, hotel or contract catering kitchen.

Using the list below, tick off some of the jobs that inspire you, these are all jobs that you could get with a Culinary Arts qualification.

<input type="checkbox"/>	Chef	Work in various kitchens in hotels, restaurants, airlines, yachts and travel the world.
<input type="checkbox"/>	Food Service Director / Manager	Managing the Food and Beverage operations. The role is responsible for the planning, management and operations of food service
<input type="checkbox"/>	Food and Beverage Director	This often requires a qualification in hospitality management as well. Executive role managing the entire food and beverage operations, often multiple properties.
<input type="checkbox"/>	Food Safety Manager	Manage the food safety programme for a company, ensuring that food safety processes are monitored and adhered to
<input type="checkbox"/>	Culinary Instructor	Teaching culinary arts at a chef school
<input type="checkbox"/>	Nutritionist	Using culinary knowledge to plan meals that are balanced or meals for people that have special dietary needs. These skills can also be used to become a nutritional coach.
<input type="checkbox"/>	Personal Health Coach	Combine a culinary qualification with a personal trainer qualification and become a personal health coach guiding clients to achieve nutritional and health goals.
<input type="checkbox"/>	Food Writer	Become a food blogger, recipe book writer, columnist, food reviewer, develop your own app combining the love of gastronomy with your writing skills.
<input type="checkbox"/>	Food Stylist	Food stylists create appealing food for food photography used in advertising and marketing including menus, websites and online magazines. You can combine your love of photography with food styling.
<input type="checkbox"/>	Influencer or App owner	Use your social media skills to influence others gaining contracts from restaurants to write about their offerings. Recipe Apps are available to purchase, and you can own your own recipe App, attracting interested members and earning advertising revenue.

<input type="checkbox"/>	Molecular Gastronomist	Combine your love of science with food and design new ways to present food.
<input type="checkbox"/>	Product developer	Develop new food products and create new food trends.
<input type="checkbox"/>	Cake decorator	If you enjoy baking, design and decorate and sell cakes for special occasions.
<input type="checkbox"/>	Food Consulting	Consult food establishments on a variety of needs such as training, menu planning, menu engineering and kitchen design
<input type="checkbox"/>	Event organiser	Consult for companies and individuals who hire event organisers for special events such as engagements, weddings and baby showers and even large company conferences.
<input type="checkbox"/>	Restaurant Manager	With your knowledge of food and if you enjoy working with people, run a restaurant looking after the delivery of service.
<input type="checkbox"/>	Private Caterer	If you would like to run your own business, a private catering business offers you a broad range of opportunities from catering for private dinner parties to large events.
<input type="checkbox"/>	Freelance Chef	Offer your services to a variety of establishments on a freelance basis. This allows you flexibility to be your own boss, travel and earn whilst you travel.
<input type="checkbox"/>	Sommelier	Combine your love of wine and food. Additional training as a sommelier will enable you to work in a fine dining restaurant, compiling wine lists, selecting wines and pairing wines for customers.
<input type="checkbox"/>	Working for a Culinary Arts School	If you enjoy sales, you can work for a school such as ours, selling Culinary Arts education programmes.
<input type="checkbox"/>	Sales executive for food companies	Enjoy selling? Join a large food brand such as Bidfood as a sales executive visiting clients and selling food products and product ranges.

The following jobs inspire me:

1

2

3

4

THE CULINARY ARTS LADDER

So how long will it take to become a senior chef once you have a Culinary Arts qualification?



Commis Chef

Is a junior position, sometimes given to recent graduates or those who have completed a period as an intern.

A commis chef will often move around the kitchen according to the restaurant's needs, answering directly to the chef de partie of wherever they're assigned.

Chef de Partie / Line Chef

A chef de partie will be in charge of one particular station. While they should be equipped to work in any area, a chef de partie will generally oversee a single area of production and may be titled accordingly.

For example, they may be referred to as the saucier (sauce), entremetier (entrees) or pâtissier (pastry).

All food that leaves a station is the responsibility of the chef de partie, so they must ensure quality across every plate.



Sous Chef de Cuisine

The Sous Chef is the chef de cuisine's/head chef/executive chef's second-in-command.

Typically, they will act as an intermediary between the chef de cuisine and each station within the kitchen.

Strong culinary skills and management abilities are vital for a sous chef, as they must be ready to help in all areas of the kitchen as well as monitoring inventory and employee performance.

Executive Chef / Chef de Cuisine

Chef de Cuisine

Sometimes called the head chef/executive chef, a chef de cuisine is responsible for day-to-day kitchen management. Depending on the size of the business, they may be at the top of the kitchen hierarchy and report directly to the business owner. They have a largely supervisory role, ensuring the kitchen operates smoothly and taking the lead on creating menus.

Executive Chef

The executive chef is typically the most senior kitchen staff. They will typically have a more business-oriented role, overseeing one or more busy restaurants, such as across a hotel group. Their work will often involve high-level oversight of operations as well as marketing and public relations. Some may also have a hand in menu development.

