



What do I need to know before I interview with a chef?: Welcome to your journey from culinary school to becoming an Impire Building Chef! (So you'd like to make money Chefing Book 1)

Glenn P Carver

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The books in this series covers what a prospective restaurant employee needs to know before and during and after their interview with a chef. The series in total bridges the gap between their culinary school body of knowledge and what is expected of them during their interview and beyond.

The original motivating factor for my writing the first six ebooks in the series was the stress created by my lack of proper training in what to expect before, during and after the interview process for my own restaurant internship period. My motivation increased as explained in the Preface as time went by.

When I arrived for my restaurant kitchen personal interview, I was not expecting a practical interview that included prepping the ingredients for an entrée on the restaurant's menu without notice and in front of an audience of chefs and culinary supervisors. I was astonished that I was nervous during this process, and I believe it was mostly caused by the fear of the unknown.

After the first few weeks of my internship, I realized that if I—with a vast experience in HR, recruiting and training—experienced anxiety during the process, then most of the students going through this unknown process would have many of those same feelings. Anxiety can cause even the most comfortable of students to mess up in a surprising practical exam.

I was also quite astonished that I had not been taught this extremely practical knowledge during my studies at my culinary school. So, after the first few weeks of my internship, I made the decision to write an internship guide for future students. That decision evolved into a book series.

The series, was written by a former culinary intern for culinary interns, and not just any culinary interns. It was written for the culinary interns training in the up-and-coming online cooking school, Epicurean Culinary Arts Academy specifically, and any others who might be interested in this subject. Future books in the series will speak to much larger audiences.

This book is not intended to be a dry “do’s and “don’ts” of culinary internships. It is written in live format, so that an intern can “hear” and “feel” what is happening in a restaurant kitchen while they are working through their training in their home kitchens. This training is in Epicurean’s curriculum and is available at www.ecaacademy.com. What I’m attempting to convey in this book is what you should expect and be prepared for before, during, and after your interview with a chef who is considering hiring you for your internship period and potentially beyond. Essentially, this book provides a win-win structure for both the intern and their host restaurant. This goal can be achieved by having the intern report to their restaurant with the knowledge and skills to quickly make the transition from student to competently filling the position of prep cook.

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