



Cook's/Kitchen Assistant

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Cook's/Kitchen assistant

Project Title: Innovative and Practical training for low-skilled and migrants Jobs

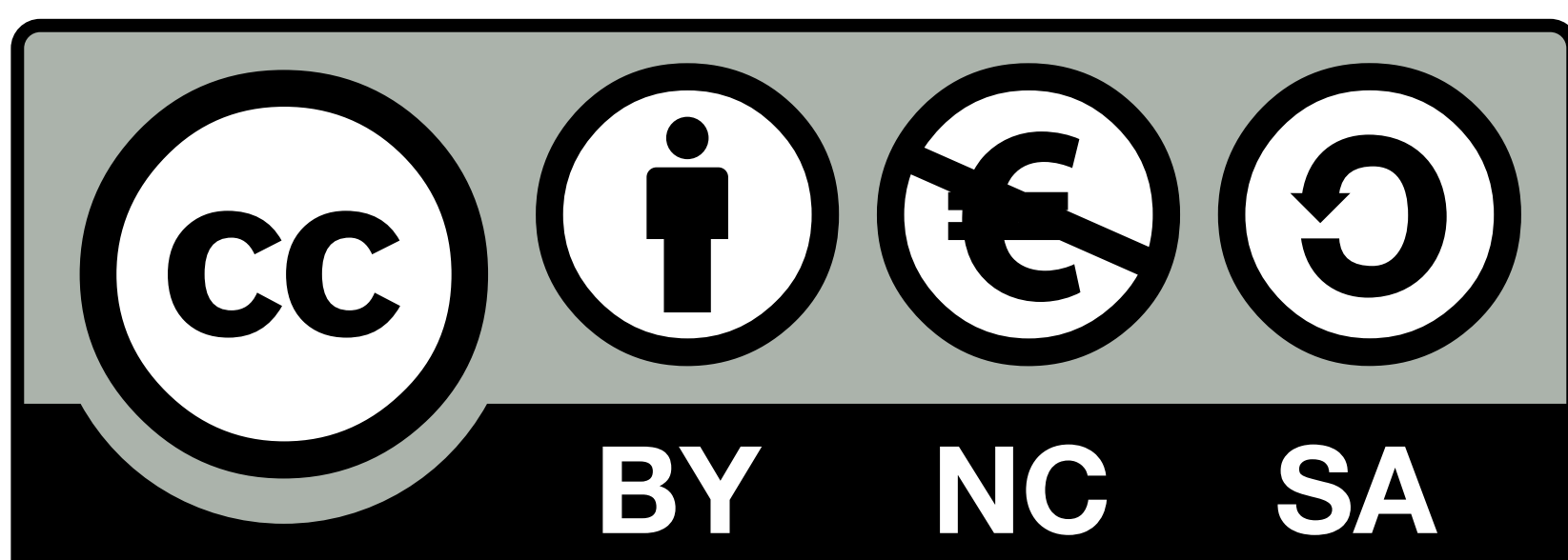
Main objective of the project:

Our goal is to give you, the trainers or educators, the right tools to create the right environment for your students to thrive both in the classroom, but more importantly, on the labor market, after completing your classes.



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Job title

Kitchen Assistant

ISCO 08 Occupation

Food preparation assistants 941

Description of the Profession

The kitchen assistant is an occupation within the production sector (kitchen) located in an independent food unit or part of a hotel complex, catering units, but also in stores, flying units, permanent or semi-permanent markets.

Description of functions

- Handle raw and auxiliary materials from the warehouses to the production section (kitchen).
- Check the shelf life of food and communicate to the superior when they are at the limit of the minimum shelf life mentioned on the product label.
- Prepare raw material for cooking: sorting, washing, cleaning, cutting, blanching, frying, defrosting, according to the instructions given by the cook.
- Clean dishes and utensils used in the kitchen and store them properly.
- Clean technological equipment and maintain the current cleanliness of the kitchen and outbuildings.
- Perform simple “ready to serve” heating operations.
- Actively participate in sanitation operations and follow HACCP procedures.
- Package culinary preparations intended for delivery to the counter or to the buyer’s home.

Work conditions

A kitchen assistant plays a vital role in a commercial kitchen by working closely with the head chef or cook. Their job is to assist in the preparation and preparation of dishes, which involves following the chef's instructions, chopping and mincing ingredients, mixing and seasoning food, and performing other necessary tasks in the kitchen. They are also responsible for maintaining cleanliness and order in the work area.

This job requires a range of competencies and skills. It is important to have basic knowledge of cooking, such as the handling of utensils and culinary techniques, as well as a good sense of taste and presentation of dishes. In addition, the ability to work in a team, communicate effectively with other kitchen staff and maintain an efficient work flow is necessary.

Organization and planning are essential for a kitchen assistant, as they must ensure that ingredients and utensils are available and ready for use. It is also necessary to strictly follow hygiene and food safety standards, ensuring the quality and safety of the dishes being prepared.

The working environment of a kitchen assistant can be demanding. They may face irregular schedules, work under pressure during times of high demand and adapt to a hot and hectic environment. Therefore, it is essential to have stress resistance, be able to make quick decisions and remain calm in challenging situations.

Requirements of job holder

- age: not less than 16 years old
- basic knowledge in the use of kitchen utensils
- motivation and interest in the job
- active listening skills and attentiveness, as it is essential to be attentive to the instructions and guidelines of the head chef or cook for effective communication and a harmonious working environment.

