

UNIFORMS & PROTECTIVE CLOTHING

CHEF'S UNIFORM

Most people take the chefs' uniform for granted, but there are good reasons for each piece of clothing.

- **Chef's jacket:**

The typical chef's jacket is made of heavy white cotton. This fabric is important because it acts as insulation against the intense heat from stoves and ovens. The cloth is thick enough to prevent the chef from being scalded by hot liquids or spattering hot oil and thermal shocks as the chefs constantly shuttles between the cold storage areas and the hot kitchen areas. Since there are two rows of buttons, the chef can re-button the double-breasted jacket to change sides whenever a side gets soiled during the course of work during a shift.

- **Chef's trouser:**

Chefs wear either black pants or black and white checked pants.

- **Scarf/ neckerchief:**

Chefs wear white neckerchiefs, knotted in the front. These were originally designed to absorb perspiration. Nowadays, chefs wear the neckerchiefs to keep the tradition and finish the look of their uniforms.

- **Apron:**

Usually made of thick cotton fabric and is worn around the waist with the help of a long string reaching below the knees to protect the chefs from any spilling hot liquids. The string of the apron helps to hold the chefs' kitchen towel in place.

- **Kitchen towel/ duster:**

They help in holding and pick up hot pots and pans and also to wipe hands in order to keep them dry.

- **Chef's hat:**

The most interesting part of the uniform is the tall white hat; called a "toque." Along with the other conveniences disposable paper hats were invented to look like cloth so that they could be thrown away when they are soiled.

- **Shoes:**

The shoes should be black and well polished. To prevent slipping the sole should be made of rubber. Black socks a standard in our kitchens (preferably the sweat absorbing cotton variety).



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