

NO RTEC JOB SPECIFIC SKILLS COMPETENCY

COOK APPRENTICE (Hotel and Restaurant)

DOT: 313.361-018 SVP 7

Job Description: Assists cooks, chefs, and bakers in planning menus, estimating consumption, and preparing foods for hotels and restaurants. **Physical Demands** - Medium lifting, carrying, or moving (up to 50 lbs); **General Education Development** - R3 M3 L3; **Aptitudes** - Average Verbal, Numerical, Form Perception, Clerical Perception, Motor Coordination, Finger Dexterity, and Manual Dexterity.

CORE SKILL COMPETENCIES/INDICATORS:

1. Can demonstrate ability to read menu to correctly estimate food requirements and order food from supplier, and/or procure food from storage. (IN, R, S)
2. Can demonstrate ability to correctly read and adjust thermostat controls to regulate temperature of ovens, broilers, grills, roasters, and steam kettles. (IN, R, S, T)
3. Can demonstrate ability to operate a variety of kitchen utensils and equipment, such as blenders, mixers, grinders, slicers, and tenderizers. (R, S, T)
4. Can demonstrate proper procedure for washing, peeling, shredding, and chopping food, manually or by operating equipment. (R, S, T)
5. Can demonstrate ability to accurately measure and mix ingredients according to recipe. (IN, R, S)
6. Can demonstrate proper technique used to dip food items in crumbs, flour, and batter for breading purposes. (R, S)
7. Can demonstrate proper techniques for cleaning, cutting, trimming, boning, and grinding meats, poultry, and seafood. (R, S, T)
8. Can demonstrate proper techniques for baking, roasting, broiling, and steaming meats, fish, vegetables, and other foods. (R, S, T)
9. Can demonstrate proper techniques used to cook and/or prepare soups, salads, gravies, desserts, sauces, casseroles, and beverages. (R, S, T)
10. Can demonstrate proper techniques used to cook and prepare bread, rolls, cakes, or pastry. (R, S, T)
11. Can demonstrate proper technique used to test foods being cooked. (S)
12. Can demonstrate proper procedure used to carve meats, portion food on serving plates, add gravies and sauces, and garnish servings. (R, S, T)
13. Can demonstrate ability to perform basic arithmetic operations quickly and accurately. (IN)
14. Can demonstrate understanding of health and safety procedures to prevent cross contamination. (R, IN, S)
15. Can demonstrate ability to properly select and store food to prevent spoilage. (R, S)
16. Can demonstrate ability to properly use leftover food to minimize waste. (R, S)
17. Can demonstrate safe procedures for carrying pans, kettles, and trays of food to and from work stations, stove and refrigerator. (S)
18. Can demonstrate proper procedures for cleaning work areas/equipment and utensils, segregating/removing garbage, and steam-cleaning or hosing garbage containers. (S, T)
19. Can demonstrate knowledge of industry-specific safety standards and emergency procedures. (R, IN, S)