

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.



Training Manuals For Kitchen Staff

California. Department of Corrections

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the text 'California. Department of Corrections'.

Training Manuals For Kitchen Staff:

Restaurant Training Manual Jeffrey Schim, Donna L. Schim, 2016-04-02 Whether you are a new restaurant or an existing restaurant the restaurant training manual will be the perfect guide to train your management and staff members This guide covers all aspects of restaurant management and operations This training manual goes into detail on how to provide top notch customer service kitchen and food preparation tracking inventory and sales managing food and labor cost how to be prepared for emergencies and daily restaurant operations Use different sections in this manual to train cooks prep cooks dishwashers servers greeters bartenders and barbacks We recommend using the entire manual to train managers since they need to know all the areas in the restaurant The information in this manual has been used in many successful restaurants The material in this manual was created by individuals who worked in the restaurant industry and know how to create a thriving business with exceptional customer service The manual includes the following management topics Orientation Sexual Harassment Open Door Policy Minor Laws What Makes a Great Manager Manager Job Description Hiring and Termination Procedures Interviewing and Hiring Process Application and Hiring Do s and Don ts of Hiring Interviewing Process Suspending Terminating Employees The Manager s Walk through and Figure Eights Opening Closing Manager Responsibilities Opening Manager Responsibilities Closing Manager Responsibilities Restaurant Pre Shift Alley Rally Call Outs Communication Skills How to Read Body Language The Customer s Eyes How to Prevent Guest Complaints Guest Recovery Restaurant Safety Flow of Food Food Safety Allergens Time Temperature Food Borne Illness Cash Procedures Bank Deposits Manager Computer Functions Bookkeeping Management Cash Register Audits Management Safe Fund Audits Management Perpetual Inventory Audit Labor and Food Cost Awareness Food Cost Awareness Inventory Food Cost Awareness Theft Food Cost Awareness Preventive Measures Restaurant Prime Cost Restaurant Emergency Procedures Refrigerator Units Freezer Units Procedures Robberies Fires Responsibility of Owner Employer

Restaurant Kitchen Manual Jeffrey D. Schim, 2017-06-14 In this manual your employees will learn the basics in your restaurant kitchen It is very important that your kitchen staff learn and understand everything outlined in this restaurant kitchen manual In so many cases most cooks don t know time and temperature food safety shelf life dates basic position training and etc During the interview process you may run into an applicant that appears to be awesome The applicant will say what they think you want to hear they talk the talk but can they walk the walk After you conducted a reference check you can decide if the applicant is a good fit for your restaurant The next step is kitchen training Everyone goes through kitchen training whether they are experienced or inexperienced You truly don t know if that applicant is on the up and up on their experience Typically experienced employees will learn faster than non experienced employees and therefore will require less training days Non experienced employees will require more attention TLC and quite possibly extended training days

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 *Airline Cabin Crew Training Manual* Emmy Arsonval Maniriho,2022-11-12 Working as cabin crew for international and domestic airlines is a stunning and challenging experience In addition to jetting off to exotic destinations the job also requires a high degree of responsibility and specialization to ensure the safety and comfort of passengers in line with civil aviation industry regulations It takes a lot of time determination and enthusiasm but cabin crew training is also a lot of fun This Airline cabin crew training manual provides with everything a cabin crew staff needs to know before during and after flying moment This manual gives an ideal approach on how to deal with cabin safety and airline services It is designed for the people who like to become an Airhostess and stewards Many young people opt for cabin crew as a full fledged career prospect because of the high salaries exciting experience of flying and interacting with different kinds of people on board and visiting several countries The liberation of Aviation industry in many countries has created a lot of job opportunities in airline and airport sector This Airline Cabin Crew Training Manual is meant to prepare airline professionals and students to handle the toughest moments in airlines and Airports **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 **Agricultural Development Workers Training Manual: Extension skills** ,1982 Mental Nurses Training Manual David 'Khyber' Close,2023-05-03 Back at the end of the 1970s three hundred copies of Neglect Violence Mental Nurse s Training Manual were released by Wombat Printing NL to friends and the nurse s underground Forty plus years later it is now released to the public with little danger of litigation regarding libel or defamation The back cover blurb for MENTAL NURSES TRAINING MANUAL then had it that An ex psychiatric nurse recalls his experiences after reporting a bashing and drinking on duty to his superiors He exposes a cover up by the hospital authorities and the State government bureaucracy then known as the Mental Health Authority His report details murder and suicide cases and hints at widespread cruelty and indifference His memories and impressions of the people he met working at a Melbourne mental

hospital adds colour to a subject which bears thinking about The author's futile exploits as a candidate in the 1973 Victorian state election makes amusing and or alarming reading while his analysis of shortcomings in psychiatric practice might stimulate a new deal for the bewildered victims of our dog eat dog civilization A must for all the up and coming maniacs Gough Whitelamb in the Daylesford Gazette Lifts the lid off the sanity business Clyde Pucker in the Yea Times Reading this book didn't relieve my obsessive compulsive neurosis or my ethical dilemmas but it gave me the pleasant feeling that I am not alone in this world with my belief in the prefectability of mankind through the exercise of hope fertilized by integrity Malcolm Howard in the West Wyalong Whinger Whistle blowing anti psychiatry still resonates today Phil Saddams in the Rupert Warduck Stable

