

Work Processes Schedule

COOK (HOTEL & RESTAURANT)

RAPIDS: 0663M

O*NET/SOC: 35-2014.00

REVISION DATE: 12/2014

Prepares, seasons, and cooks soups, meats, vegetables, deserts, and other foodstuffs. Estimates food requirements and orders food or procedures from storage. Operates ovens, broilers, grills, roasters, steam kettles and other food preparation equipment. Measures and mixes ingredients according to recipe, using variety of kitchen utensils and equipment, such as blenders, mixers, grinders, slicers, and tenderizers, to prepare soups, salads, gravies, desserts, sauces, and casseroles. Bakes, roasts, broils, and steams meats, fish, vegetables, and other foods. Carves meats, portions food, adds gravies and sauces, and garnishes everything. May supervise other cooks and kitchen attendants. Bakes bread, rolls, cakes, and pastries. 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 areas. Actual work time must be recorded in the Work Experience Log.

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	HOUSEKEEPING/SANITATION Clean/Sanitize Facility, Clean/Sanitize Mess Equipment, Decontaminate Supplies.	500
B	MENU PLANNING Adjust Recipes, Requisition Produce.	200
C	PREPARATION OF BEVERAGES	100
D	PREPARATION OF BREAKFAST FOODS Hot Cereals, French Toast, Waffles, Fritters, Eggs, and Meats.	700
E	PREPARATION OF RELISHES/SALADS Green Vegetables, Vegetable Salads, and Relishes.	200
F	PREPARATION OF SOUP Chowder, Gumbo	100

G	PREPARATION OF VEGETABLES Steam Cooking, Baking, Grilling or Sautéing, Deep Fat Frying and Oven Frying.	500
H	PREPARATION OF GRAVIES/SAUCES	100
I	PREPARATION OF ENTREES Paste Products, Meat, Poultry, Seafood, and Casseroles.	800
J	PREPARATION OF DESERTS Cakes, Cookies, Pies, Frosting, Pudding, Custards	800
K	PREPARATION OF BREAD, ROLLS, SWEET DOUGH AND QUICKBREADS Biscuits, Muffins, Quick Coffee Cake, Cornbread, Danish, Sweetdough	750
L	PREPARATION OF SANDWICHES Hot Sandwiches, Cold Sandwiches, box Lunches/In-Flight Meals, Merchandise Fast Food Specials.	700
M	GARNISHING	125
N	FOOD SERVICE Set up Serving Lines, Serve Menu Items.	125
O	OPERATION/MAINTENANCE OF FOOD SERVICE EQUIPMENT Dishwashing Machine, Grills, Kettles, Ovens, Deep Fat Fryers, Braises, Steam Cookers, Mixers, Ranges.	300