**A COOK …**

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| **IS / HAS (qualities, appearance, attitude, personality)**   * Physical strength - healthy * Stamina * Agility * Mental acuity * Willingness to listen * Ability to follow a lead * Commitment to organization * Great taste buds * A good memory * Able to focus * Dependable * Curious * Passion for food * Multitasking * An outgoing personality / easygoing * Communication skills (Verbal communication - Active listening) * The ability to work well in a team * Tact and diplomacy for dealing with difficult situations * Numeracy * Reliable * Responsible * Proud and humble at the same time * Calm under pressure * Flexible * WELL GROOMED (= Clean & Tidy) * Quick * Careful * Accurate (pays attention to details) * Punctual * Willing to work | **KNOWS**   * Basic Maths * Food types * The way foods taste like (because he/she has tasted them) * Wine types * The main cooking methods * All the cooking methods * How to read a recipe properly * How to use a knife properly * How to cut veggies * How to measure correctly * When a food is done (= cooked properly) * How to match foods and wines * How to use ingredients properly * How to substitute ingredients properly * HACCP rules – safety rules * Rules at work * Etiquette – behavior and communication rules * Names and recipes of the most popular dishes * How to prepare the most popular Italian dishes * How to prepare the most popular international dishes * How the dishes served in his/her restaurant are made (ingredients, preparation) * Principles of Food Science * Table layouts * Serving styles * How to plan meals * Languages * The way kitchen tools and utensils are used * How to deal with intolerances and allergies | **CAN**   * Prepare dishes, snacks and simple meals * Operate the coffee machine * Serve foods and snacks * Present dishes * Recommend Suitable Foods and Drinks * Keep his/her workstation clean and tidy * Keep the kitchen clean and tidy * Handle and use properly kitchen utensils * Handle glassware * Wash dishes and glassware * Restock the kitchen shelves/cupboards and/or scullery * Manage the inventory * Prevent and deal with problems between colleagues * Interact with the restaurant staff * Organise and run catering events * Work under pressure * Do several things at the same time * Work long hours * Stand long hours |

See also:

<https://www.finedininglovers.com/article/15-essential-qualities-cook>

<https://www.thespruceeats.com/things-every-cook-should-know-479950>

<https://www.finedininglovers.com/article/four-types-cooks-explained>