

Cooks, Restaurant (SOC 35-2014)

Prepare, season, and cook soups, meats, vegetables, desserts, or other foodstuffs in restaurants. May order supplies, keep records and accounts, price items on menu, or plan menu.

Sample of reported job titles: Broiler Cook; Specialty Foreign Food Cook; Garde manger; Appetizer Preparer; Back Line Cook; Banquet Cook; Grill Cook; Line Cook; Prep Cook



Job Responsibilities

- Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices.
- Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.
- Ensure freshness of food and ingredients by checking for quality.
- Turn or stir foods to ensure even cooking.
- Season and cook food according to recipes or personal judgment and experience.
- Bake breads, rolls, cakes, and pastries.
- Weigh, measure, and mix ingredients according to recipes or personal judgment, using various kitchen utensils and equipment.
- Coordinate and supervise work of kitchen staff.
- Estimate expected food consumption, requisition or purchase supplies, or procure food from storage.
- Consult with supervisory staff to plan menus, taking into consideration factors such as costs and special event needs.
- Plan and price menu items.

New Hampshire Outlook

- Average Hourly Wage*: \$13.66
- Estimated Employment 2016: 5,695
- Projected Employment 2026: 6,477
- Expected 10-Year Growth: 13.7%
- Projected Average Annual Openings: 922

Top industries in NH for this occupation:

- Food Services and Drinking Places
- Accommodation
- Amusement, Gambling, and Recreation
- Beverage and Tobacco Product Manufacturing

* Wage estimates based on surveys conducted from November 2013 to May 2016, Aged to June 2017.

Education and Training

Most cooks learn their skills through on-the-job training and related work experience. Although no formal education is required, some restaurant cooks attend culinary school.

Interests (Holland Code): RE

- Realistic — Realistic occupations frequently involve work activities that include practical, hands-on problems and solutions. They often deal with plants, animals, and real-world materials like wood, tools, and machinery. Many of the occupations require working outside, and do not involve a lot of paperwork or working closely with others.
- Enterprising — Enterprising occupations frequently involve starting up and carrying out projects. These occupations can involve leading people and making many decisions. Sometimes they require risk taking and often deal with business.

Career Cluster: Hospitality and Tourism

Work Environment

Cooks work in restaurants, schools, hospitals, private households, and other places where food is prepared and served. They often work early mornings, late evenings, holidays, and weekends. Most of the time cooks are standing while cooking.

Additional Information Sources**

American Culinary Federation, <www.acfchefs.org/>

National Restaurant Association, <www.restaurants.org>

To Find a Job

Contact the nearest NH Employment Security office or go online to www.nhes.nh.gov

** Inclusion of this information is intended to provide a convenient resource for research, but in no way constitutes an endorsement for any organization, nor is the list all-inclusive.

Source:

NH Employment Projections, base year 2016 to projected year 2026
Occupational Outlook Handbook, Bureau of Labor Statistics



For more information:
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