Unit 1 Preparing Mushrooms for Grilling

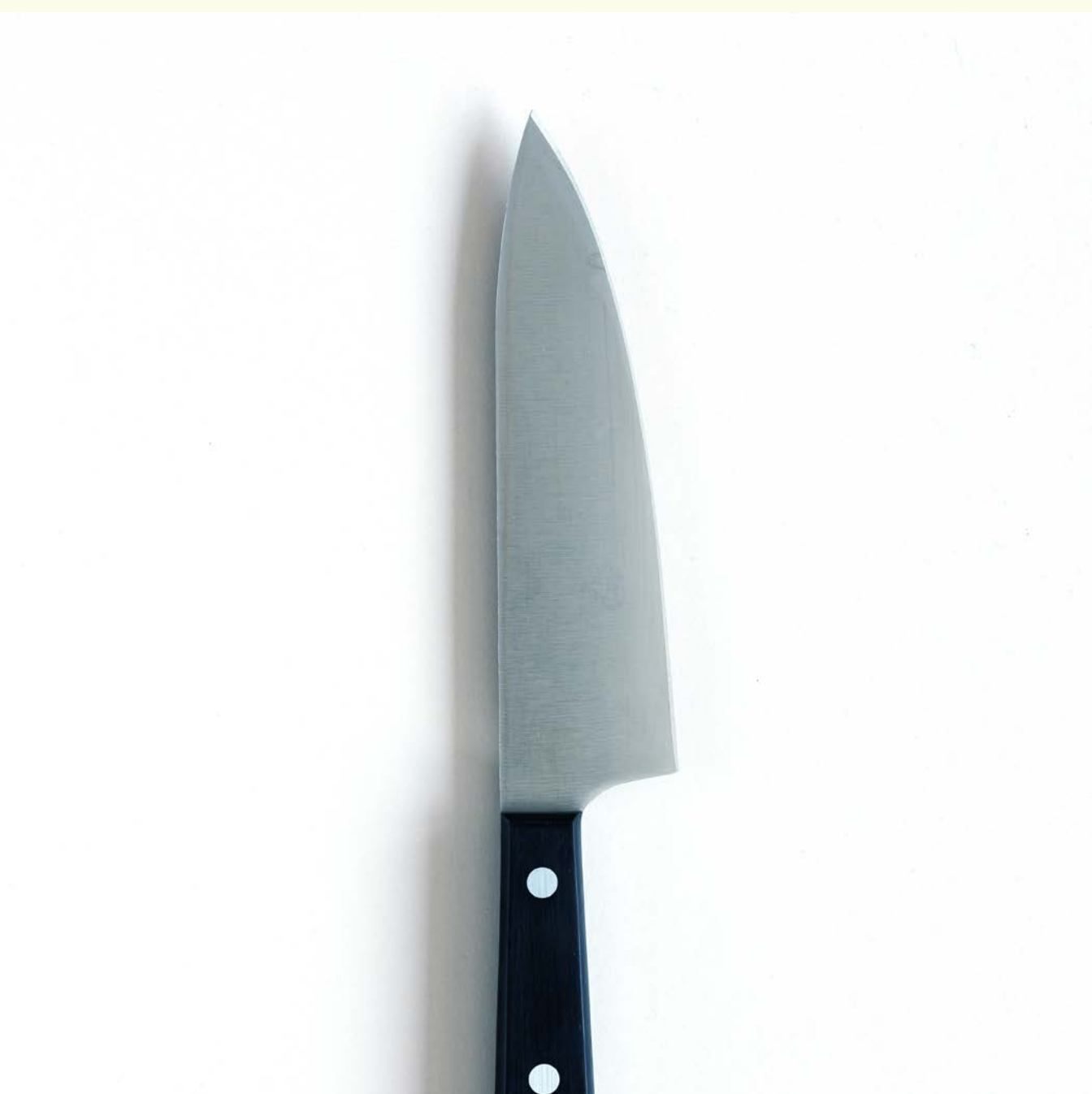
Learning objectives

- select and prepare utensils
- select mushrooms
- clean the mushrooms
- cut the mushrooms
- prepare the mushrooms for the grill



Tools needed

knife, bowl/cup, plate



Ingredients:

salt, pepper, oil, water



Steps

1. Choose and prepare the utensils: knife, plate..., pot, etc.
2. Clean each mushroom
3. Cut each mushroom according to the instructions
4. Prepare and choose the ingredients: salt, oil, parsley



Unit 2 Cutting Meat

Learning objectives

- select and prepare the tools
- select the meat
- cut the meat



Tools needed

knife, cutting board



Ingredients

Meat



Steps

1. Choose and prepare the utensils (knife)
2. Cut the meat into 2-3 cm wide slices
3. Cut the meat slices into cubes



Unit 3 Cutting Livestock

Learning objectives

- select and prepare the tools
- select the liver
- cut the liver



Tools needed

knife, cutting board, metal bowl



Ingredients:

liver



Steps

1. Sharpen the knives
2. Cut the washed liver pieces into strips.
3. Cut into small pieces
4. Cut into wide strips
5. Fill the metal bowl



