

Branch: Cuisine



Code: CUISIN

Option: Cuisinier

Level : CAP

Prerequisites : First cycle study certificate

Opportunities :

Graduates of the CAP Cuisine can move on to different catering establishments such as gastronomic restaurants, brasseries, hotel chains, canteens, etc. The job of a cook changes greatly depending on the work environment.

Description

His/her motto: satisfy the palate and stomach of the customers. He may be part of a team (commis, chef de partie, chef de cuisine, etc.). They can also simply be called cooks, and reign alone over their stoves. For everything depends on his initial diploma, the development of his career, the size and reputation of the restaurant where he exercises his talents. In a small restaurant, his role begins at the market. He is in charge of purchasing and draws up the menus, taking into account the seasons. He then goes into the kitchen, sometimes assisted by a few assistants or apprentices, to cut vegetables, empty and flambé poultry, check the taste of a sauce, brown pies, etc. In a large restaurant, he works as part of a team, a highly structured and hierarchical team.

The students learn the basic culinary techniques (preparation of meats, vegetables, etc.). They prepare hors d'oeuvres, main courses, desserts, etc. They

learn how to prepare a simple menu, and how to prepare the supply of raw materials (order forms, storage of goods, cost calculation).

Quality and competences :

It is a job that requires real motivation: the hours are restrictive and you have to work on Sundays and public holidays. You also need to be physically fit because you have to work standing up, in the heat and under the stress of orders.