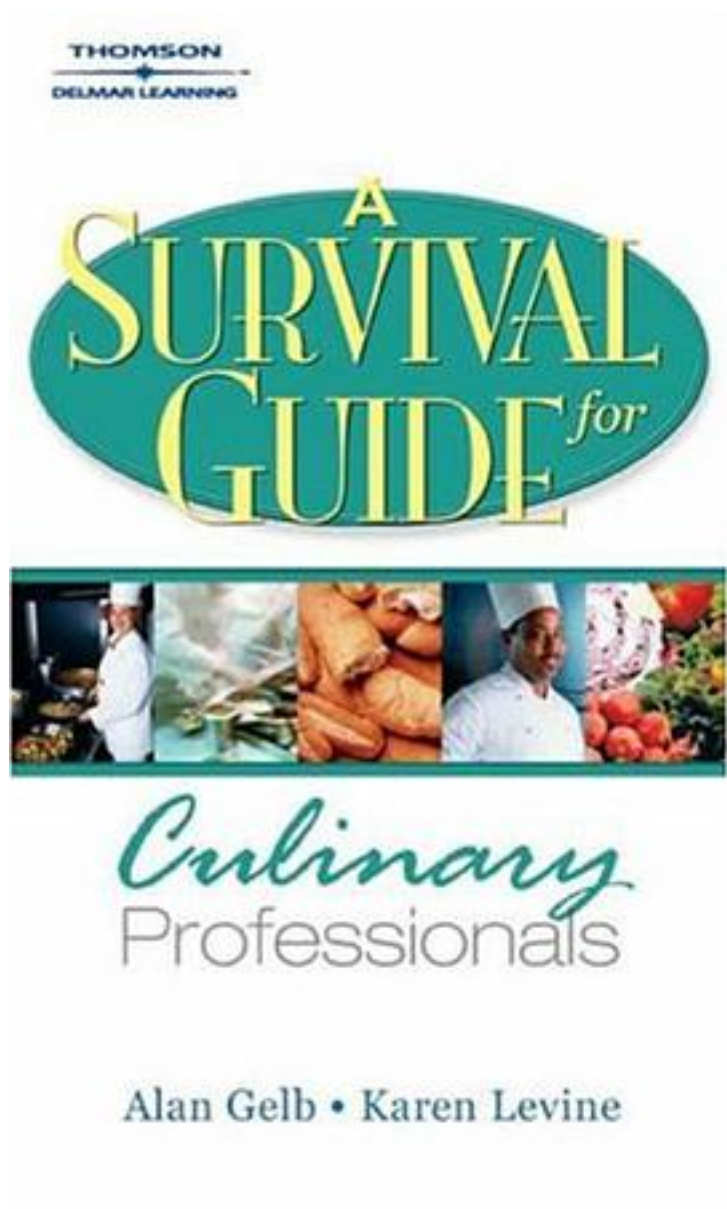


A Survival Guide for Culinary Professionals



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Well Done A Survival Guide for Culinary Professionals is a lively, easy-to-read book that is full of anecdotes and useful information for the busy student or professional. Chapter One focuses on evaluating whether or not the reality of being a culinary arts professional measures up to the reader's dream, and what the reader sees in the future. It introduces the Seven Guiding Principles that are the core of all the survival guides. Chapter Two asks readers to look at how they function in their personal and professional lives. It discusses time management and efficiency, and directs readers to evaluate how they feel when performing different activities. Chapter Three discusses personal organizational styles and gives practical tips from colleagues in the field on everything from prioritizing to making lists to using organizers. Chapter Four gives strategies from professionals for conflict resolution, anger management, gender bias, and cultural diversity as well as other topics related to surviving in the high-stress restaurant kitchen. Relieving stress is the objective of Chapter Five. Stress relievers such as exercise, diet, and meditation are discussed. Chapter Six directs readers to take a holistic look at their lives and personal habits to avoid the pitfalls of overeating, overdrinking, and succumbing to the physical ailments that often accompany the physical nature of culinary jobs. Fellow professionals talk about the right way to lift, bend, and stand, when to get off your feet, and strength training. Chapters Seven, Eight, and Nine feature tips from the trenches for everyone from the master chef to the grillardin (grill chef) to the banquet chef, the caterer, and the pastry chef. Chapter Ten focuses on diverse opportunities available to culinary arts professionals such as working as an executive chef, on yachts, and in spas. Chapter Eleven covers interviewing, salary negotiations, retirement planning, and taxes, and Chapter Twelve features chef-own

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