Restaurant Line Cook Training Checklist

Onboarding & Training

COOK NAME	START DATE	STATION	TRAINER / CHEF
	____ / ____ / _____		

STATION KNOWLEDGE

- [ ] Station layout and equipment locations
- [ ] Station mise en place list memorised
- [ ] Prep list and par levels understood
- [ ] All recipes for this station reviewed
- [ ] Allergen ingredients in station dishes known
- [ ] Station setup time — meets target

COOKING SKILLS

- [ ] Core cooking techniques for station demonstrated
  Sauté, grill, fry, roast — as applicable
- [ ] Temperature control — probe use for proteins
- [ ] Seasoning and tasting consistently
- [ ] Sauce preparation and finishing
- [ ] Timing — multiple dishes simultaneously
- [ ] Garnish preparation and application

PLATING & SERVICE

- [ ] Plating matches recipe photo standard
- [ ] Portion sizes consistent
- [ ] Plate presentation clean — no drips
- [ ] Calls heard and responded to
  'Yes chef', 'Heard'
- [ ] Ticket reading and prioritisation
- [ ] Communicates fire times to team
- [ ] Can hold station during full service
- [ ] Speed under pressure — doesn't fall behind

FOOD SAFETY & CLEANUP

- [ ] Handwashing at correct times
- [ ] Colour-coded boards used correctly
- [ ] Temperature logs completed during service
- [ ] Labelling and dating all prep items
- [ ] Station cleaned and restocked after service
- [ ] Equipment cleaned per closing procedure

SIGN-OFF

Areas needing more practice

Approved for solo work on this station ☐ Yes ☐ Not yet

Cook signature _____

Head chef signature _____

Notes

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