Motivation Training Manual George Leonard Wenzel,1970 **Employment Relations in the Hospitality and Tourism Industries** Rosemary Lucas,2004 This timely book is one of the first of its kind to consider contemporary issues such as skills shortages labour turnover and training as well as changes in employment protection law in different areas of the hospitality industry *Principles of Food, Beverage, and Labour Cost Controls* Paul Dittmer,J. Desmond Keefe,Gary Hoyer,Tim Foster,2014-03-17 *Principles of Food Beverage and Labour Cost Controls* has been written to provide students with knowledge of the principles necessary to keep restaurant costs under control and to manage a profitable operation This text has defined the cost control course for generations of students and the new second Canadian edition continues the tradition of presenting comprehensive yet concise information on cost control that is updated to reflect today's technology driven environment Key terms key concepts review questions and spreadsheet exercises reinforce and support readers understanding It also features increased discussion and examples of technology used in food and beverage operations a running case study and a separate chapter on menu analysis and engineering Restaurant: The Owner's Manual Larry O. Knight,2011-03-25 This book is a must for all owners and managers who plan to open a restaurant in the future It is a guide to staff training regarding proper service attitude language and knowledge Chef's Manual of Kitchen Management John Fuller,1962 *Handbook of Nutrition and Food* Carolyn D. Berdanier,2001-10-30 With a clear and concise format *Handbook of Nutrition and Food* presents the quantitative and qualitative data and information needed by nutritionists dieticians and health care professionals It proceeds from human development to body systems and disease to micro macro nutrients and concludes with nutrition counseling and community nutrition See *Correctional Employees Training Manual* California. Department of Corrections,1959 **Technical Manual** United States. War Department,1946

The Art of Hosting Gerard A. Pollion,2002-08 Whether you're new to the business or you've been a server for years *The Art of Hosting* will give you the tools you need to walk talk and act like a seasoned pro Filled with insider tips and info this book will show you in clear concise and easy to understand terms how to be an outstanding server in even the finest restaurants and get the biggest tips Includes sections on Table Set up Taking Guest Orders Serving Drinks and Wine Increasing Your Tips and more **The Gluten-Free Edge** Peter Bronski,Melissa McLean Jory,2012-07-17 Gain an edge in

sports and life by going gluten free Since the advent of sport athletes have worked to gain an edge on their competition to look feel and perform their best through both training and nutrition Today science is increasingly showing the negative impact that gluten a protein in wheat barley and rye can have on health For the estimated 30 million Americans with forms of gluten intolerance such as celiac disease this all too common protein can cause gastrointestinal trouble inflammation muscle fatigue and mental fog that hinder an active lifestyle and negatively impact athletic performance The solution a whole foods nutrient dense gluten free diet Others who voluntarily eat gluten free can also discover an edge they never knew was missing faster recovery reduced inflammation improved digestion and increased athletic performance The Gluten Free Edge is the first comprehensive resource that includes What gluten is and how it negatively impacts health and athletic performance The myriad benefits of adopting a gluten free nutrition plan What to eat during training competition and recovery How to deal with group meals eating on the road and getting glutened Insights from prominent athletes already living the gluten free edge And 50 simple high octane recipes to fuel your performance Whether you ve been diagnosed with gluten intolerance or simply want to get ahead of the competition this book is for you Your own gluten free edge is waiting Marketing Research Report ,1952 Marketing Management for the Hospitality Industry Allen Z. Reich,1997-04-07 The only advanced marketing textbook specifically focused on the hospitality industry The time when you could run a hospitality business with nothing but a friendly smile and a strong work ethic has passed Dining lodging and entertaining habits are changing rapidly as the information age revolutionizes the world economy More than ever businesses must focus their marketing efforts on specific segments within the market Success in the hospitality industry demands that you develop the cutting edge decision making skills necessary for effective strategic market management Marketing Management for the Hospitality Industry provides comprehensive coverage of marketing from both long and short term perspectives Each chapter is an actual component of an overall strategic marketing model and the book s easy to read hands on approach simplifies complex material and enables you to grasp difficult concepts quickly and completely Inside you ll find How to s for planning long and short term marketing strategies Examples of successful marketing strategies Specific techniques for analyzing markets Strategic development and administrative aspects of marketing Sample strategic marketing plans that clearly demonstrate how marketing strategies are applied in both the lodging and foodservice segments of the industry Tips on integrating marketing strategy with overall business strategy Numerous charts and tables that support the text and clarify difficult points Whether you are a marketing manager general manager of a hotel or restaurant corporate manager or a student eager to make your mark on the industry with this indispensable guide you will sharpen your competitive edge reach the customers you need and make the most of every opportunity to help your business grow *Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975* National Agricultural Library (U.S.),1975

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