

## Culinary Arts as a Profession for Gen-Z



It is believed and perceived that in the world of food, there's something for everyone. This is even true for careers in culinary arts. You could work your way up to become Chef de Cuisine at a hotel working the traditional way. Or you could rise to become the head chef in a restaurant showcasing your talent in a specialty cuisine. Or you could combine the knowledge in nutrition and food with culinary training to be a health chef or create new menu items for restaurants/food processing companies around the world as a research chef.

### **What is the Culinary Arts profession?**

The culinary arts refer to professions that involve preparing and cooking food. Culinary artists today are often considered to be masters in creating newer, better and healthy food items by constantly innovating on recipes.



During olden times, there were no commercial cooking establishments as most of the cooking was done at homes or at the most for the communities for special occasions. Over a period of the last one hundred fifty years, eating out at food establishments has gained popularity and so has the art of cooking for people with different needs and requirement has gained a credence. The cooking profession is a very demanding profession and involves a lot of physical work and one has to spend long hours. A professional and trained Chef is a person who understands the science behind the art of preparing food. To give a very simple analogy, a culinary professional knows the science behind why, when you put a hard carrot in boiling

water it comes out soft and in the same boiling water when you put an egg, it comes out hard!!

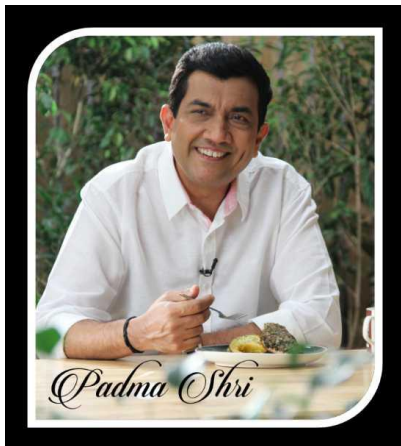


Professional schools have come up across the world to teach the art and science of cooking and we take pride in informing that **Symbiosis School of Culinary Arts** under the **Symbiosis International University** is one of the first premier schools formed under a University. This school has courses that cover a wide spectrum of subjects which range from Food History, food sociology to food sustainability apart from teaching the core culinary skills. Also another highlight is that fortunately today this profession has also got greater acceptability among parents who realize that skills gained at a culinary school provide a sense of independence as a skilled chef. The students also have an option to start an entrepreneurial venture or explore new age-related culinary professions like food styling, food photography, food blogging, and food journalism.

However, in order to make your mark as an accomplished culinarian and to turn your passion for making ordinary ingredients into delicious and unique dishes, you will have to go through professional learning under the master's at a good culinary school. Professional culinary schools like **Symbiosis School of Culinary Arts** provides a perfect platform for your abilities and to develop your culinary talents into a qualification with a culinary arts degree. A bachelor's degree program in culinary arts prepares you for a career as a chef, with hands-on training through internships. You will learn to prepare a variety of local and international foods, plan menus, manage and motivate employees. From food safety and sanitation to inventory control, you'll learn a little bit of everything in culinary art degree programs.

**SSCA** offers **B. Sc. (Culinary Arts)** and **B. Sc. (Hospitality and Culinary Management)** programme which prepares aspiring culinarians like you for the wide and ever-growing culinary field. The programme is dedicated to holistic culinary skills learning. **Master Chef**

**Sanjeev Kapoor** is the **Chair Professor** and this school has a highly qualified team of professional chefs to train youngsters.



Another perception among people is that the culinary industry is male-dominated and that the numbers of female chefs in hotel kitchens are very few. However, things are changing and changing fast, at least at the culinary school level. The aspirational young girls are eagerly pursuing culinary courses both at diploma and degree level and we at **Symbiosis School of Culinary Arts (SSCA)**, in fact have a ratio of 60:40 of girls to boys’!



To quote one of our top achievers, “Culinary Arts industry is no more male dominant like it used to be. Now it is asking for a more refined class of trained professionals' ' says Richa Joseph, Alumni of this course who has worked with the World’s top Pastry Chef Dominique Ansel in his New York outlet. “So as a girl studying at culinary school to become an aspiring chef, it is just like studying finance for an aspiring banker. And girls are not only breaking into this previously male dominant industry but are also gaining recognition for the skills they bring to the table. And passing out from a culinary school, you learn the skill sets, the patience and hard work required to enter this industry and do well. It isn’t easy, but if you’re passionate and are willing to put in the effort, it won’t seem like you’re just going to work every morning”.

Today, more and more youngsters believe in starting their own enterprise and this is very relevant to the foodservice industry as a large percentage of students are opting to go the entrepreneurial way and start their own food outlets. The culinary art course also covers the skills and knowledge required to develop and operate a food business and at the school level, we ensure that the students get experiential learning on how to manage food outlets as well.

### **Conclusion**

It takes a well-rounded and planned education to run a foodservice operation. Along with knowledge of culinary arts, it is also important to know how to manage people, control costs, and attract customers in order to succeed in this increasingly competitive industry.

Keeping in view the increasing demand for specialized programs in Culinary Arts, Symbiosis School of Culinary Arts (SSCA) offers a variety of courses to meet the needs of youngsters.

The courses prepare students for a wide range of career options such as Chefs, Chef Managers, food critics, food photographers, entrepreneurs, concept developers for health foods, culinary advisors and Celebrity Chefs.

SSCA offers you the most conducive environment for studying and research. Under the Chair Professor Sanjeev Kapoor, SSCA offers seminars by celebrity chefs, workshops, summer projects and industry visits are incorporated as part of academics. SSCA also focuses on the personality development of the students and grooms them for future challenges in life.

Innovation in the culinary field, adaptability, business ethics, and social responsibility are emphasized to develop students into becoming leaders as well as responsible citizens.

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