

CAREER MAP

FOR COOKS & CHEFS



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New York City is a culinary capital with large numbers of restaurants, hotels, cafeterias and gourmet food markets. Cooks and chefs work in all of these places.

WHAT IS A PROFESSIONAL COOK?

There are different types of cooks. Someone could be a prep cook, line cook, pastry cook, grill cook or banquet cook. All of these jobs involve preparing, seasoning and cooking dishes such as soups, meats, vegetables or desserts. Cooks may order supplies, keep records and accounts, plan menus or price items on menus.

WHAT DOES A CAREER AS A COOK OR CHEF LOOK LIKE?

Most of the time, someone entering this line of work will start out as a prep cook or a line cook, and will work under the supervision of a chef or head cook. A cook might be assigned to work at different "stations," such as soups and sauces or preparing grilled, broiled or roasted foods. Sometimes, cooks move around to work under different chefs or gain more experience in different types of restaurants. With several years of experience, cooks may become sous chefs and chefs and may supervise other cooks. They may also go into the "business" side and manage restaurants. In addition to restaurants, cooks may work in hotels, or in cafeterias in schools, hospitals or corporate offices.

WHO LIKES TO WORK AS A COOK OR CHEF?

People who enjoy this field like a fast pace, working with their hands, being creative and serving people. They don't mind being on their feet a lot of the time. They can work under pressure. They have a passion for food. There is also a lot of teamwork involved in a kitchen.

WHAT KIND OF PAY AND HOURS ARE INVOLVED IN THIS WORK?

Pay varies by the type of employer. Cooks and chefs usually make more in fine-dining restaurants and high-end hotels. Most cooks work full time. Because cooks work when people eat out, work shifts usually include early mornings, evenings, weekends and holidays. Many people work overtime, sometimes as much as 50 to 60 hours per week. Schedules for cooks in school cafeterias are more regular. A cook with less than five years of experience generally earns between \$22,000 and \$31,000 per year in New York City. For entry-level cook positions, pay rates are often hourly.

HOW CAN I BECOME A PROFESSIONAL COOK?

In New York City, cooks typically have an Associate degree, but it is possible to find work with a high school education and some experience related to cooking. There are several schools that prepare students for a career in cooking. The courses typically include cooking terminology, major cooking techniques, baking and pastry, beverage management, food safety and sanitation certification.

