



## Cook Helper

Cook helper assist chefs and head cooks with running an efficient, professional kitchen, and also help maintain its cleanliness. They may be employed in various industries, including restaurants, hospitals, and schools and universities. Their tasks range from food prep to cleaning work areas and equipment. Employers look for candidates who possess a positive attitude and who are effective at following verbal and written instructions.

### **Cook Helper Duties and Responsibilities**

Cook helpers support the chef or head cook's efforts to run and maintain the kitchen and prepare and present food that will please diners. Some of the duties involved in this effort include:

- **Prepping Food**  
A cook helper is primarily responsible for peeling, cutting, and shredding fruits and vegetables, butchering and seasoning meat, and measuring and mixing ingredients. This prep work cuts down the chef's cook time.
- **Testing Food**  
Cook helpers smell, pierce, and taste food to check its doneness and quality. This is an important part of the cook helper's job because it prevents undercooked or subpar food from being served to customers.
- **Managing Inventory**  
The cook helper keeps the kitchen well stocked, ensuring all necessary items are on hand by making note when stock is low and ordering food and supplies as needed.
- **Maintaining Work Area and Equipment**  
Commercial kitchens are held to specific standards of cleanliness with regards to both the work area itself and the equipment that is stored and used within it. A cook helper assists in ensuring compliance with these regulatory requirements is met.
- **Collecting and Storing Leftovers**  
Any food that is left over must be properly labeled and stored. This task performed by the cook's helper is important because improper labeling or storage may result in serving errors and possibly spoilage and customer illness.

### **Requirements:**

- Punctual, discipline and flexible personality
- Graduated from high school diploma preferred
- Have experience (one year) in similar position in a restaurant preferred
- Food safety certification and ability to speak English is a plus
- Reading and Mathematical Skills (to follow recipes)