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International Union of Arab Master Chefs

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Commis chef — getting started at a kitchen station

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An introductory guide to organising a station, carrying out an assignment and handing it over within the kitchen team.

Read the assignment before setting out the tools

Ask for the portion count, the required cut size and the handover time. Note what can be started immediately and what depends on another station supplying an ingredient or tool. If written and spoken directions differ, check with the station lead.

Set up in order of use

Separate ingredients awaiting preparation, tools in use and items ready for handover. Work in an order that lets you check each batch before it moves on. If the cuts are inconsistent, show the lead a sample before finishing the full quantity.

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Hand over the result with the relevant details

Tell the station lead how much is ready, what remains and whether anything affects service. As a first exercise, prepare one ingredient for six portions, then record the time taken, the number of complete portions and one observation about consistency.

Turn the assignment into a prep plan

Before starting, write down the required usable weight, the agreed cut size and the handover time. Keep a reference sample approved by the station lead within reach. Sequence tasks according to which ones depend on earlier steps.

Measure yield

Weigh the ingredient before and after preparation. Divide usable weight by starting weight and multiply by 100. In this training example, 480 g usable from 600 g gives an 80% yield. Use that result to estimate the starting quantity for the next batch.

Station handover sheet

Item	What to record
Required	count, weight and cut size
Completed	actual quantity and handover time
Note	one deviation and action needed

Practical exercise

Prepare six equal 80 g portions. Check the first, one halfway through and the last. Record starting weight, usable weight, completion time and the number of portions that meet the brief. Explain what you would adjust on the next run.

Review criteria

Review adherence to the assignment, consistency of cuts, weighing accuracy and clarity of the handover. The station lead sets the acceptable tolerance for the dish.

Further reading — Culinary Skills Manual — Mise en Place (2018).

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