Unit 4 **Preparing a Salad**

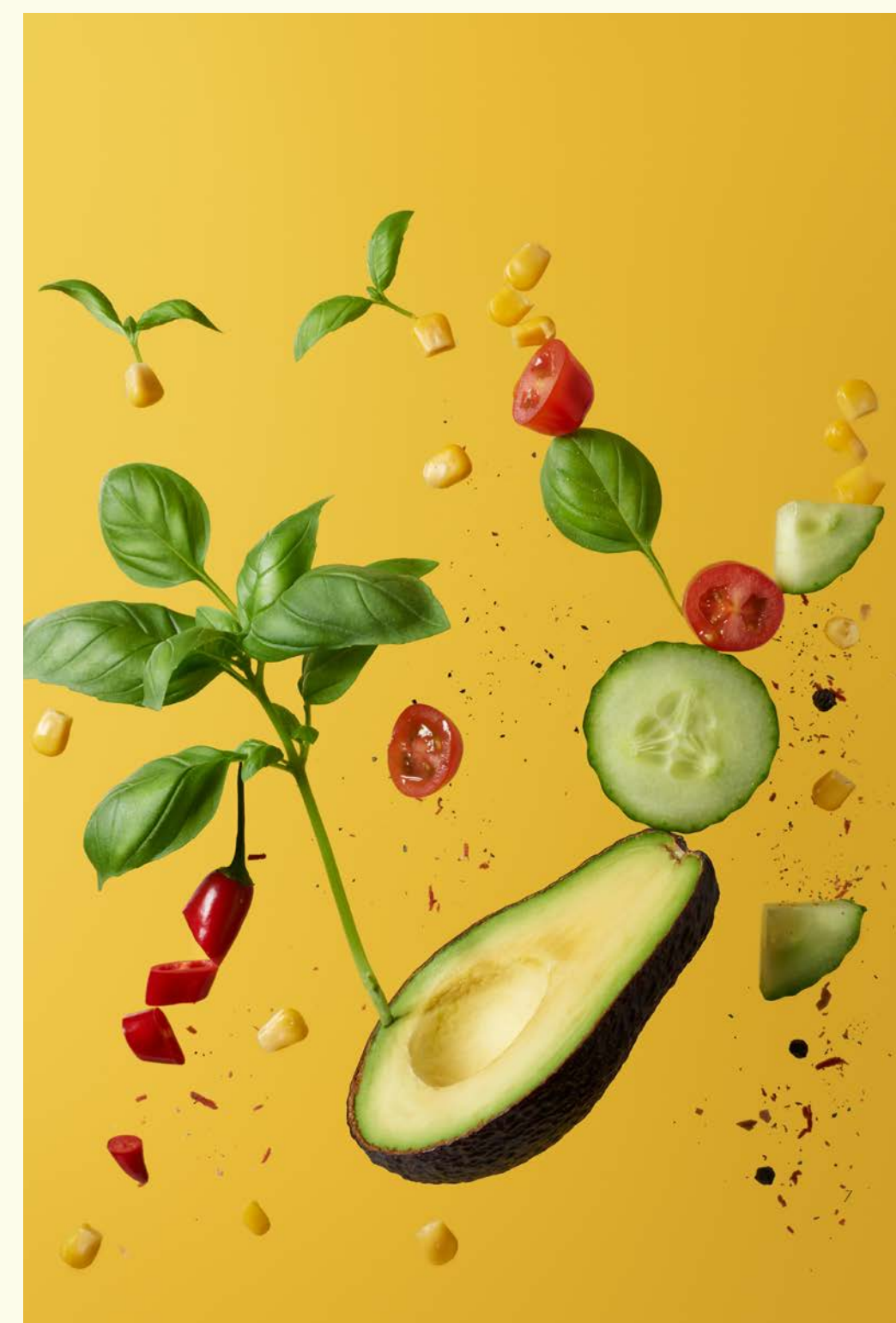
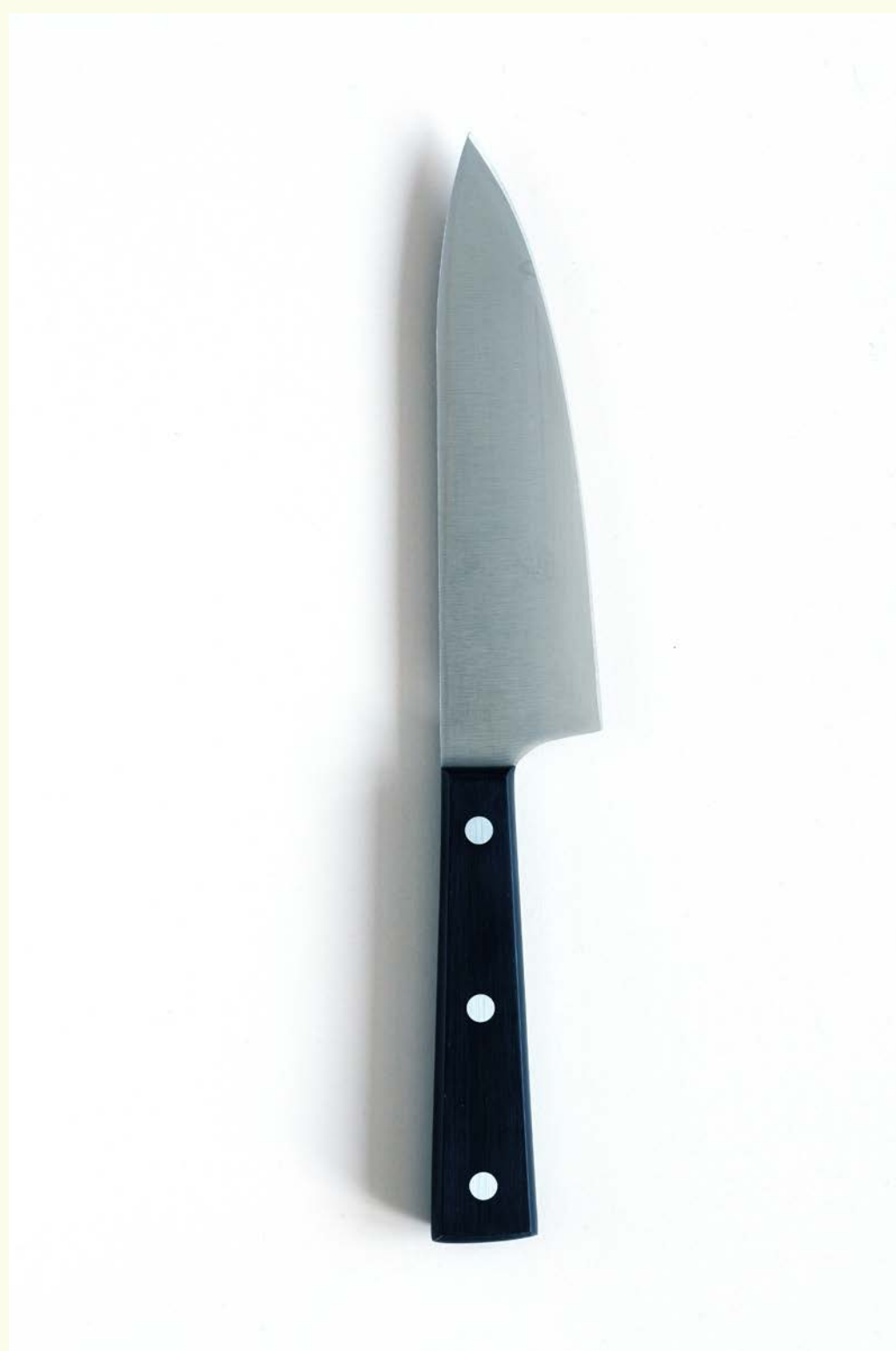
Learning objectives

- Select and prepare utensils
- Select ingredients
- Cut the cabbage
- Chop the parsley
- Mix the ingredients



Tools needed

gloves, knife, cutting board, vegetable rack



Ingredients:

cabbage, carrot juice, carrot, vegetable oil, parsley, pepper



Steps

1. Putting on gloves
2. Share the white cabbage
3. Cut into manageable pieces
4. Place on a vegetable grater
5. Grate into fine strips
6. Add carrot juice and blend
7. Add vegetable oil
8. Add pepper
9. Mix well
10. Add grated carrots in small portions
11. Mix with the white cabbage
12. Chop up the parsley stems
13. Cut the leaves into small pieces
14. Remove the stems
15. Chop them
16. Add garnish parsley to the salad



Unit 5 Chopping Onion

Learning objectives

- select and prepare utensils
- select the onion
- cut the onion in the right way



Tools needed

gloves, knife, cutting board, bowl, container, etc.



