



Assistant cook/ Cook for simple dishes

Description

Assistant cooks provide active support to the cooks in the kitchen. They prepare ingredients for various dishes, help in serving and decoration of easy hot and cold dishes: salads, starters, desserts, they prepare soups, pastas, vegetables, salsa, and as well as meat and fish, if needed. Assistant cooks have to work fast and as instructed by the cook. They are part of a kitchen team, therefore a good communication with other colleagues and the cook is essential. Assistant cook often works in a busy and noisy environment which requires speed, dexterity and good organization. Sense of form and creativity is also a desirable characteristic which adds to an enticing presentation of a tasty meal.

Assistant cooks keep the kitchen clean and tidy, apply hygiene and safety measures. They also clean machines and equipment used in food preparation, as well as knives, chopping boards, pans and other cookware. They store supplies according to the prescribed rules. They are part of the kitchen team therefore a good communication with other colleagues and the executive chef is essential.

Desirable traits/requirements

- Manual ability/ hand skills;
- Creativity and sense of form and decoration;
- Have an exemplary sense of smell and taste /a defined palate and attention to detail;
- Hygiene awareness and sense of order and cleanliness;
- Accuracy, neatness and responsibility;
- Communication skills and politeness;
- Organizational skills and teamwork.

Positive aspects:

- The work is interesting, creative and versatile. There are opportunities for further education and advancement. Likewise chefs they can work throughout the year or only during the season, in restaurants, hotels, canteens or nursing homes.

Negative aspects:

- Assistant cooks do not have regular working hours. They work at night, on weekends or holidays. Due to the nature of the job they need to have excellent organizational skills and 'strong nerves'.

Career path/ fields of work

To work as an assistant cook one is required to undergo a training or education for work in this field.

An assistant cook has a versatile field of work. He may work in hotels, restaurants, hospitals, canteens, nursing homes or similar establishments/institutions.