



title:
author:
publisher:
isbn10 | asin:
print isbn13:
ebook isbn13:
language:
subject
publication date:
lcc:
ddc:
subject:

Praise for Culinary Arts Career Starter

"*Culinary Arts Career Starter* is an excellent resource for any person researching a career as a culinarian. It is armed with useful, practical information which will help the prospective culinarian make his/her choice. The text is first-rate and I highly recommend this as a primer for anybody wishing to know how to get started on a culinary career. On behalf of the American Culinary Federation, I offer this text our wholehearted support."

Noel C. Cullen, Ed.D., CMC, AAC, National ACF President, American Culinary Federation

"Author Mary Masi has created a thorough resource on the culinary arts field that is sure to help anyone who is thinking of entering the food service profession. Extensive appendices are an invaluable addition to an already strong and well-written guide."

L. Timothy Ryan, CMC, Executive Vice President, The Culinary Institute of America

Culinary Arts Career Starter

by Mary Masi



LearningExpress ♦ New York

Copyright © 1999 Learning Express, LLC.

All rights reserved under International and Pan-American Copyright Conventions. Published in the United States by LearningExpress, LLC, New York.

Library of Congress Cataloging-in-Publication Data

Masi, Mary.

Culinary arts career starter / Mary Masi.

p. cm.

ISBN 1-57685-205-9

1. Food service Vocational guidance. 1. Title.

TK911.3.V62M363 1999

647.95'023dc21

98-52533

CIP

Printed in the United States of America

9 8 7 6 5 4 3 2

First Edition

Regarding the Information in this Book

Every effort has been made to ensure accuracy of directory information up until press time. However, phone numbers and/or addresses are subject to change. Please contact the respective organization for the most recent information.

For Further Information

For information on LearningExpress, other LearningExpress products, or bulk sales, please call or write to us at:

LearningExpress®

900 Broadway

Suite 604

New York, NY 10003

LearningExpress is an affiliated company of Random House, Inc.

ISBN 1-57685-205-9



Contents

Introduction	v
Why Enter the Culinary Arts Field?	
Chapter One	1
The Hottest Culinary Arts Jobs	
Chapter Two	29
All About Training Programs	
Chapter Three	57
Directory of Culinary Arts Training Programs	
Chapter Four	115
Financial Aid for the Training You Need	
Chapter Five	145
How to Land A Great Job	
Chapter Six	173
How to Succeed Once You've Landed the Job	
Appendix A	203
Professional Associations	
Appendix B	221
Additional Resources	

About the Author

Mary Masi, M. A., is the founder of InfoSurge, a company specializing in writing, research, and editorial consulting. Previously, she worked in the editorial division of John Wiley & Sons, Inc., and before that, as a college English instructor.

Acknowledgments

I would like to thank all of the culinary arts professionals who shared with me their insights into the profession and their resource materials. Specific thanks go to Executive Chef Timothy Rodgers, Team Leader for Curriculum and Instruction, Meat and Garde Manger, at the Culinary Institute of America; Heidi Cusick, Director of Education and Programs at the American Institute of Wine and Food; Chef Mike Nipper for the tour of the Clubhouse kitchens at the Westin Innisbrook resort; Chef Charles Ciufi, president of the Florida Suncoast Cooks and Chefs Association; Chef and Restaurateur Mary Cannataro of Malia's Cucina; Chef Geraldine Born, Culinary Educator at Pinellas Technical Education Center; Chef Sharon Odmann, Owner of Kiyote Cowboy Cookery & Personal Chef Services; Executive Chef Alex Darvishi at the Meridian Hills Country Club; Kim O'Donnel, Producer of Food and Restaurants for Washingtonpost.com; Author and Executive Chef Ann Cooper of the Putney Inn; Jennifer McAllister, Baking and Pastry Arts Student at Peter Kump's New York Cooking School; Julie Goings, Librarian in the Information Services department of the American Baking Institute; Phyllis Isaacson, Director of Information Services at the James Beard Foundation; Beverly Stuart, Assistant Director of Operations for the American Culinary Federation; and the following individuals at the National Restaurant Association: Kate McAloon, Information Specialist; Susan Kessler in Communications; and Jacqui Thomas in Member Services. Thanks also to James Gish, Christina Buffamonte, and Colleen Connors at LearningExpress. And special thanks goes to Thomas for cooking all those gourmet dinners.