Ingredients:

Onions



Steps

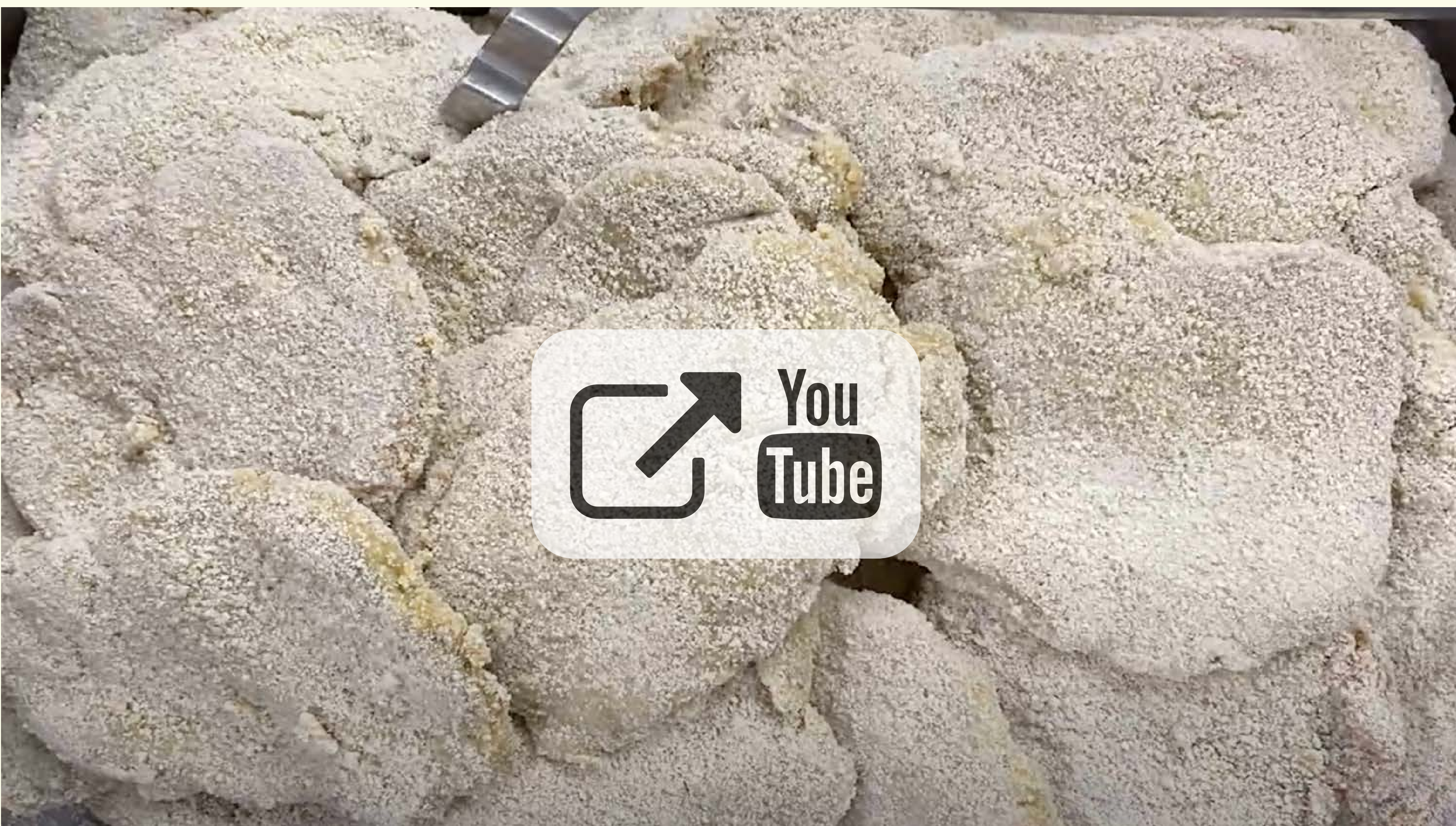
1. Put on gloves
2. Cut onions in half
3. Cut into slices
4. Cut the slices into small cubes
5. Collect in a bowl



