



Sous Chef

by: Elliott Kulm-Cookson

Career Description

A Sous Chef is second in command after the Executive Chef in a professional kitchen. If the Chef is unavailable or off for the night, the sous chef is responsible, and the kitchen staff is expected to offer the same respect to him or her as they would to the boss.

Many of the terms that relate to cooking and cuisine in a professional setting are French.

Often times, a Sous Chef will work in the role for several years with the goal to move on to become an Executive Chef.



Career Forecast

3 increasing careers

Chefs and head cooks

6%

**Supervisors of food
preparation and serving
workers**

6%

Bakers

5%

2 declining careers

Cooks, fast food

-13%

Cooks, private household

-6%

Education Required

- ❑ **Typical Entry-Level Education**
High school diploma or equivalent
- ❑ **Work Experience in a Related Occupation**
5 years or more
- ❑ **On-the-job Training**
Apprenticeships Available



Salary Potential

\$53,380 per year

\$25.66 per hour

Depending on the restaurant you work in, you can earn more than this average. You can also work on cruise ships and in large hotels.



Schools With Programs in Culinary Arts

College of the Desert - Palm Desert
Culinary Program

The Art Institute of Los Angeles
Culinary Arts Program

Johnson and Wales Culinary School
Providence, Rhode Island

Cost of Education

Associate of Arts in Culinary Arts - \$0 to \$50 per unit. The total cost of attendance per year is about \$3,000.



Bachelor of Arts in Culinary Arts - approximately \$50,000 per year (Private) or \$12,500 (Public)

Work Styles

Dependability — Job requires being reliable, responsible, and dependable, and fulfilling obligations.

Attention to Detail — Job requires being careful about detail and thorough in completing work tasks.

Adaptability/Flexibility — Job requires being open to change (positive or negative) and to considerable variety in the workplace.

Stress Tolerance — Job requires accepting criticism and dealing calmly and effectively with high stress situations.

Integrity — Job requires being honest and ethical.

Skills

Monitoring — Monitoring/Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action.

Coordination — Adjusting actions in relation to others' actions.

Speaking — Talking to others to convey information effectively.

Management of Personnel Resources — Motivating, developing, and directing people as they work, identifying the best people for the job.

Social Perceptiveness — Being aware of others' reactions and understanding why they react as they do.

Abilities

Oral Comprehension — The ability to listen to and understand information and ideas presented through spoken words and sentences.

Oral Expression — The ability to communicate information and ideas in speaking so others will understand.

Problem Sensitivity — The ability to tell when something is wrong or is likely to go wrong. It does not involve solving the problem, only recognizing there is a problem.

Deductive Reasoning — The ability to apply general rules to specific problems to produce answers that make sense.

Information Ordering — The ability to arrange things or actions in a certain order or pattern according to a specific rule or set of rules (e.g., patterns of numbers, letters, words, pictures, mathematical operations).

My Dream Job:

My dream job is to be a chef or a sous chef at a really nice restaurant or on a Disney Cruise Ship. Before Covid, my family would always go to really nice buffets in Las Vegas and I would get to try food from all over the world. Food is fun!





Pros and Cons

Pros

- ❑ It is a very rewarding career.
- ❑ You get to try new foods all of the time.
- ❑ People will always need to eat.
- ❑ Chef's can make a lot of money and become famous.

Cons

- ❑ It is very competitive in culinary arts.
- ❑ You don't see your family very much.
- ❑ The hours are long and you work in hot kitchens.

I'm interested in this career because . . .

I used to be a very picky eater when I was young. But my family encouraged me to try new things. I also want to help people like my brother eat nut-free food whenever they would like to eat out or have a celebration.



shutterstock.com · 371890162



“Food is our common ground, a universal experience.”

–James Beard



<https://www.jamesbeard.org/>

Bibliography

<https://www.bls.gov/ooh/food-preparation-and-serving/chefs-and-head-cooks.htm>

<https://www.bls.gov/ooh/fastest-growing.htm>

<http://www.collegeofthedesert.edu/students/acad-program/default.php>

[https://www.lavc.edu/transfer/images/CSU-Virtual-Tours-\(5\).pdf](https://www.lavc.edu/transfer/images/CSU-Virtual-Tours-(5).pdf)

<https://www.jamesbeard.org/>