

Work Processes Schedule

COOK (ANY INDUSTRY)

RAPIDS: 0090N

O*NET/SOC: 35-2012.00

REVISION DATE: 12/2014

Prepares and cooks meals for crews or residents. Cooks foodstuffs in quantities according to menu and number of persons to be served. Bakes breads and pastries. Plans menus. May serve meals. Order supplies and keep records and accounts. Directs activities of workers who assist in preparing and serving meals. Maintains cooking/kitchen equipment. Maintains applicable sanitation standards.

Applicable Ratings/MOS

USMC MOS 3372, 3381

USCG FS

USN CS

Related Instruction

Any trade related schools/courses totaling 432 hours.

Additional Requirement

None

Total Hours: **6000**

Skill	Description	Hours
A	<p>MAINTENANCE AND CLEANLINESS</p> <p>Perform maintenance procedures equipment. Ensure cleanliness of cooking area, serving area, and personnel. Wash and dry dishes. Clean cooking areas and equipment such as; grills, fryers, toasters, juice machines, walls, floors, tables, and chairs.</p>	200
B	<p>PREPARATION OF FOOD</p> <p>Prepare food for cooking: soups, seafoods, meats, fowl, vegetables. Cut meat, poultry, and fish into individual or appropriate meal serving sizes. Prepare seasonings to be used for cooking food on menu.</p>	1200
C	<p>COOKING FOODS</p> <p>Cook foodstuffs in quantities according to menu and number of persons to be served. Cook foods preparatory to serving such as; soups, seafoods, meats, fowl, vegetables.</p>	1700
D	<p>SALADS, DRESSINGS, AND SAUCES</p> <p>Prepare sauces, dressings, puddings, or salads to be served with dish. Set up station so that food, garnishes, and service equipment are arranged in serving order.</p>	600
E	<p>BAKING</p> <p>Prepare and bake bread, rolls, cakes, cookies, pies, French and Danish pastries.</p>	1000
	<p>PURCHASING</p>	

F	Purchase supplies in accordance with pre-planned menu. Maintain inventory of stock on hand. Maintain enough supplies on hand to provide for company usage in accordance with standard procedures and policies.	200
G	APPETIZERS AND RELISHES Prepare and use appetizers and relishes. Set up a station so that the appetizers, relishes, and service equipment are arranged in serving order.	100
H	BEVERAGES Prepare or set up beverages or beverage counter. Maintain beverage dispensers such as; soda, coffee, milk or juice.	100
I	STORAGE Properly store food in refrigeration units at the appropriate temperature for the food being stored. Maintain stored quantities used for individual or company usage to prevent waste.	200
J	PLANNING Plan menu, taking advantage of foods in season or local availability of food within the area. Estimate amounts of food, time to prepare each foodstuff, layout of courses and utensils for a banquet or other special event. Perform planning for routine meals served at the company taking into account the amount of personnel dining at each meal.	400
K	INSPECTION Perform inspections in accordance with standard law requirements of cleanliness. Perform routine inspections of all requirements of cleanliness. Perform routine inspections of all kitchen, bakery, scullery, serving, and dining areas to ensure cleanliness is being maintained. Inspect silverware, dishes, drinking or food dispensers, tables, chairs, walls and floors.	100
L	SAFETY PRECAUTIONS AND PROCEDURES Perform unique safety requirements applicable to this trade. Conform to prescribed safety factors to include the proper use of and methods of handling chemicals, hand or power tools, ladders, air or hydraulic lines, or other materials to perform the task. Utilize, store, and dispose of hazardous or flammable materials in accordance with company standards and established safety procedures. Perform routine safety inspections in spaces or work areas looking for proper safety control devices such as; warning signs; high voltage locations or other electrical hazards, radiation hazards, wet floors, ear and eye protection, hot machines or rotation equipment; fall or trip hazards, flags, ropes, first aid kits, or other items. Maintain safety inspection records. Report and/or correct all safety discrepancies identified.	200