Unit 6 **Preparing Schnitzel**

Learning objectives

- select and prepare the tools
- select the meat
- bread the meat
- fry the meat



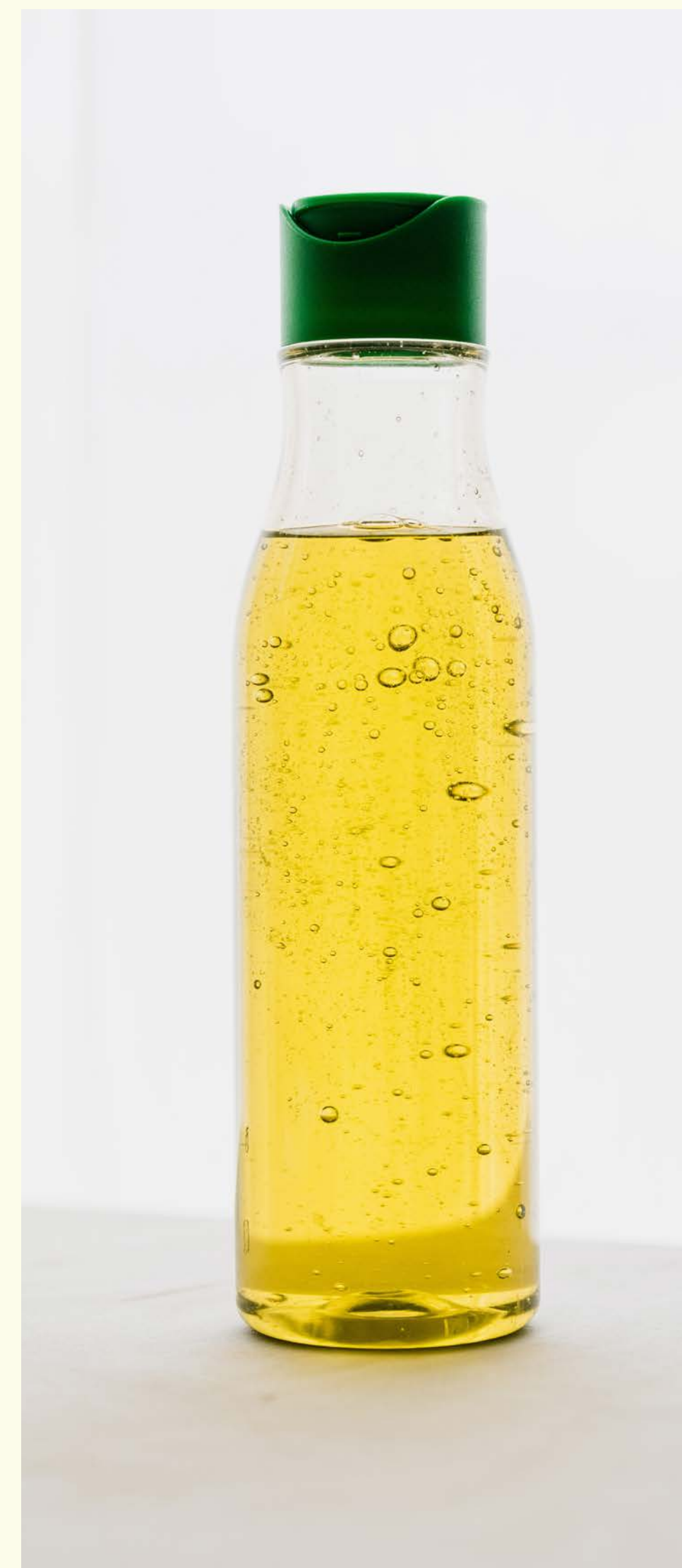
Tools needed

frying pan, spatula, metal bowl



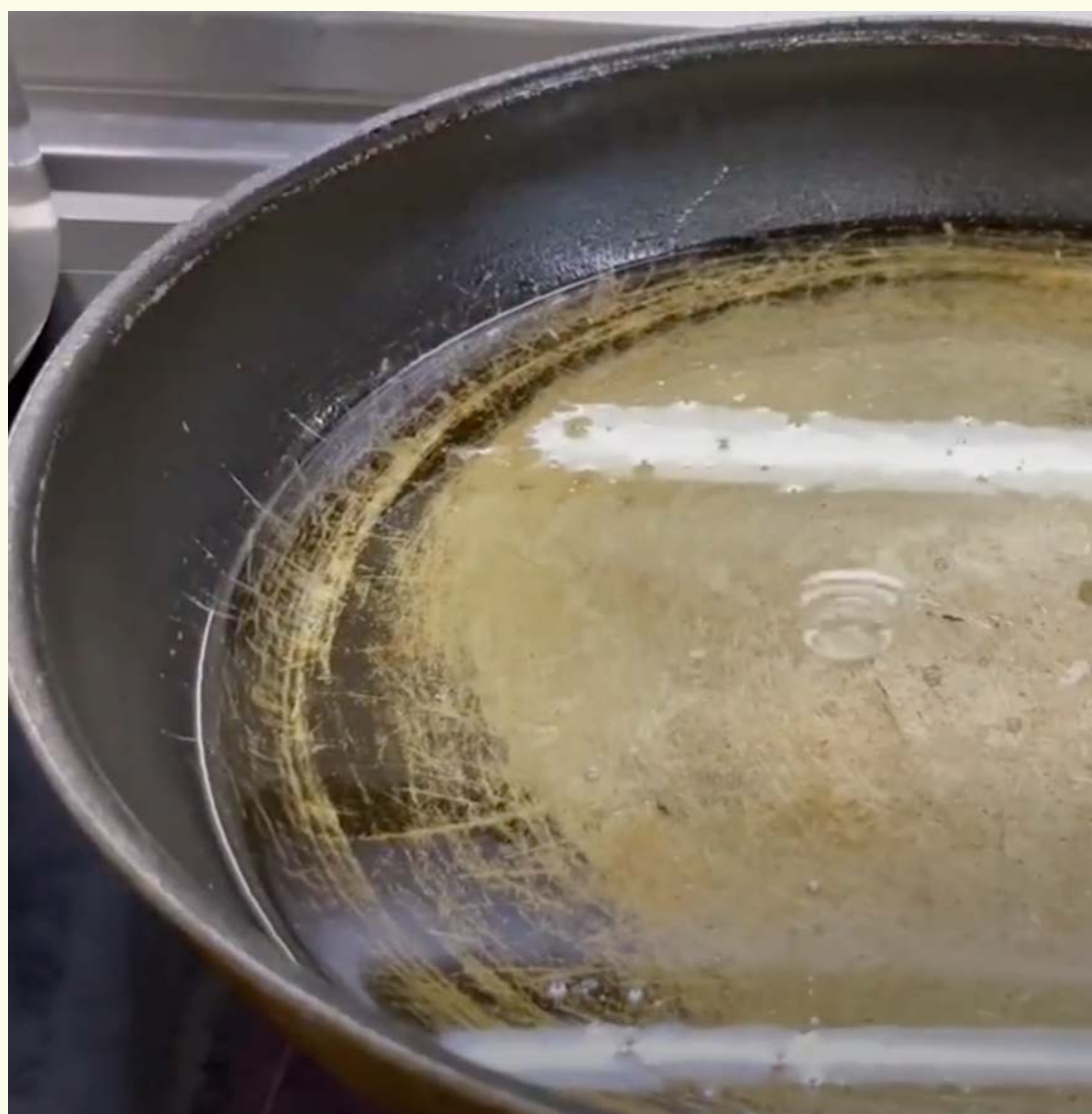
Ingredients

meat, bread crumbs, egg, oil



Steps

1. Bread the meat with bread crumbs and egg.
2. Heat oil in a frying pan
3. Fry the breaded escalopes in oil.
4. Turn the escalopes



Unit 7 Preparing Fried Eggs

Learning objectives

- select and prepare utensils
- select the eggs
- fry the eggs



Tools needed

frying pan, spatula



Ingredients:

eggs, oil



Steps

1. Crack the eggs
2. Spread 4 pieces in a frying pan.
3. Fry over medium heat
4. Separate and pour into the cooking oil.
5. Fry until the whites are firm



