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Who Can Be Called A “Chef”?

The title “chef” designates the person in charge of the kitchen. The American Culinary Federation (ACF) would perhaps have a different take on this, claiming that to be called “chef” you must have achieved at certain level of demonstrated abilities and talents. However the truth remains that whomever is in charge of the kitchen is called “chef”. This is why people who start and operate a Personal Chef Service may identify themselves as Chef Barbara, for example. When Barbara is performing her services as a Personal Chef, she is indeed in charge of the kitchen and is the “chef”, and can by all rights use that designation proudly and without falsehood. Still, some people are self-conscience and troubled by taking the title of chef. So, you’ll find Personal Chefs who are called Chef Barbara, and others who are Barbara, the Personal Chef. Either approach is accurate, and this decision is totally one for the individual and his/her own comfort zone. Let’s change the situation slightly – assume you attend a dinner party at a neighbor’s home. There are 4 couples involved. Someone is in the kitchen preparing the meal – maybe it is the homeowner, or maybe they’ve hired someone who comes in and provides the cooking portion of the dinner party. Regardless of who is working away over a hot stove, that person is the “chef”.

