

ASSISTANT COOK

DEFINITION

Under direct supervision, to assist in the preparing of food stuffs for large quantity cooking, including special dietary requirements, and to do related work as required.

EXAMPLES OF DUTIES

Assists cooks in preparing a variety of food, including meats, main dishes, soups, salads, vegetables, sauces, pastries and gravies; assists in the preparation of quick breads, puddings, cakes and cookies; follows standardized recipes; taste tests cooked foods to determine their quality, texture, consistency, and taste; assists in the assembly and set-up of serving lines; serves food to clients in the cafeteria line; assists in keeping the kitchen, refrigerators and store rooms sanitary and orderly by cleaning utensils, equipment, fixtures and work areas; washes pots and pans; assists in keeping records and assists in trayline as needed; does additional duties as requested by the CFS Management Team.

EMPLOYMENT STANDARDS

Education and Experience: Any combination of education and experience equivalent to one year of experience in institutional food service operations. Must be able to read, write and do arithmetic computations.

Knowledges, Skills and Abilities: Knowledge of large scale food preparation, knowledge of kitchen equipment. Ability to work from prepared menus and recipes; ability to follow written and oral directions; ability to keep simple records; ability to efficiently and effectively work with others; ability to perform work duties using food sanitation and health precautions; knowledge of occupational hazards and safety practices; ability to identify spoiled or contaminated food; ability to cook nutritional and tasty food; ability to do arithmetic computations; must be able to lift up to fifty (50) pounds unassisted and heavier loads with assistance.