

PREP COOK/KITCHEN ASSISTANT

THE BASICS:

A prep cook/kitchen assistant is a beginning level kitchen worker who prepares ingredients for a chef to cook. A prep cook/kitchen assistant may be asked to prepare easier dishes for guests, like salads or desserts.

TOP 5 REASONS TO WORK AS A PREP COOK/KITCHEN ASSISTANT!

- Great opportunity for aspiring chefs to get EXPERIENCE working in a kitchen!
- Chance to practice your ENGLISH with your work friends!
- Potential for great BENEFITS, such as reduced priced meals or tips!
- Chance to build and develop TEAMWORK skills!
- Gain firsthand exposure to AMERICAN food culture!



WORDS AND PHRASES YOU SHOULD KNOW:

- **Fillet** – remove bones from fish
- **Butcher** – cut meat to serving size
- **Mince** – cut into very small pieces
- **Dice** – cut into bite-sized cubes
- **Chiffonade** – cut into long, thin strips
- **Peel** – remove the outer covering or skin from a fruit or vegetable
- **Sauté** – fry ingredients in hot oil or butter in a pot or pan

GENERAL RESPONSIBILITIES:

- Cleaning, peeling, chopping vegetables; scaling/filleting fish; butchering meat; and completing other food preparation tasks.
- Handle knives and other kitchen equipment safely.
- Follow recipes and follow correct handling procedures.
- Take out the trash and keep food preparation areas clean and hygienic.
- Be in good enough physical condition to stand on your feet for long shift hours, adapt to the hot kitchen temperatures, and lift 50 to 100 pounds (20 to 45 kilograms).
- Maintain the restaurant's standards in quality and appearance of foods.
- Work quickly and calmly in a fast-paced and intense environment.
- Be prepared to handle all "side work" tasks, like folding napkins and cleaning windows.