Prep Cook

Job Description:

The Prep Cook will prepare the ingredients for cooking. They are responsible for washing fruits and vegetables, and cleaning meats and fish. Fruits and vegetables are sliced and chopped as needed for various dishes. They may also prep decorative garnishes. Prepping can include flouring and breading items for frying. Prep cooks are often first to notify the kitchen manager or sous chef of the need to order more food items.

Job Responsibilities:

* Perform routine kitchen tasks.
* Follow the prep list created to plan duties.
* Label and stock all ingredients on shelves so they can be organized and easily accessible.
* Measure ingredients and seasonings to be used in cooking.
* Prepare cooking ingredients by washing and chopping vegetables, cutting meat, and other meal prep.
* Monitor food inventory
* Set up workstations and ingredients so that food can be prepared according to recipes.
* Undertake basic cooking duties, such as reducing sauces and parboiling food.
* Prepare simple dishes, such as salads and entrees.
* Maintain a clean and orderly kitchen by washing dishes, sanitizing surfaces, and taking out trash.
* Ensure that all food and other items are stored properly.
* Comply with nutrition and sanitation guidelines.
* Perform other kitchen duties as assigned.

Job Qualifications:

* High school diploma or GED required
* Associates or diploma in culinary arts preferred
* Experience as a prep cook

Opportunities as a prep cook are available for applicants without experience in which more than one prep cook is needed in an area such that an experienced prep cook will be present to mentor.

Job Skills Required:

* Ability to cook and prep ingredients
* Knowledge of industry standards and regulations
* Knowledge of health department regulations
* Ability to multitask
* Good communication skills
* Able to work calmly under high pressure
* Team Player
* Pleasant, polite manner and a neat and clean appearance.
* Able to work in a fast-paced environment
* Able to multitask, prioritize, and manage time efficiently
* Physical endurance to stand for an entire shift
* Self-motivated and self-directed
* Works well as part of a team and on individual tasks
* Able to quickly memorize complex or multiple orders