

## Cook / Chef (Koch/Köchin)

<b>Type of profession:</b>	recognised training occupation
<b>Type of apprenticeship:</b>	dual vocational education and training regulated by the German Vocational Training Act (BBiG)
<b>Duration of apprenticeship:</b>	3 years
<b>Learning places:</b>	company and vocational school

### What do you do in this profession?

Cooks prepare and garnish various dishes. Once they have decided on a menu, they buy foodstuffs and ingredients, prepare them or place them in storage, if necessary. They organize working processes in the kitchen and ensure that dishes are prepared in time and in the right sequence.

In smaller kitchens, they cook, fry, bake and garnish all dishes themselves. In large kitchens, they are mostly specialised in preparing foods of a certain type, e.g. side orders, salads, meat or fish dishes. Their area of competence also includes price calculation and advising guests.

### Where do you work?

Cooks mostly work

- in hotels
- in catering, e.g. restaurants, canteens or catering companies
- in hospitals and special-care homes

Usually they work in kitchens. In the dining area they serve the dishes, and in offices they carry out their administrative tasks.

### What is important in this profession?

- When dealing with foodstuffs, you must accept and be aware of a special **care and responsibility**. To ensure good food quality, all ingredients must be fresh and selected with great thoroughness. Moreover, you must observe hygienic requirements and regulations. **Psychological resilience** is also important, since your work is often time critical, with peak hours, but must remain accurate and reliable in spite of noise and heat.
- Being a cook you have to possess some interest in **mathematics** and **chemistry**. Maths is required for calculating quantities of ingredients. When learning to be a cook you also study the composition of food stuffs and how they change during storage and preparation. Therefore, knowledge in chemistry is a great help.