



## FOOD SERVICES – COOK

### Responsibilities:

1. **Food Preparation**
    - Chop vegetables, slice meat, and measure ingredients.
    - Prepare sauces, marinades, and other components ahead of time (prep work).
    - Follow recipes and portion sizes precisely.
  2. **Cooking:**
    - Grill, sauté, fry, bake, or boil foods according to the menu and order tickets.
    - Use kitchen equipment safely and efficiently (ovens, stoves, fryers, etc.).
  3. **Plating and Presentation:**
    - Assemble dishes and ensure they meet the restaurant's presentation standards.
    - Check for proper portion size, appearance, and temperature.
  4. **Maintaining Cleanliness:**
    - Clean and sanitize work areas, utensils, and equipment.
    - Follow health and safety regulations (e.g., food handling, storage temperatures).
  5. **Time and Order Management:**
    - Work quickly and efficiently, especially during busy periods.
    - Coordinate with other kitchen staff to ensure meals go out on time.
  6. **Stock and Inventory:**
    - Keep track of ingredients and notify the chef or manager when supplies are low.
    - Help with receiving and storing food deliveries.
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- **Benefits & Financial Package:**
    - A. Competitive Annual Salary based on skill and experience
    - B. 403B Retirement Plan
    - C. Sick Days & Paid Holidays

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