

# What do Restaurant Cooks do?

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.



By Elle Hughes on Pexels

## Work Content

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.

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.

Estimate expected food consumption, requisition or purchase supplies, or procure food from storage.

Plan and price menu items

Median annual wage \*

\$36,786

Projected employment \*\*

7,168

Annual openings (Jobs)

1,103

## Places to work

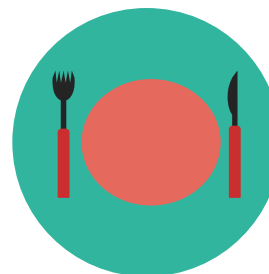
Food Services and Drinking Places

Accommodation

Amusement, Gambling, and Recreation

Beverage and Tobacco Product Manufacturing

## Career Cluster



hospitality and  
tourism

\* Wage estimates based on surveys conducted from November 2019 to May 2021

\*\* Projected Occupational Employment in 2030



## How do you become a Restaurant Cook?

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 Codes)



**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.

## 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.

## Explore more: \*\*\*

American Culinary Federation, [www.acfchefs.org/](http://www.acfchefs.org/)

National Restaurant Association, <https://www.restaurant.org/Home>

\*\*\* Inclusion of this information is intended to provide a convenient resource for exploration, but does not constitute an endorsement for any organization, nor is the list all-inclusive.

### Source:

New Hampshire Employment Projections, base year 2020 to projected year 2030  
New Hampshire Occupational Employment and Wages, May 2021  
Occupational Outlook Handbook, Bureau of Labor Statistics