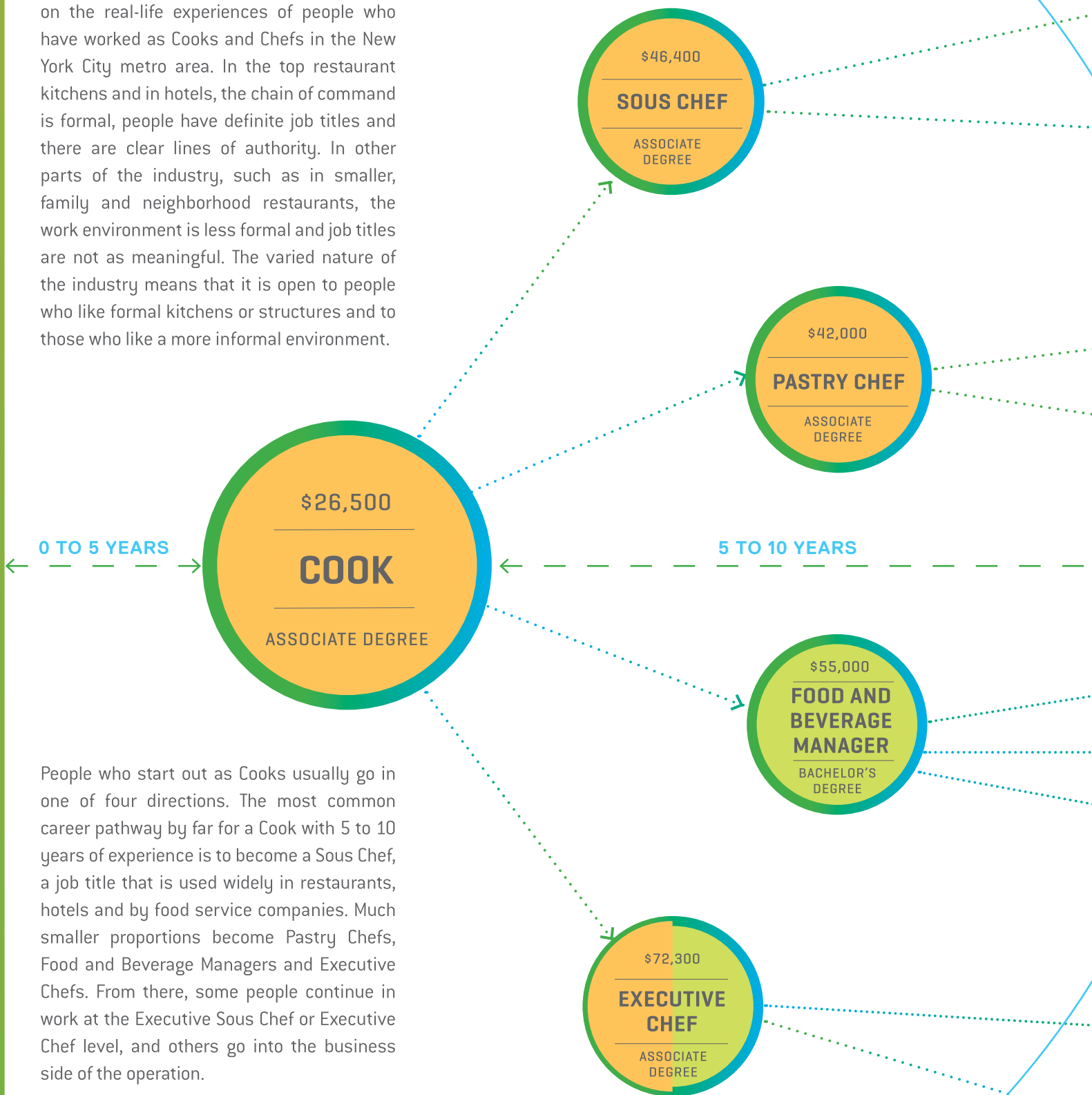
Because cleanliness and food safety is especially important when it comes to cooking, employers in New York City prefer their kitchen staff to have the ServSafe certification. Supervisors must pass the NYC Food Handler certification exam offered by the NYC Department of Health and Mental Hygiene.

HOW DOES THE FUTURE LOOK FOR COOKS AND CHEFS?

The future looks bright. Employment of restaurant cooks in New York City is expected to increase by 17 percent between 2010 and 2020, faster than the average for all occupations.

WHAT ARE THE CAREER PATHS FOR COOKS AND CHEFS?

The career map presented here is based on the real-life experiences of people who have worked as Cooks and Chefs in the New York City metro area. In the top restaurant kitchens and in hotels, the chain of command is formal, people have definite job titles and there are clear lines of authority. In other parts of the industry, such as in smaller, family and neighborhood restaurants, the work environment is less formal and job titles are not as meaningful. The varied nature of the industry means that it is open to people who like formal kitchens or structures and to those who like a more informal environment.



People who start out as Cooks usually go in one of four directions. The most common career pathway by far for a Cook with 5 to 10 years of experience is to become a Sous Chef, a job title that is used widely in restaurants, hotels and by food service companies. Much smaller proportions become Pastry Chefs, Food and Beverage Managers and Executive Chefs. From there, some people continue in work at the Executive Sous Chef or Executive Chef level, and others go into the business side of the operation.