Unit 8 **Preparing a Tortilla**

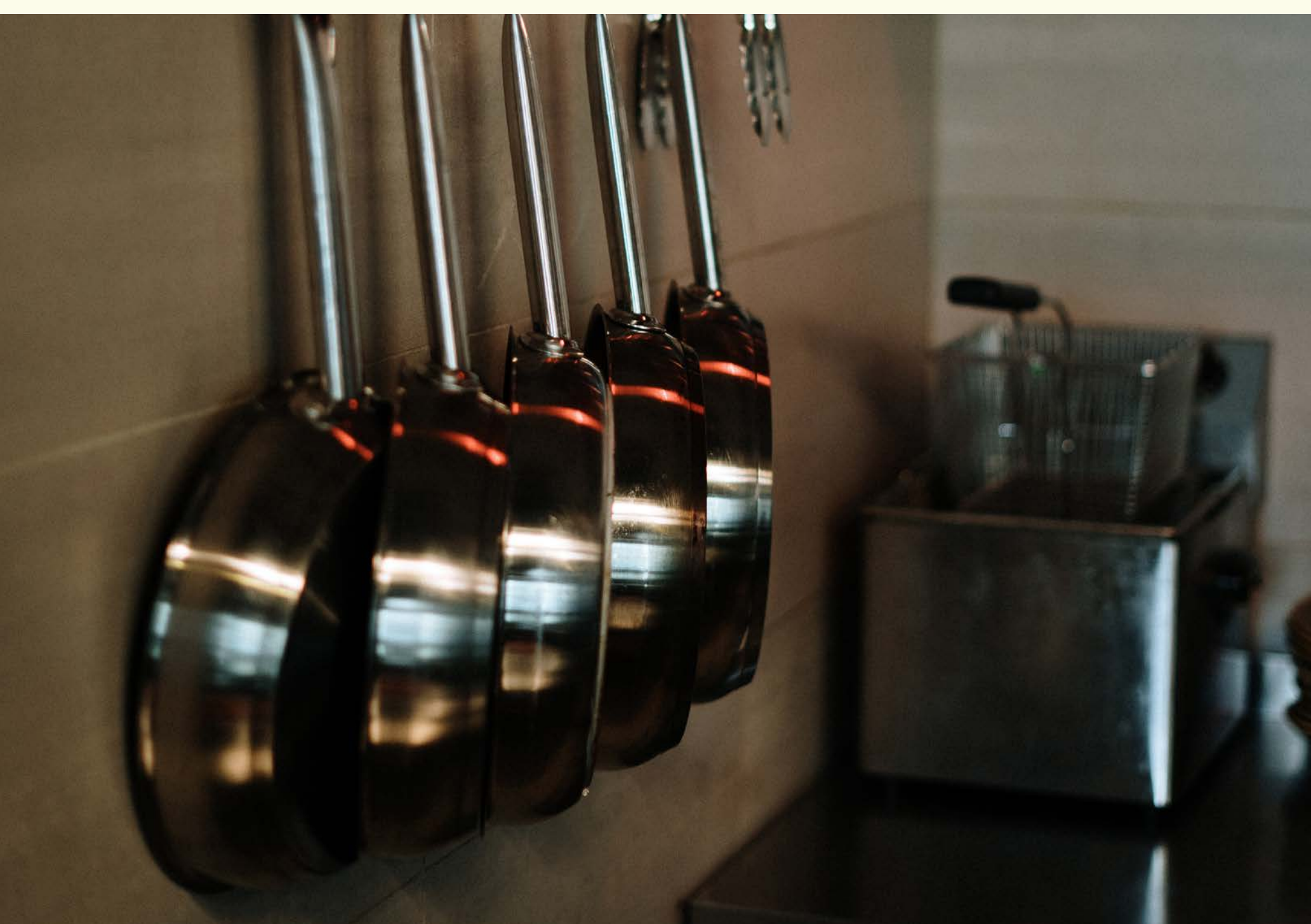
Learning objectives

- select and prepare utensils
- select ingredients
- Fry all the ingredients
- Turn and cook the omelet



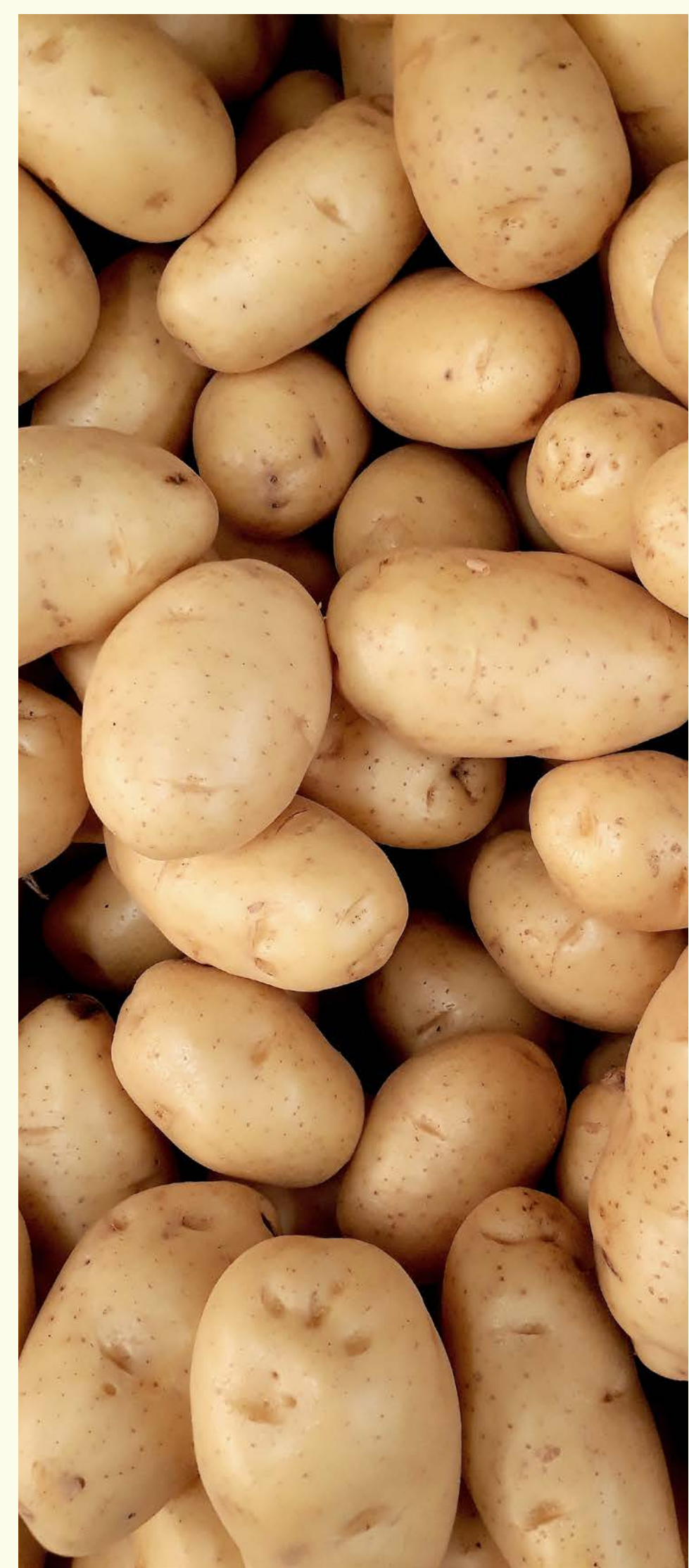
Tools needed

frying pan, spatula



Ingredients:

onion, bacon, eggs, oil, potatoes



Steps

1. Prepare the ingredients
2. Chop onions
3. Chop bacon
4. Fry the potatoes
5. Beat the eggs
6. Add the chopped onions and diced bacon in a frying pan with hot oil
7. Fry with occasional frying motions
8. Fry until slightly translucent
9. Add the fried potatoes
10. Carefully turn them over
11. Fry until golden brown
12. Add the beaten eggs
13. Add salt
14. Fry the egg
15. Spread the egg well until it is still runny
16. Check the strength
17. Turn over



