

The Chef's Uniform

The chef's uniform is an outward symbol of the professional chef. Looking like a professional helps to generate a feeling of professionalism.

The term chef in this country (at least) does not denote gender; it is equally appropriate for men and women.

The chef's uniform reflects both a practical utilitarian outlook as well as its more romantic aspects

The chef's checkered trousers serve to disguise inevitable spots that develop while working

The white jacket is double-breasted so if it becomes soiled during service it can be rebuttoned during service to hide the dirt.

The neckerchief (Necktie) originally served to absorb facial perspiration; today it provides a finished look much like the way a tie completes a suit.

Aprons protect the uniform from spills and insulate the body from burns and scalds.

The most recognizable part of the uniform is the toque blanche, or hat.

There are many explanations for the shape and size of the hat. (The taller the hat the greater the stature in the kitchen) The pleats on a chef's hat also have a story – the hundred pleats are said to represent the way you can prepare eggs.

(Shoes should be closed toe non-slip type and grease resistant)

Points to remember

- Wear a hat or hair restraint in the kitchen at all times.
- Button your jacket fully (the double fabric helps protect you from scalds or burns)
- Wear an apron it adds an extra layer of protection.
- Wear non slip grease resistant shoes
- Wear a clean uniform and change your uniform frequently
- Practice good personal hygiene.

These are designed to protect you and your clients from harm .

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