Permission to reprint the list of salaries for food service professionals was granted by the National Restaurant Association.

Permission to reprint the list of apprenticeship programs and formal job titles

of culinary arts professionals was granted by the American Culinary Federation.

Introduction

Why Enter the Culinary Arts Field?

Do you want to have the opportunity to work with food, earn a good living, and meet lots of interesting people? If so, a career in the culinary arts may be just what you are looking for. Whether you are choosing your first career, or are simply considering a career change, this book is for you. It contains all the information you need to break into this exciting and growing field.

The possibilities seem endless when you start looking for career opportunities in the culinary arts field. You might choose to work for a four-star restaurant, become a personal chef, or start your own catering company. This rewarding field is expected to grow steadily through the

year 2006, according to the Bureau of Labor Statistics. Many job openings for cooks and chefs will occur due to people transferring into other occupations or retiring. However, the growth of the industry and the changing demographic makeup of America will create a lot of new jobs as well. Here are several reasons for the growth of jobs in the culinary arts field:

- “ increase in the population of people over 55, who tend to eat out more
- “ increase in the number of people in the 1624 age group, who typically work in the food service industry in large numbers
- “ increase in average household income, enabling people to eat out more
- “ a shift from a manufacturing-based economy to a service-based one
- “ more double-income households

All of these changes point to solid growth in the foodservice industry. Indeed, the career opportunities available in the culinary arts field today are many and varied. This book will show you what those opportunities are and how you can take advantage of them.

In chapter one, you'll get an inside look at the best jobs in culinary arts today from sauté cook to pastry chef to executive chef and more. You'll find practical information such as job descriptions, typical income levels, trends in educational background, fast-growing geographic locations, types of employers, and personality traits and abilities needed for the hottest jobs in the culinary arts. Chefs from across the country give you the inside scoop on how to break into and succeed in this exciting field. Take the quiz included in this chapter to help you decide if a culinary arts career is right for you.

In chapter two, you'll find examples of courses that are taught in actual culinary arts training programs from different colleges, institutes, and universities across the country. These program descriptions will give you an idea of the different types of training programs available and how much time you would have to devote to each one. Tips on how to evaluate the various programs are included.

Chapter three contains a directory of culinary arts training programs, which is a representative listing of schools across the country, alphabetically by state. So if you're considering moving to a new city, you can check out that city's culinary schools too. All training programs include school name, address,

phone number and, where available, the fax number and Internet address, so you can contact each school directly to get more information and application forms.

After selecting a training program, read chapter four to find out how to pay for it. This chapter clearly explains the financial aid process step by step, so you can be prepared and get your financial aid as soon as possible. You'll find a list of scholarships that are specifically aimed at culinary arts students, as well as financial aid checklists and handy reference tables.

Chapter five shows you how to land a great culinary arts job. You'll find out how to use the Internet and public library in your job search and how to locate different types of job openings. You'll find tips on writing a great resume and cover letter, as well as how to ace your job interviews. A sample cover letter and a few resumes are included for your reference.

Once you've completed your training program and landed a great job, chapter six shows you how to excel in your new profession. You'll find out how to achieve professional success and what specific advancement opportunities are available within the culinary arts field. You'll also find out what other career options and areas of specialization are available to you as you progress further in your culinary career. So read on to find out how you can enter and succeed in this exciting, demanding, and fulfilling career.

Job Growth Projection

A 46 percent increase in jobs for Restaurant Chefs is projected from 1992 to 2005. Will you be among the 46 percent?