Unit 9 Preparing a Burger and a Hot Dog

Learning objectives

- select and prepare utensils
- select the hamburger and sausages
- select the bread
- cook the hamburger and sausages
- serve the hamburger and hot dog



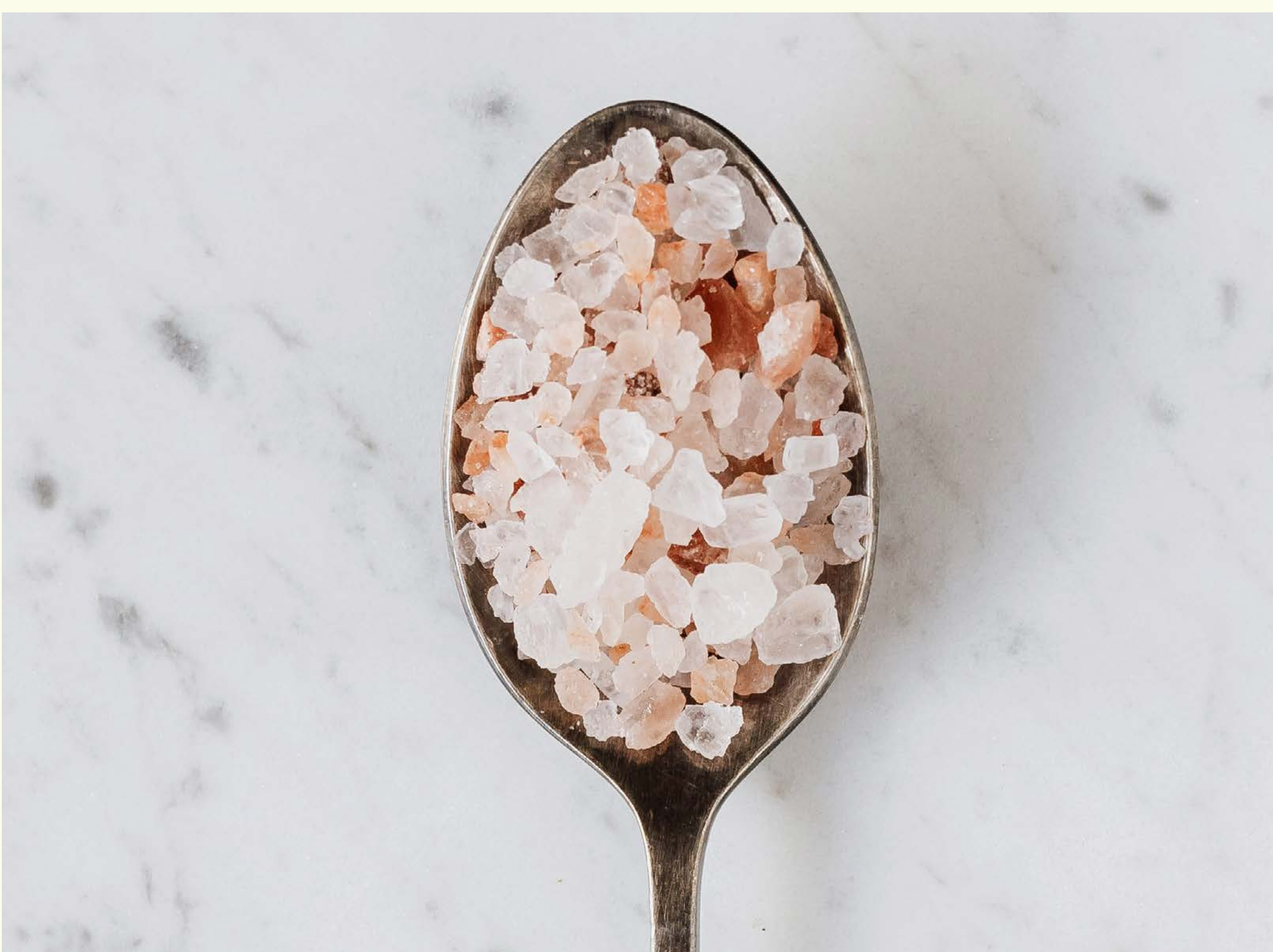
Tools needed

knife, plate, spatula



Ingredients

salt, oil



Steps

1. First, we clean and dry our hands.
2. Prepare the ingredients needed to make a hamburger and a hot dog.
3. Prepare the cooking utensils.
4. Put the hamburger and the sausages on a griddle, previously turned on so that it gets the right temperature.
5. Cook until it takes a toasted color.
6. Prepare the bread with the hamburger.
7. Prepare the bread with the sausages.
8. Finally clean all the utensils



Unit 10 Preparing Sauce

Learning objectives

- select and prepare utensils
- Prepare a sauce



Tools needed

frying pan, jar



Ingredients:

