

COOK (HOTEL & RESTAURANT)

RAPIDS: 0663D

O*NET/SOC: 35-2014.00

REVISION DATE: 09/2019

TRADE DESCRIPTION: Prepare, season, and cook dishes such as soups, meats, vegetables, or desserts in restaurants. May order supplies, keep records and accounts, price items on menu, or plan menu.

TASK PERFORMANCE: Demonstrate knowledge and skills for qualifying as Journeyman. Applicable Job Qualification Requirements will be used as a guide in performing tasks and demonstrating knowledge in the following skill areas. Actual work time must be recorded in the Work Experience Log; each skill area must be completed.

Applicable Ratings/MOS/NEC

USMC MOS: 3381

USCG: FS

USN: CS, CSS

USA MOS: 92G

Related Instruction:

Trade related On-The-Job-Training (OJT) or Any Trade related schools/courses totaling 216 or more hours.

Additional Requirement:

None

Total Hours: **3000**

Skill	Description	Hours
A	HOUSEKEEPING/SANITATION	300

	Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices.	
B	MENU PLANNING -- Consult with supervisory staff to plan menus, taking into consideration factors such as costs and special event needs. -- Keep records and accounts. -- Estimate expected food consumption, requisition or purchase supplies, or procure food from storage. -- Plan and price menu items. -- Coordinate and supervise work of kitchen staff.	200
C	PROPER FOOD HANDLING -- Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock. -- Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.	350
D	PREPARATION OF RELISHES/SALADS Prepare relishes and hors d'oeuvres.	300
E	PREPARATION OF FRUITS AND VEGETABLES Wash, peel, cut, and seed fruits and vegetables to prepare them for consumption.	350
F	PREPARATION OF ENTREES -- weigh, measure, and mix ingredients according to recipes or personal judgement, using various kitchen utensils and equipment. -- Season and cook food according to recipes or personal judgement and experience. -- Bake, roast, broil, and steam meats, fish, vegetables, and other foods. -- Turn or stir foods to ensure even cooking. -- Observe and test foods to determine if they have been cooked sufficiently, using methods such as tasting, smelling, or piercing them with utensils.	500
G	BAKING Bake breads, rolls, cakes, and pastries.	375
H	GARNISHING Portion, arrange, and garnish food, and serve food to waiters or patrons.	175

I	FOOD SERVICE Substitute for or assist other cooks during emergencies or rush periods.	100
J	CUTLERY SKILLS -- Carve and trim meats such as beef, veal, ham, pork, and lamb for hot or cold service, or for sandwiches. -- Butcher and dress animals, fowl, or shellfish, or cut and bone meat prior to cooking.	350