



Cook I

JOB SUMMARY:

Must be able to work, oversee, & train all culinary positions.

ESSENTIAL DUTIES & RESPONSIBILITIES:

- Must be able to properly identify various foods and understand proper handling, preparation, and storage of these items to guarantee safe unadulterated products to our guests.
- Will do skilled kitchen duties including pantry and salad preparation, proper preparation of meats, poultry, seafood, vegetables, soups, stocks, and sauces.
- Must be able to prepare items as needed to include, but not limited to broiling, sautéing, deep-frying, pan-frying, boiling, steaming, baking, and grilling.
- Will be expected to perform their duties in various climates and conditions due to equipment that uses water, steam, chemicals, and heat for safe maintaining of food contact surfaces.
- Must be able to instruct proper methods and procedures while communicating to subordinate employees in a professional manner according to Mountaineer standards.
- Will be required to fill out production schedules, openings and closing checklists, requisitions forms, and daily team briefings
- All other duties as assigned.

EXPERIENCE/QUALIFICATIONS/SKILLS/REQUIREMENTS:

Employee must have working kitchen knowledge. Must understand culinary terms and have strong mechanical skills. The use of all kitchen tools to include, but not limited to peelers, assorted knives, ovens, grills, fryolators, mixers, food processors, steam controlled equipment, and slicers'. Must have a working knowledge of basic sanitation skills and be able to sanitize, and store kitchen equipment, and utensils according to proper industry standards, within specified time lines. Employee will do skilled kitchen duties including pantry and salad preparation, proper preparation of meats, poultry, seafood, vegetables, sous, stocks, and sauces. Prepare items as needed to include, but not limited to broiling, sautéing, deep-frying, boiling, steaming, baking, and grilling. Employee must have a working knowledge of all kitchen equipment and to alert their manager or Chef on duty of any equipment failures or needed maintenance immediately. Employee will be expected to perform their duties in various climates and conditions due to equipment that uses water, steam, chemicals, and heat for safe maintaining of food contact

surfaces. Employee must be able to work under pressure in a fast paced environment, and complete tasks with a “sense of urgency.” Must be able to instruct proper methods and procedures while communicating to employees in a professional manner according to Mountaineer standards.

A minimum of three years cooking experience a plus. Must be able to read, write, add, subtract, multiply, and divide. A culinary school diploma preferred. Must have a strong knowledge of safe proper use and storage of foods for human consumption. Must have a strong ability to perform job functions with minimum supervision, and follow as well as delegate information on daily production schedules and checklists. Must be physically able to repeatedly lift, bend, reach, stoop, climb, and carry items for extended amounts of time with reasonable accommodation. Must be able to physically lift and move items up to 40 lbs.

Must be able to stand/walk/ sit for extended periods. May be exposed to working in a noisy, smoke/secondary smoke environment.

Must be at least 18. Must be able to obtain and maintain appropriate licensing. Must be able to pass a background investigation.

EDUCATIONAL REQUIREMENTS:

High School Diploma or equivalent.