# Cook

Job ID
**9787**

Ho Ho Wok Restaurant

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| LOCATION | DATE POSTED | EXPIRY DATE |
|---|---|---|
| 23 Inglis Place, Truro, NS\| Nova Scotia | 03-06-2026 | 30-11-2026 |

| TYPE OF JOB | SALARY | MIN. EXPERIENCE | MIN. EDUCATION |
|---|---|---|---|
| Full Time | CAD 23 per hour | 1 year to less than 2 years | Secondary (high) school graduation certificate |

## Job Details

Location: 23 Inglis Place, Truro, Nova Scotia, B2N 4B5

Job Duties
-Prepare and cook a wide variety of Chinese dishes
-Prepare ingredients daily by washing, cutting, slicing, marinating, seasoning, and portioning meat, seafood, poultry, vegetables, and sauces according to restaurant recipes and standards
-Operate kitchen equipment such as woks, deep fryers, steamers, ovens, grills, and soup stations to ensure efficient food preparation during lunch and dinner service
-Maintain consistency in taste, portion size, appearance, and quality of dishes according to restaurant standards and customer expectations
-Inspect food ingredients for freshness and quality, and report shortages, spoilage, or supply issues to the restaurant manager
-Follow food safety, sanitation, and hygiene regulations, including proper food storage, temperature control, labeling, and prevention of cross-contamination
-Clean and sanitize kitchen workstations, preparation tables, cooking utensils, equipment, and food storage areas to maintain a safe and organized kitchen environment
-Assist with inventory control by monitoring stock levels of meats, seafood, vegetables, sauces, spices, and dry goods, and informing management of replenishment needs
-Work closely with kitchen helpers, prep staff, servers, and management to ensure smooth business operations and timely service during busy meal periods
-Assist in training junior kitchen staff and kitchen helpers on food preparation procedures, portion control, and safe kitchen practices

Job Requirements
-Completion of secondary school is usually required
-Minimum one year of commercial cooking experience in a restaurant or Chinese cuisine kitchen is required
-Experience preparing Chinese cuisine, including stir-fry dishes, noodles, fried rice, soups, seafood, and meat is strongly preferred
-Ability to operate commercial kitchen equipment such as woks, deep fryers, steamers, grills, ovens, and food preparation

equipment safely and efficiently
-Good knowledge of food safety, sanitation, hygiene standards, and kitchen health regulations
-Strong time management skills and the ability to prepare large quantities of food while maintaining consistency and quality
-Ability to stand for extended periods and perform physically demanding tasks, including lifting heavy food supplies and kitchen materials
- Ability to work independently as well as cooperatively with kitchen staff, servers, and management
- Attention to detail in food preparation, portion control, presentation, and maintaining kitchen cleanliness
-Reliability, punctuality, and flexibility with rotating shifts, including evenings, weekends, and public holidays
-Basic English communication skills for workplace safety and team coordination.

Work hours: 35 to 40 hours a week
Wage: $23.00 per hour
Benefits: 5 days paid personal days / sick leave; meals provided while on shifts / gratuities

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