

Cook

The work

The work of a cook is similar to that of chef, but usually involves a more basic level of cooking; cooks are usually found working in institutional kitchens, such as schools and hospitals, and contract catering, rather than hotels and restaurants. The job involves various types of work including fast food cook and short order cook: a cook who prepares small quantities of dishes that are supplementary to the main menu.

The person

Formal qualifications are not needed to start as a trainee, although some experience in a small commercial kitchen (such as a pub etc) would be useful. Those hoping to obtain more senior jobs within the industry should consider taking a college course to obtain the appropriate NQS.

NQs in Food Preparation and Cooking - General, and Food Preparation and Cooking - Quick Service, are available at Levels 2 - 4. These are appropriate to the job of fast food cook. NQs in Food Preparation and Cooking are available at Level 2. These are appropriate to the job of cook.

How to find a job

Refer to advertisements in newspapers. Contact the contract catering companies direct.

Pay and conditions

Average R 30 000.00 per year - the higher figure for a senior cook in a large contract- catering unit. Working hours will depend on the type of catering unit in which you work.

