

## **Why Men are mostly good chef?**

It has to do with a skill being professionalized and gaining experience at the same time. Male chefs are presented as ARTISTS and INNOVATORS with technical gifts and extraordinary creative skills. Women cooking at home are presented as doing something like nurturing their family, and that's no big deal!

Cooking for a family of four is way different than cooking in a restaurant. It requires a lot of physical labour, a lot of standing, and a lot of long hours in a high temperature environment.

People prefers male chef to female one because male chef are faster and agile when it comes to kitchen work, and men can manage to make master dishes and impeccable food in such limited time and rush. Unlike women who are calmer when it comes to kitchen work. The other thing is that, Men tend to like rough working environment unlike women who cares about cooking for the family.

Working in the kitchen remains physical work: you have to stand and work for long periods. It might sound jerky, but this is easier for men. Standing for 8 hours straight is more difficult for a woman, because women are just built differently. On the other side, Men are naturally build strong to face and resist many risks. Men are more capable to withstand several risks in a Kitchen environment. Because they are not affected by varying metabolic cycles.

Men actually care about creating something nice and don't care about repetitive work unlike women. Celebrity chef John Burton says: "It is a fact that men are the best cooks, professional or not. Industrial kitchens may have heavy equipment, but men are the best cooks because they are more passionate and take cooking more seriously."

It is recognized that men are more consistent. "To produce the same food from day to day, consistency is needed. That might be the tendency why male chefs are good.

They are able to give and receive constructive criticism And hence are able to improve their skills and enhance it to their best ability, women would likely see their criticism as a targeted insult rather than implement it to their cuisine.

It is imperative to note that most chefs are men and hence there is a higher probability of having top chefs among them. The percentage of female chefs around the world is still significantly lower than that of male chefs.

As a man being a cook is a kind of absurd because we all think that the stress from going to the kitchen is made up for only women. Its difficult for woman to fit into a big Kitchen like brigade of men. This is not to say that women are incapable of this, but what I described above probably sounds more like a factory job to you as compared to cooking. It really depends on what you mean by “cooks”. If you mean, who can make better food, then I don’t think gender matters at all. If you’re asking who’s more likely to succeed as a professional cook, I’d have to say that yes, men are the best chef all around the world. Both are good on their sides, if one has the property of skills and experience then one can be the best cook.