



Championing the changed kitchen

Work leaner, healthier,
more sustainable –
and profitable.



Can you taste stress?

Negative stress has become an accepted norm in professional kitchens and the industry suffers as a result.

To test if stress is really indispensable to professional cooking, **Electrolux Professional carried out a social experiment with two teams of chefs – one red and one blue.** They wore heart rate monitors and were instructed to prepare the same menu consisting of four dishes, but with different equipment

To provoke negative stress, the red team was instructed to prepare their dishes with only the standard appliances for professional kitchens. The blue team worked with the help of Electrolux Cook&Chill, a system that can help combat common sources of stress in the kitchen by streamlining team workflow.



Behind the scenes

Championing the changed kitchen.
From milestones to actions: the project flow.

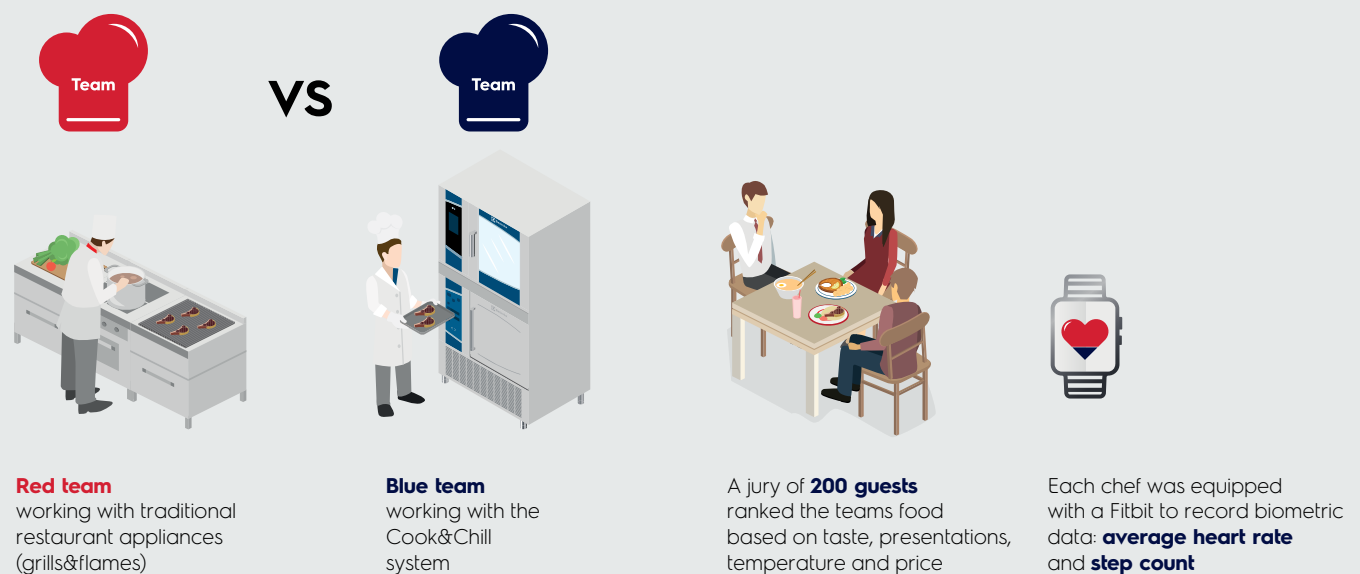
1 The survey: current state of chefs in North America and this is the outcome.

A survey on the chefs' stress was sent out to 200 chefs aged 18-65+ in North America



2 The experiment

Two teams of chefs coming from different segments within our industry competed to create the same menu working with different appliances.



Let the numbers speak

The guests ranked the teams' food as equally delicious – proving that stress isn't a necessary ingredient to create great tasting food.

Appetizer #1

Shrimp cocktail, Cucumber, Petite Greens Salad



Appetizer #2

Seared Scallops, Toasted Couscous, Wild Mushrooms, Corn, Roasted Red Pepper, English Peas



Entrée

Charred Filet Mignon, Crispy Potato Cake, Grilled Summer Vegetables, Cipollini Onions, Rosemary Jus



Dessert

Crème Fraiche Cremeux, Dark Chocolate Glaze, Raspberry Coulis, Mint



Data from the teams' heart rate monitors showed that chefs in the red team were more stressed. Compared to the blue team, they spent more than twice as much time close to their maximum heart rate – 151 minutes versus 72 minutes for the chefs in the blue team.

