Are You a Cook or a Culinarian?
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Professionalism begins with a positive attitude!

Qualities of a professional

✓ Strong work ethic
✓ Responsible
✓ Flexible
✓ Honest
✓ Reliable
✓ Commitment to excellence
Lack of

PROFESSIONALISM

That's not my job.
What Does It Mean To Be a Culinary Professional?

Courteous, honest and responsible when dealing with co-workers and customers
Recipe for:

Great Culinary Professional

1 cup of **KNOWLEDGE**

2 cups of **SKILL**

3 tablespoons of **TASTE**

4 ounces of **JUDGMENT**

5 pounds of **DEDICATION**

fill to the top with **PRIDE**
Professional Culinarians

- Study the art of cooking
- Must learn and apply the foundations of the profession:
  - handling ingredients and equipment
  - performing traditional culinary techniques and recipes
Attributes of a Culinary Professional

Knowledge

✓ Identify, purchase, utilize and prepare a wide variety of foods
✓ Apply scientific and business principles
✓ Be “lifelong” learners
Practice and hands-on experience provide the skills necessary to produce quality foods consistently and efficiently.
Attributes of a Culinary Professional

Aroma
Flavor
Taste
Five Basic Tastes:
- Bitter
- Salt
- Sour
- Sweet
- Umami (Savory)
 Judgment

✓ Sound judgment comes only from experience

✓ Learning from mistakes as well as successes is how everyone develops sound judgment
Attributes of a Culinary Professional

Dedication

Becoming a culinary professional is hard work... physically and mentally!
It is important to have a sense of pride about your work.
List the 8 attributes of a Culinary Professional

- Skill
- Dedication
- Judgment
- Knowledge
- Pride
- Flavor
- Aroma
- Taste
References/Resources

Textbooks:

Website:
- The Professional Chef Uniform
  As a professional chef your uniform is your first line of defense for safety protection. Let’s review what a safely dressed chef looks like.
  http://youtu.be/4uPYHDwVwzU