**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
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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>