Chefs in the **red team** were thus forced to work at a **high pace** throughout the experiment because of their working conditions, whereas the **blue team** could afford to take a **less stressful approach**.



151 minutes spent close to maximum heart rate by the red and blue team

The **red team**, not being able to streamline the work as much, also **wasted time and energy** taking around 2000 more steps per chef than the blue team – contributing to a less relaxed working day.

2 000 more steps taken per chef in the red team

I love my job, but working as a chef means sacrifice.

Not only with regard to yourself and your health, but also for the ones you love the most – your family and friends.



Terra Ciotta, chef from the red team. Culinary Instructor at the Art Institute of Charlotte and executive chef and founder of Gather Underground Dinner Club

Abstract & findings

It is common belief among chefs that they create better tasting food under stress: do they?

There has never been a more exciting time to be a professional in food. With the rise of foodie culture, restaurant-goers have become more adventurous than ever. According to the **National Restaurant Association**, 66% eat a wider variety of ethnic cuisines now than they did five years ago.

With a **more sophisticated audience** comes **added pressure on professionals** to continuously invent and deliver. And **lauded chefs** who praise their eccentric life in the kitchen **tend to reinforce rather than challenge the growing culture of negative stress** - expressed through chefs yelling at staff members, increased time pressure and interrupted team workflow.

Being part of this experiment gave me a new perspective on my everyday life as a chef.

I find myself questioning old norms and I know I'm not alone. If we want cooking to be truly sustainable, we have to start challenging the perception that negative stress is necessary to create great tasting food.

We will all benefit from it, because in the end I believe that happy chefs create better food.



Philip Lloyd, chef from the blue team. Culinary Instructor at the Art Institute of Charlotte and owner of Certified Chef's Cuisine

Numbers confirm that the industry suffers as a result.

Electrolux Professional recently assigned a business intelligence agency to conduct a **survey among chefs and culinary professionals in the US**.

The results show that:

- ▶ **79%** experience negative stress at work at least once a week, making them feel irritable, distracted and anxious;
- ▶ **almost half (44%)** state that they have been on sick leave due to stress syndromes;
- ▶ **more than half (55%)** have used or considered using prescription drugs to calm down after a stressful day at work.

The potential health risks for chefs are many.

Except for the physical injuries caused by heavy lifting and standing up all day, there are major risks related to the stressful lifestyle.

Getting up early, going to bed late, striving towards perfection and delivering to tight deadlines can be hard to combine with healthy eating habits and exercise.

Although small amounts of stress can sharpen your performance, **excessive stress can take a toll on the body**. Research shows that **high levels of stress over a prolonged period of time** can contribute to a number of health problems, such as **high blood pressure, diabetes, and heart disease**.

Our Mission

We, at Electrolux Professional, believe that it doesn't have to be this way. We think that great food can be created through a **leaner, healthier, more profitable** work-life in the kitchen.

With this project we want to **raise awareness about the growing culture of negative stress in professional kitchens**. By questioning norms and contributing with facts and insights about the current state of chefs, we hope to spark a debate that will contribute in making cooking truly sustainable.



“We live in a time when people care more about the story and process behind the food on our plates. But there’s a missing link in the farm to table movement - chefs.”

Corey Siegel,
Electrolux Professional
Corporate Executive Chef
for North America

About Electrolux Professional

Electrolux Professional has nearly 100 years of experience in developing professional kitchen products. On our journey we've transformed the way food is prepared and served around the world.

We understand the positive impact the right tools and instruments can have on your professional life, and the need for consistently great results - whether it's a Michelin-starred restaurant, quick service restaurant, hotel chain or a healthcare service facility.

With the world's most extensive service network - 2,000 service partners in more than 140 countries - we want to ensure that our resource-efficient equipment, leading innovation and design help improve the everyday life of our customer's businesses.

Did you know?

Nearly half of all Michelin-starred chefs in Europe use Electrolux products in their restaurants?

For more information about the Cook&Chill system, please visit:
www.electrolux.com/professional

Contact information and press photos

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Excellence with the environment in mind

- ▶ All our factories are ISO 14001-certified
- ▶ All our solutions are designed for low consumption of water, energy, detergents and harmful emissions
- ▶ In recent years over 70% of our product features have been updated with the environmental needs of our customers in mind
- ▶ Our technology is ROHS and REACH compliant and over 95% recyclable
- ▶ Our products are 100% quality tested by experts

