

Slicing

- Start with the knife at a sharp angle and with the tip of the knife on the cutting board.
- Move the knife forward and down to slice through the product.
- Finish the cut with the knife against the cutting board. For the second slice, raise the knife and pull backward. The tip of the knife should always be on the cutting board.

Dicing

- Cut the product into even slices of the desired thickness.
- Stack the slices and slice across the stack in even pieces.
- Stack the slices again and slice again.
- Chopping with a Chef's Knife
- Start by holding the tip of the knife against the cutting board with the guiding hand.
- Rock the knife rapidly up and down at the same time, while gradually moving the knife sideways across the product on the cutting board. The cuts should pass through all parts of the product.
- After several cuts, redistribute the product and start again.
- Continue until all the product is chopped to the desired fineness.

Knives are necessary tool to be used safely! To learn safety tips and techniques, watch :

Safe Knife Handling Practices

Training Video at RO.com. See your manager for details.



Cook Staff Training Manual

Great Britain. Army School of Cookery

Cook Staff Training Manual:

Motivation Training Manual George Leonard Wenzel,1970 **Manual of military cooking (and dieting). 1895, 99, repr. 1904,(10),15,17,18,24,33** War office,1895 *Nutrition Training Guide for Classroom Personnel in Head Start Programs* United States. Office of Child Development,1976 **Catalog of Technical Reports** ,1958 **The Encyclopedia of Restaurant Training** Lora Arduser,Douglas Robert Brown,2005 Book CD ROM Training is an investment for the future the only foundation on which success can be built Training delivers excellence in product and performance elevating a good restaurant into a great one Training will keep the skills of its employees and management sharp But in no other industry is its absence or presence as obvious as it is in the food service industry It is hard to find good qualified employees and even harder to keep them In addition unemployment levels are low and competition for qualified workers is tough What s the answer Training Constant training and re enforcement keeps employees and management sharp and focused and demonstrates the company cares enough to spend time and subsequently money on them And that s precisely what this encyclopaedic book will do for you be your new training manager The first part of the book will teach you how to develop training programs for food service employees and how to train the trainer The book is full of training tips tactics and how to s that will show you proper presentation and how to keep learners motivated both during and after the training The second part of the book details specific job descriptions and detailed job performance skills for every position in a food service operation from the general manager to dishwasher There are study guides and tests for all positions Some of the positions include General Manager Kitchen Manager Server Dishwasher Line Cook Prep Cook Bus Person Host Hostess Bartender Wine Alcohol Service Kitchen Steward Food Safety Employee Safety Hotel Positions etc Specific instructions are provided for using equipment as well *Personnel Training Manual for the Hospitality Industry* Jack E. Miller,Mary Walk,1991 This practical handbook with emphasis on the day to day running of an operation is filled with operational material that has been tried and used successfully Its purpose is to discuss labour management and training systems to enable supervisors to select the team that best fits their operation This book introduces the operator to the best training methods available It works with what is best for the operator then implements a long term solution to the difficult problems faced by employee and employer

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National Agricultural Library (U.S.),1975 *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.),1976 **Orientation & Training Manual for Cooks** Mha Rdn Cassens, Clt

Fand,2017-08-08 Mealtime is the highlight in most of our days For residents in long term care communities it becomes and even more important time a time to look forward to enjoying the camaraderie and company of other Cooks in long term care facilities are responsible for customer satisfaction budgetary requirements following physician orders serving the meals on time and ensuring that even the strictest diet tastes good This book intended as an overview and training tool is written in simple language large font with enough white spaces for notes The 3 chapters include regulatory requirements food preparation including liberalized diets modified textures food sanitation safety It is not a lesson in how to cook but an orientation training tool for new cooks an excellent review tool for experienced cooks The 50 competency questions are helpful to determine skills and competency levels what areas need further focus The book can be used as a self study guide or by managers consultants to use in training staff *Training Guide for Foodservice Personnel in Programs for Young Children* United States. Head Start Bureau,1980 Abstract Training materials for foodservice workers in Head Start programs are presented in a manual for use by nutritionists dietitians and foodservice supervisors The objectives are to encourage foodservice personnel to provide nutritious and wholesome food for young children as well as nutrition education to children parents and staff in Head Start Competency areas needed to deliver a high quality food service program include 3 foundation and 4 technical competencies nutrition and feeding of young children job management sanitation and safety menu planning food purchasing food receiving and storage and quantity food production Learning activities resource materials and evaluation criteria are described for each training area These may be used in pre service or in service training of foodservice personnel in Head Start day care or other preschool programs *Catalog. Supplement* Food and Nutrition Information Center (U.S.),1973 Includes bibliography and indexes subject personal author corporate author title and media index

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