Projection from the Bureau of Labor Statistics

Chapter 1

The Hottest Culinary Arts Jobs

This chapter shows you what the hottest job opportunities are in culinary arts field, from line cooks to pastry chefs and more. You'll find out the typical responsibilities and average salaries for each job, and you'll see which personal traits and abilities will help you succeed. There's an overview of different types of employers, and finally, a quiz to help you decide if a career in culinary arts is right for you.

So you're interested in working with food! A wealth of opportunities is available in the growing field of culinary arts. Many high school graduates, career-changers, and others are drawn into this multi-billion dollar industry every year. Indeed, the food service industry is the number one retail employer in the United States; it employs more than nine million people. Chefs, cooks, and other kitchen workers make up a large percentage of the food service industry, and the chances for landing a great job in this exciting field are excellent. In fact, the Bureau of Labor Statistics predicts that by the year 2005, the demand for trained chefs will exceed the supply. What does that mean? It means that trained

culinary arts professionals will be able to command higher salaries, more benefits, and extra perks from their employers. This field has experienced overwhelming growth in the past decade the number of job openings for skilled bread and pastry bakers and restaurant chefs and cooks has grown dramatically:

Job Title	Percentage of Growth from 1983 to 1996.
Bread and pastry bakers	92%
Restaurant chefs and cooks	78%

Since continued job growth is expected, now is the time to get the necessary training, break into the field, and advance in your culinary career.

Why Enter the Culinary Arts Field?

For many people, the decision to enter the culinary arts field stems directly from their love of food. Whether that love of food was created from a happy childhood filled with hours in a warm kitchen surrounded by different delicious smells, from a voracious appetite, or from a love of reading cookbooks, it's a passion that pulls many people into the field. Of course, other people have very practical reasons for entering the field. They want a job with a good future and good prospects for advancement. Perhaps they can't stand working from 9 to 5 in an office. Well, cooking or baking in a professional kitchen definitely offers an unusual work environment.

Read on to find out more about the benefits of having a career in the culinary arts. While not all jobs offer the same working conditions, here are several common reasons that people enter this exciting field.

Love of Working with Food

People who truly enjoy working with food are drawn to the culinary arts every day. Whether you are a high school student, a community college graduate, or a careerchanger with years of experience in another field, the culinary arts offers you an exciting chance to work with food. If you like to

experiment by cooking new dishes, finding new ingredients, and seeking out different spices, you may be a candidate for a culinary career. Many chefs say that their love of food as children was their draw into the field. Perhaps your grandmother let you help bake fresh bread, or you watched with fascination as your father cut and chopped a myriad

of ingredients before dumping them all into a pot of bubbling soup. The food memories and experiences of successful chefs are many and varied, but a common thread found in many chefs' backgrounds is their respect and appreciation for food.

Exciting Work Locations and Travel Opportunities

If you enjoy learning about new cultures and traveling extensively, a career in the culinary arts can help you do both. People everywhere need to eat, so just think about the wealth of opportunities in other countries to meet new people and experience new cultures. Many chefs recommend that you travel to another country to experience its food firsthand. Working for a year in Europe, Mexico, or the Middle East can help you to understand and learn about another culture's foods and customs. You can also find exciting work locations right here in America. Perhaps you want to ski in Aspen, Colorado. Well, there are several restaurants located there to serve the tourists and skiers who visit each year. You can apply to work in any number of kitchens and spend your free time on the slopes. Or if you love the beach, you can apply for a job at your favorite beach resort. The simple abundance of eating establishments throughout the country, and the world, offer a wealth of opportunities to an enterprising and adventurous person.

Chance to Work in a Glamorous Industry

The field of culinary arts has come a long way. It is no longer considered a trade, but a profession. In the past several years, the role of the chef has been greatly elevated. In fact, many chefs are now becoming celebrities in their own right. Chefs appear on television cooking shows and generate quite a devoted following of fans and supporters. In fact, an entire television network is now devoted to cooking and showcases the work of a great number of chefs every week. Check your local television listings for more information about the Television Food Network.

