



Prep Cook - Position Description

Reports To: Head Chef

Pay - \$14 - \$16 per hour depending on experience, will increase with experience and commitment. A generous share of the kitchen tip pool, free food and drink on shift and a fantastic discounted rate off shift so you can dine with friends and family.

The Loaf is looking for a reliable prep-cook to join our team. You need to be a quick learner, with a strong work ethic and, above all, be reliable.

Duties:

Your duties include, but are not limited to:

- Follow the prep lists created by head chef to current menu
- Label and stock all ingredients on shelves so they can be organized and easily accessible
- Measure ingredients and seasonings to be used in cooking
- Prepare cooking ingredients by washing and chopping vegetables, cutting meat etc.
- Undertake basic cooking duties such as reducing sauces, parboiling food etc.
- Prepare simple dishes such as salads, entrees etc.
- Maintain a clean and orderly kitchen by washing dishes, sanitizing surfaces, taking out trash etc.
- Ensure all food and other items are stored properly
- Comply with nutrition and sanitation guidelines
- Perform other kitchen duties as assigned

Requirements:

- Proven experience as prep cook
- Knowledge of health and safety rules in a kitchen
- Manual dexterity able to operate cutting tools and kitchen utensils
- A team player with good communication skills
- Patient with an ability to stay positive under pressure