**The unspoken truth about working
your way up...**

90% of career killing mistakes

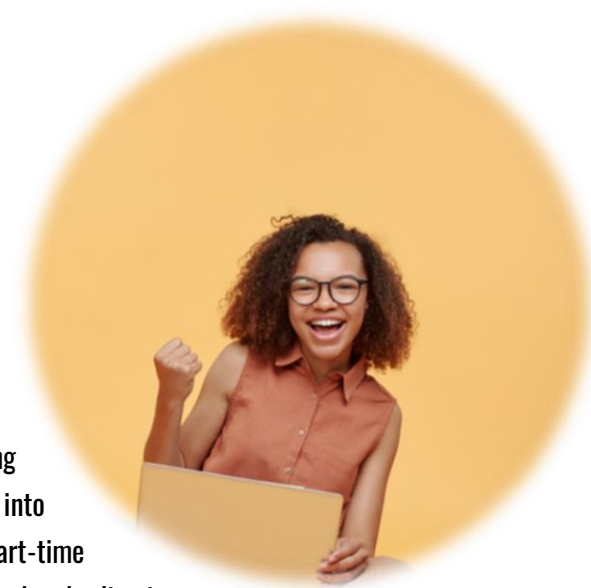
- × Not having will power and or perseverance
- × Tardiness
- × Lack of culinary knowledge
- × Untidiness
- × Disrespect
- × Rushing through the ranks

WHAT ARE MY STUDY OPTIONS?

There are various study options to suit your personal circumstances, selecting the one that is right one for you will increase your success in becoming a chef.

These days very few people attend Culinary School on a full-time basis entering industry only on completion of their qualification. Some are accepted into industry on traineeships and work whilst they attend culinary school on a part-time basis. Others who wish to have the flexibility to work and study, or for people who live in remote areas, or for those who would like to change their career, studying an online qualification has become a very attractive option.

Most entry level culinary qualifications are one-year programs.



Pros and cons of studying online vs on campus?

Online Culinary Study	Face To Face Culinary Study
You can study at a times that suit you.	You must attend fixed class times.
You can study from anywhere in the world.	You must study at the college where you enrolled.
You can study at your own pace.	You must keep up with the class.
You have personal access to your instructor via a range of methods: email, WhatsApp, phone and social media groups	You will meet with your chef Instructor as a group.
You can watch your learning videos, go through the course content over and over and you will never miss a lesson.	If you miss the class, you miss the lesson content.
There is no time wasted on travel.	Travel time is lost.
You save on fuel, transport, and parking costs.	You will need money for fuel, transport, and parking costs.
Because the collect has no high facility running costs, course costs are more affordable.	Course costs are high because they cover training venue and facility costs.
Because you purchase your own ingredients to work with, you can support local producers and you get to taste all your own dishes and share with family and friends.	You will work with ingredients provided, often the food you make is sold through shops, restaurants, or catering companies. You do not always get to taste your own dishes or share them with family and friends.

Online Culinary Study	Face To Face Culinary Study
Valuable business and life skills are learnt such as time management, self-motivation and technical skills (video creation, video editing, uploading). You will have the time to perfect your cookery skills before being placed in a high-pressure kitchen. These skills are also needed for anyone looking to become an entrepreneur.	Skills learnt often exclude time managements skills and you have limited time to develop technical skills before being placed in a high-pressure kitchen environment.
Gentle introduction to the world of culinary unless coupled with an industry traineeship.	Often thrown into the commercial kitchen. Colleges usually have kitchens that double up as outlets so that students get to cook for patrons quicker.
Great if you are not suited to a classroom environment, online allows you to learn at your own pace with limited peer pressure.	Better if you prefer the social aspect of a class of students.
Low student to teacher ratio.	High student to teacher ratio.
Can keep working whilst you are studying.	Need to commit to full time study and work part time.









11 ways to succeed when studying an online culinary course?

1. Keep your eyes on the goal: Become a 'switched-on' learner.
2. Plan your work and work your plan: Start preparing from day one. Start Strong and Stay Strong and on course.
3. Attend all your group meetings and watch any missed webinars or classes.
4. Make a friend in your study group: Study buddies keep each other motivated.
5. Keep in touch with your instructor: Ask for help if you start to fall behind.
6. Join group forums like the Chef's Association and various business networks.
7. Keep up with health and exercise: A healthy body is a healthy mind.
8. Use your cooking practicals as your dinner or for celebrations such as birthdays and anniversaries.
9. Be critical of your dishes: Constantly look for ways to improve.
10. Think about the 10 000-hour rule, the more you practise the better you will be: Top chefs have been cooking since they decided to become a chef like you! They keep practicing. Chop, slice and so on until you are fast and accurate.
11. For inspiration and to broaden your knowledge, read cookbooks and cooking magazines, watch TV cooking shows and sign up for blogs and Apps.

...AND NEVER STOP LEARNING

I WANT TO STUDY. WHICH IS THE BEST COURSE FOR ME?

Plan your Culinary Arts career by selecting the course that is perfect for you!