KEY



COOKING

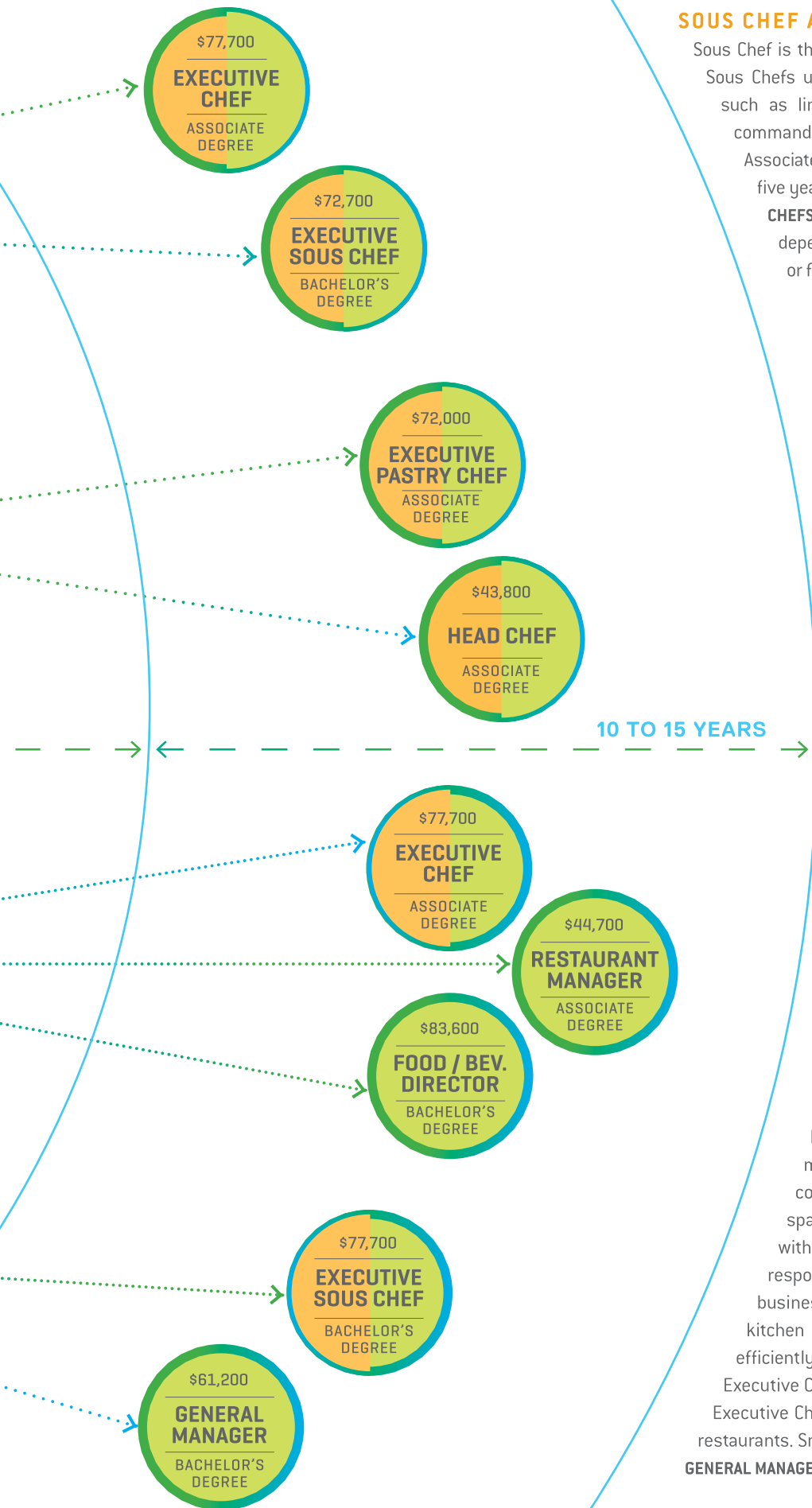


MANAGEMENT/BUSINESS



COMBINATION

MEDIAN ANNUAL PAY ESTIMATES AND TYPICAL EDUCATION ARE SHOWN INSIDE THE CIRCLES FOR EACH JOB.



SOUS CHEF AND BEYOND

Sous Chef is the next step for most cooks who stay in the field. Sous Chefs usually supervise and mentor kitchen employees such as line cooks. A Sous Chef is often the second-in-command in the kitchen. Most employers prefer at least an Associate degree for people in this position. After another five years or so, Sous Chefs might become **EXECUTIVE SOUS CHEFS** or **EXECUTIVE CHEFS**. The exact title and progression depends on the size and nature of the restaurant, hotel or food service business.

PASTRY CHEF AND BEYOND

Some Cooks become Pastry Chefs and specialize in desserts or pastries. They might supervise pastry cooks or manage a kitchen's pastry team. A large proportion of people who are Pastry Chefs remain in this title or become **EXECUTIVE PASTRY CHEFS**. Others leave this specialty and become **HEAD CHEFS**.