fried meat, water



Steps

1. Remove the fried pieces of meat.
2. Remove drippings from pan with cold water.
3. Stir and collect in a jar

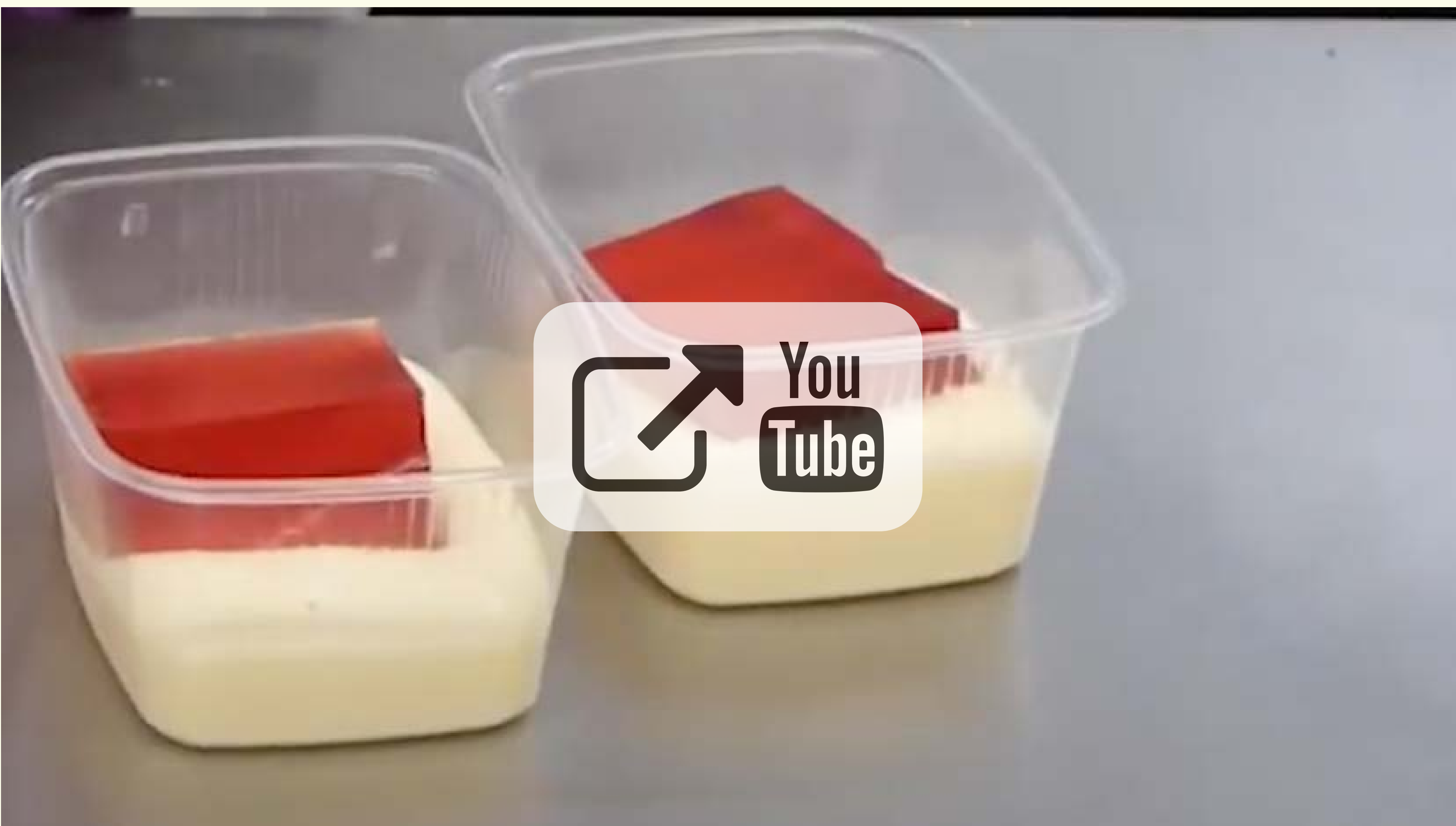


Unit 11 Dessert Preparation

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Learning objectives

- select and prepare utensils
- Prepare the dessert



Tools needed

bowls, ladle



Ingredients:

vanilla sauce, gelatin



Steps

1. Fill with vanilla sauce
2. Cut the gelatin into pieces
3. Pour into bowls
4. Close tightly with a lid



Unit 12 **Preparing Takeout Food**

Learning objectives

- select and prepare utensils
- fill each container with different ingredients



Tools needed

plastic/cardboard containers



Raw materials

French fries, mashed potatoes, peas, schnitzel, fried eggs, side salad, stuffed peppers



Steps 1 portion:

1. Fill with french fries
2. Stuff with mayonnaise
3. Fill with peas
4. Add sauce
5. Add schnitzel with fried egg
6. Add a second fried egg
7. And close



Steps 2 portions:

1. Fill with french fries
2. Fill with mayonnaise
3. Add two schnitzels
4. Add sauce
5. Add peas
6. Close it carefully



Steps 3 portions:

1. Fill with mashed potatoes
2. Stuff with garnish salad
3. Add stuffed bell pepper and sauce
4. Close it



Unit 13 Bread Preparation

Learning objectives

- Select and prepare utensils
- Top with the different ingredients
- Serve the rolls



Tools needed

Knife



Ingredients:

tomatoes, cheese slices, salad, salami slices, parsley



Steps

1. Cut tomato into slices
2. Top with salad and cheese slices
3. Top with salami slices
4. Top with more cheese slices
5. Top with tomato
6. Garnish with parsley



Unit 14 Use of The Dishwasher

Learning objectives

- Prepare the dishes
- Turn on the dishwasher
- Dry the dishes



Tools needed

dishwasher, rinsing basket, towels



Steps

1. Pre-clean dirty containers
2. Pre-rinse with water
3. Press the start button
4. Blue display: Dishwasher is running
5. Green display: Dishwasher is ready to be replaced
6. Remove the rinse basket
7. Refill the dishwasher
8. Dry the clean containers
9. Dry the cutlery with the dish cloth



Links:

Come to Work With Me | Life as a Kitchen Assistant

<https://www.youtube.com/watch?v=nXN3KvF0imY>

What's it like to be a Kitchen Assistant?

https://www.youtube.com/watch?v=_TuusKbRZEQ

Kitchen Assistant Training Program

<https://www.youtube.com/watch?v=oNrcAZwdwGQ>

5 Kitchen Helper Interview Questions with Answer Examples

<https://www.youtube.com/watch?v=bbgf-hWpRvs>

Kitchen Helper/ Kitchen Assistant Interview Questions and Answers

https://www.youtube.com/watch?v=u__3l_itdPg

22 Dishwashing Best Practices (English)

<https://www.youtube.com/watch?v=SZqAzTYgAds>

Job Of The Week - Episode #103 - Kitchen Assistant

<https://www.youtube.com/watch?v=CWSHaYXAIVw>

Kitchen Helper + Kitchen Assistance Job Description | Top

Duties, Requirements and responsibilities

<https://www.youtube.com/watch?v=24cj6TC1aXQ>

Cook Helper | Cutting video | Romania

<https://www.youtube.com/watch?v=Wt5Z7Bq7Ruo>

Duties and responsibilities of the kitchen assistant

<https://www.youtube.com/watch?v=LmLr6gDf5ok>

5 Most Important Questions and Answer Cook Assistant Cook Kitchen Helper

<https://www.youtube.com/watch?v=Z9KyoVx75zM>

Kitchen Helper Shyam Shrestha Europe

<https://www.youtube.com/watch?v=BP1rGEaDtJY>

English vocabulary - 100 kitchen items

<https://www.youtube.com/watch?v=4kcvmGJ0LFE>

List Of 70 Essential KITCHEN UTENSILS In English | English Vocabulary

<https://www.youtube.com/watch?v=H0CJOZoBwag>

Kitchen hand course: How to boil potatoes

<https://www.youtube.com/watch?v=L0s3Snf0diw>

Kitchen hand course: How to chop vegetables (carrots)

<https://www.youtube.com/watch?v=M0jKmFfnlhE>

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