

## **Cook**

Written by Administrator

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## **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