Many chefs own or work in high-quality upscale restaurants and are written about at great length in prestigious newspapers and magazines. Other chefs enjoy fame by working for Hollywood celebrities and writing cookbooks describing the recipes they create for their particular star. Many chefs command a six-figure income based on their fame, sterling reputation, or power to draw customers into a particular restaurant. Of course, the glamorous jobs are few and far between, but somebody has to get them and it

might as well be you.

Desire to Open a Restaurant

Many students entering culinary arts schools today say their dream is to open their own restaurant. They hope to enjoy a certain level of autonomy and to be able to express their creativity and culinary skill in a restaurant of their own making. While the road to becoming a chef/restaurateur is long and arduous, the ones who make it enjoy a special status in the culinary world. See chapter six for more information about opening a restaurant.

Now that you've seen many of the benefits of working in the culinary arts, you need to perform a self-evaluation to see if you have the traits and abilities necessary to succeed in this demanding but satisfying career.

Do you have what it takes?

Perhaps you are interested in getting into the culinary arts field, but you aren't sure what personality traits or personal abilities are needed. Well, wonder no more! You need the ability to work as part of a team, discipline, personal cleanliness, organization skills, and a keen sense of taste and smell. Chef Timothy Rodgers, a Team Leader for Curriculum and Instruction in Meat and Garde Manger at the Culinary Institute of America, says, "To succeed and make it to the top in this industry, you need to have several abilities in addition to culinary skills: dexterity, passion, perseverance, patience, and adaptability." Read on to find out what else it takes to make it in the culinary field today.

Physical Stamina

Physical stamina and endurance are the key to success in a professional kitchen. Mary Cannataro, a chef in Chicago, Illinois, tells prospective culinarians, "Working in this field is tougher than most people think it is. It requires a lot of hard work and a great deal of physical stamina." Standing on your feet for long periods of time and lifting heavy pots, bags of supplies, and other heavy kitchen equipment can take its toll. While you may not have considered this point before, the importance of physical stamina cannot be overlooked in your personal assessment. Perhaps you'll need to begin an exercise regime in your spare time to increase your level of physical endurance. Indeed, Chef Cannataro emphasizes:

When I was working from eight to 12 hours a day, I started making time to go to the health club to get into better physical shape to

handle the long days. It takes a lot out of you, so no matter how busy you are, you still have to take some time out for yourself.

You should be able to withstand the pressure and strain of working in close quarters at a very fast pace, standing for many hours at a time, lifting heavy kettles, and using hot ovens and grills. While injuries are seldom serious, some of the hazards of a culinary career include slips and falls, cuts, blisters, and burns.

Humility

While you may not consider many chefs to be humble, they probably had to start out that way. Since you'll probably be performing all sorts of mundane tasks at the beginning of your culinary career, it's best not to take a haughty attitude or say that any chore is beneath you. The ego of the chef in charge will take up the whole kitchen, so there won't be any room left for yours!

Good Communication Skills

Strong communication skills are needed to succeed in the culinary field because you will be working as part of a team in the kitchen. Additionally, an ability to communicate with your supervisors and peers will set you apart from the crowd and help you move ahead in your career. And if you decide to branch out and become a restaurateur, educator, or public speaker on a cooking show, you'll need well-honed communication skills.

Basic Math Skills

You may be surprised to find out how big a role mathematics plays in a culinary career. Jennifer McAllister, a student in the Pastry and Baking program at Peter Kump's New York Cooking School, offers this advice to prospective professional bakers:

Develop your math skills they are an important part of baking. You need to know how to convert recipes. For example, can you take a recipe for 20 scones and turn it into a recipe for seven dozen? Or take a recipe that calls for a round pan and convert it to fit a sheet pan? These are things you'll need to know. Practice using your math skills until they become second nature.