



Prep/Line Cook

A Prep/Line Cook cleans and sanitizes kitchen equipment, assists in basic food preparation and with receiving and storing products in kitchens and is responsible for the preparation of high-quality food in a timely, efficient, sanitary and consistent manner. They have knowledge of general kitchen operations and of general food storage guidelines. This position gives you the opportunity to learn about kitchen and restaurant operations and the opportunity to work with and learn from chefs.

Responsibilities:

- Assist in basic food preparation
- Clean kitchen equipment
- A line cook is responsible for the daily preparation of food items in the pantry, fry and/or stations or other areas of the kitchen.
- Sets up station according to restaurant guidelines.
- Prepares all food items as directed in a sanitary and timely manner.
- Follows recipes, portion controls, and presentation specifications as set by the restaurant.
- Load and unload dishwasher
- Scrub pots and pans
- Clean food preparation and storage areas
- Receive and store goods

Knowledge, Skills and Abilities:

- Good health condition
- Ability to lift and carry heavy items properly
- Demonstrated interest in food preparation and kitchen operations
- Time management skills
- Basic food preparation skills
- Basic cleaning and maintenance skills
- Knowledge of the products, cooking, sector and industry in general.
- Secondary school diploma is preferred
- Courses in first aid, Foodsafe and handling of workplace hazardous materials are assets
- Knowledge of the National Occupational Standards for Kitchen Helper (and certification where available) is an asset

Hours:

- Per week range between 32-40 F/T and 15-32 P/T and must be flexible

Wage:

- Minimum starting wage is \$9.00 - \$11.00 per hour based on experience

Operational Hours:

- Depending on the establishment operations hours can range from 6am till 1am