FOOD & BEVERAGE MANAGER AND BEYOND

A small proportion of Cooks become Food & Beverage Managers within 5-10 years. This is a job title that exists mainly in hotels. In a large hotel, someone might be an Assistant Food & Beverage Manager before becoming a manager. Food & Beverage Managers lead the day-to-day operations of the hotel's food & beverage departments, which includes restaurants and bars. This job involves managing people while keeping an eye on costs and profits. It also involves coordination with other hotel departments. Some Food & Beverage Managers become **FOOD & BEVERAGE DIRECTORS**. Others become **RESTAURANT MANAGERS** or **EXECUTIVE CHEFS**.

EXECUTIVE CHEF AND BEYOND

Professional cooks that become Executive Chefs may work in restaurants, hotels or for food service companies. They perform a range of activities that span both "cooking" and "business" functions. Often with the help of a Sous Chef, the Executive Chef is responsible for directing all kitchen activities. On the business side, the Executive Chef makes sure that all kitchen activities operate on schedule so that meals are efficiently prepared and served. On the cooking side, the Executive Chef sets and changes menus. The vast majority of Executive Chefs stay in that title, but they may move to other restaurants. Small percentages become **EXECUTIVE SOUS CHEFS** or **GENERAL MANAGERS** of Restaurants or Night Clubs.

OWNING YOUR OWN RESTAURANT

After spending several years working in the field, some chefs become interested in starting their own restaurants. Similar to the functions of Executive Chefs and Executive Sous Chef, this step requires cooking professionals to master both sides of the industry – cooking and management. But there are also some activities, such as raising money, forming a business entity, and navigating health and safety regulations that may be new to even the most experienced, senior-level cooking professionals. The City University of New York (CUNY) offers several professional certifications, continuing education courses, and small business development centers to help equip future and budding restaurant owners with the business skills and information they need to succeed. Check out the back page of this brochure to learn more about these and other CUNY offerings.

FOR MORE INFORMATION

If you would like to request more career maps, please contact:

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This information on this career map was derived from online work histories provided to Payscale, Inc. by individuals who worked in the occupations shown in this career map in the New York City metropolitan area. PayScale, Inc. and Monster Government Solutions provided this information to the NYC Labor Market Information Service. This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership.

The CUNY CareerPATH Program is an equal opportunity employer/program and auxiliary aids and services are available upon request to individuals with disabilities.

WHAT PROGRAMS AT CUNY PREPARE PEOPLE FOR THE JOBS ON THIS CAREER MAP?

KEY		CONTINUING EDUCATION/NON-DEGREE				ASSOCIATE DEGREE					BACHELOR'S DEGREE		
		FOOD SAFETY / PROTECTION	DIETARY MANAGER	CULINARY ARTS*	BUSINESS / ENTREPRENEURSHIP*	CULINARY ARTS	DIETETICS / FOOD / NUTRITION	FOOD SERVICE MANAGEMENT	HOSPITALITY MANAGEMENT	BUSINESS / ENTREPRENEURSHIP	NUTRITION / FOOD SCIENCES	HOSPITALITY MANAGEMENT	BUSINESS / ENTREPRENEURSHIP
MANHATTAN	1												
	2												
	3												
	4												
	5												
	6												
QUEENS	7												
	8												
	9												
	10												
BROOKLYN	11												
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	14												
BRONX	15												
	16												
	17												
SI	18												

* Kingsborough offers several Continuing Education Culinary Arts-related programs including specialty cooking courses; an undergraduate culinary arts certificate that awards 12 credits that can be applied to the Associate Degree program in culinary arts; and Kitchen Ventures, an initiative that helps retail and food entrepreneur hopefuls to build and grow their own businesses.

NOTE: THIS TABLE IS ACCURATE FOR THE 2014-2015 ACADEMIC YEAR. AS CUNY CONTINUOUSLY UPDATES ITS DEGREE AND CERTIFICATE OFFERINGS THROUGHOUT THE YEAR, PLEASE CONSULT EACH INDIVIDUAL SCHOOL'S WEBSITE FOR THE MOST CURRENT LISTINGS.