 <p>Still in high school and would like to become a chef.</p> <p>Learn basic cooking methods: baking, roasting, broiling, searing, sautéing, pan-frying, deep-frying and poaching.</p> <p>Practice your knife skills and learn various knife cuts.</p> <p>Understand the hospitality industry and the importance of food safety.</p>		<p>Global Certificate in Culinary Arts</p>	<p>Become a Cook</p>
 <p>Just finished high school and would like to start my Culinary Journey</p> <p>Learn about the cookery of vegetables, meat, poultry and game, rice and grains, fish and baking.</p> <p>Practice valuable skills such as workflow planning, food costing, gastronomy and special diets.</p>		<p>Global Diploma in Culinary Arts</p>	<p>Become a Commis Chef</p>
 <p>I have completed my Diploma and would like to learn management skills.</p> <p>Develop your management skills learning resource management, training, sustainability management and managing kitchen operations and global food influences.</p> <p>Learn advanced food preparation techniques in vegetable, meat, poultry, game, fish and seafood.</p>		<p>Global Advanced Diploma in Culinary Arts</p>	<p>Become a Chef de Partie</p>
 <p>I would love to become a Pastry Chef</p> <p>If you have completed your Diploma in Culinary Arts, learn advanced patisserie skills producing desserts, yeast-based bakery products, gateaux, torten and cakes, pastries, petits fours and chocolate confectionary</p>		<p>Global Advanced Diploma in Patisserie</p>	<p>Become a Pastry Chef</p>

FINANCIAL QUESTIONS

Many aspiring chefs are not sure how they will pay for their education. At International Culinary Studio we understand that raising finance can be difficult for students so please ask us about the various payment plans to suit your pocket.

Plan your budget

Serious about studying? Plan your budget to see how much you can afford to spend on your education.

Personal Monthly Budget

PROJECTED MONTHLY INCOME	Income 1	\$0.00	PROJECTED MONTHLY EXPENSES	Expenses	\$0.00
	Extra income	\$0.00		Other expenses	
	Total monthly income	\$0.00		Total monthly expense	\$0.00

HOUSING	Budgeted Expense	ENTERTAINMENT	Budgeted Expense
Rent	\$0.00	Movies	\$0.00
Phone	\$0.00	Concerts	\$0.00
Electricity	\$0.00	Sporting events	\$0.00
Gas	\$0.00	Live theatre	\$0.00
Water and sewer	\$0.00	Total	\$0.00
Cable	\$0.00		
Waste removal	\$0.00	EDUCATION	Budgeted Expenses
Maintenance or repairs	\$0.00	Culinary Arts Program	\$0.00
Supplies	\$0.00	Other	\$0.00
Other	\$0.00	Total	\$0.00
Total	\$0.00		

TRANSPORTATION	Budgeted Expense	LOANS	Budgeted Expenses
Vehicle payment	\$0.00	Personal	\$0.00
Bus/taxi fare	\$0.00	Student	\$0.00
Insurance	\$0.00	Credit card	\$0.00
Licensing	\$0.00	Credit card	\$0.00
		Credit card	\$0.00

Fuel	\$0.00
Maintenance	\$0.00
Other	\$0.00
Total	\$0.00

INSURANCE	Budgeted Expense
Home	\$0.00
Health	\$0.00
Life	\$0.00
Other	\$0.00
Total	\$0.00

FOOD	Budgeted Expense
Groceries	\$0.00
Dining out	\$0.00
Other	\$0.00
Total	\$0.00

PETS	Budgeted Expense
Food	\$0.00
Medical	\$0.00
Grooming	\$0.00
Toys	\$0.00
Other	\$0.00
Total	\$0.00

PERSONAL CARE	Budgeted Expense t
Medical	\$0.00
Hair/nails	\$0.00
Clothing	\$0.00
Dry cleaning	\$0.00
Health club	\$0.00
Organization dues or fees	\$0.00
Other	\$0.00
Total	\$0.00

Other	\$0.00
Total	\$0.00

TAXES	Budgeted Expense
Federal	\$0.00
State	\$0.00
Local	\$0.00
Other	\$0.00
Total	\$0.00

SAVINGS OR INVESTMENTS	Budgeted Expense
Retirement account	\$0.00
Investment account	\$0.00
Other	\$0.00
Total	\$0.00

GIFTS AND DONATIONS	Budgeted Expense
Charity 1	\$0.00
Charity 2	\$0.00
Charity 3	\$0.00
Total	\$0.00

LEGAL	Budgeted Expense
Attorney	\$0.00
Alimony	\$0.00
Payments on lien or judgment	\$0.00
Other	\$0.00
Total	\$0.00

Comments

OUR ACCREDITATIONS

International Culinary Studio is a Registered Private Training Educator with New Zealand Qualifications Authority (NZQA).

We are recognised by the WorldChefs Association and have been awarded the WorldChefs Recognition of Quality Culinary Education Programme. Two of our Global courses are also ACFEF accredited and on the conclusion of their course students can apply for Worldchefs Global Hospitality Certification, which showcases their skills anywhere in the world. Global Courses are job specific and give you the skills to progress your culinary career.



CONTACT US!



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