

Kitchen Roles

- **Cook:** A cook in a professional kitchen is responsible for preparing, cooking, and presenting food items on the menu.
- **Sous Chef:** A sous chef is the second-in-command in a professional kitchen, responsible for overseeing food preparation and kitchen staff.
- **Line Cook:** A line cook is a chef responsible for preparing and cooking specific dishes on the menu in a professional kitchen.
- **Prep Cook:** A prep cook is responsible for preparing ingredients, such as chopping vegetables or marinating meats, before they are cooked.
- **Dishwasher:** A dishwasher is a vital role in a professional kitchen responsible for cleaning and sanitizing dishes, utensils, and kitchen equipment.
- **Kitchen Manager:** A kitchen manager is responsible for overseeing the operations of a professional kitchen, including staff management, food preparation, and inventory control.
- **Chef:** A chef is a highly skilled professional responsible for overseeing the preparation of food in a professional kitchen setting.

Cooking stations

- **Grill:** A grill in a professional kitchen is a cooking station equipped with a grilling surface for cooking meats and vegetables.
- **Saut   Station:** Saut   station: A cooking station in a professional kitchen dedicated to saut  ing food quickly in a skillet or pan.
- **Pasta Station:** A pasta station is a designated area in a professional kitchen where chefs prepare and cook various types of pasta dishes.
- **Carving Station:** A carving station is a designated area in a professional kitchen where large cuts of meat are carved to order.
- **Fryer:** A fryer is a cooking station in professional kitchens used for deep-frying foods such as French fries, chicken, and donuts.
- **Salad Station:** A designated area in a professional kitchen where salads are prepared, composed, and plated for service to customers.
- **Omelette Station:** An omelette station is a designated area in a professional kitchen where omelettes are custom-made to order for customers.

Prep stations

- **Mise En Place:** Mise en place refers to the practice of organizing and preparing ingredients and tools before cooking in a professional kitchen.
- **Prep Table:** A prep table is a surface in a professional kitchen used for preparing and assembling ingredients for cooking dishes.
- **Portioning Tools:** Portioning tools in professional kitchens are utensils or equipment used to accurately measure and divide ingredients for recipes.
- **Knife Station:** A designated area in a professional kitchen where knives are stored, organized, and easily accessible for food preparation tasks.

Service and plating stations

- **Service:** In professional kitchens, service refers to the process of preparing and serving food to customers at a restaurant or catering event.
- **Plating:** Plating refers to the arrangement and presentation of food on a plate, typically done at a designated station in professional kitchens.
- **Presentation:** Presentation refers to the visual arrangement of food on a plate or serving station in a professional kitchen setting.
- **Garnish:** Garnish refers to the decorative elements added to a dish before serving, enhancing its appearance, flavor, and overall presentation.
- **Expedite:** Expedite in professional kitchens means to prioritize and speed up the preparation and delivery of dishes to customers efficiently.

Cleaning stations

- **Cleaning Station:** A designated area in a professional kitchen where dishes, utensils, and kitchen equipment are cleaned and sanitized.
- **Kitchen Hygiene:** Kitchen hygiene in professional kitchens refers to maintaining cleanliness and sanitation standards to prevent food contamination and ensure food safety.
- **Food Safety:** Food safety in cleaning stations refers to maintaining proper sanitation and hygiene practices to prevent contamination and ensure safe food preparation.
- **Degreasing:** Degreasing in professional kitchens refers to the process of removing grease and oil from surfaces, equipment, or utensils.
- **Sterilizing:** Sterilizing in professional kitchens refers to the process of killing bacteria and other pathogens on surfaces and equipment.