Cook

Amritsari Flames

Job ID
39336

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LOCATION	DATE POSTED	EXPIRY DATE
70 Consumers Dr, Saint John, NB| New Brunswick	08-03-2026	04-03-2027

TYPE OF JOB	SALARY	MIN. EXPERIENCE	MIN. EDUCATION
Full Time	CAD $23.00 per hour	1 year to less than 2 years	Secondary (high) school graduation certificate

Job Details

Amritsari Flames is currently looking for a full-time Cook to join our team in Saint John, New Brunswick. The successful candidate will be responsible for preparing high-quality meals and maintaining food safety and kitchen standards in a fast-paced restaurant environment.

Position Details
Job Title: Cook
No. of vacancies: 1
Job Type: Full-time, Permanent
Hours: 32–40 hours per week
Overtime: $23.85 per hour after 44 hours per week
Benefits: 4% vacation pay

Work Schedule:
Morning, Day, Evening, Weekdays and Weekend shifts

Language Requirement:
English

Work Experience: 1 to less than 2 years of experience in Indian cuisine required.

Job Description

Job Responsibilities:

Prepare and cook a variety of authentic Indian dishes and full meals according to the restaurant's recipes and standards.
Prepare specialty dishes and accommodate dietary requirements
Coordinate and supervise the activities of kitchen helpers and support staff.
Assist in overseeing daily kitchen operations to ensure efficiency and food quality.
Maintain inventory and keep records of food ingredients, kitchen supplies, and equipment.

Set up and manage buffet stations when required for special events
Ensure the kitchen, cooking equipment, and work areas are kept clean and sanitized.
Assist in menu planning, determine portion sizes, estimate food requirements and costs, and monitor supply levels.
Support the hiring and training of kitchen staff when needed.

Work conditions and physical capabilities
Attention to detail
Fast-paced environment
Physically demanding
Repetitive tasks
Standing for extended periods
Work under pressure

How to Apply
Interested candidates are invited to apply by email:
Rupinderjit.84@gmail.com

Additional ways to apply
In person
70 Consumers Dr
Saint John, NB
E2J 4Z3
Between 12:30 PM and 06:30 PM

What you must include in your application:
Answers to the following screening questions:
Are you available for shift or on-call work?
Do you have experience working in this field?

Amritsari Flames is an equal opportunity employer. We encourage applications from Indigenous peoples, newcomers to Canada, youth and all qualified individuals who are interested in building a career in the culinary and hospitality industry.

We strongly encourage young applicants, including those whose relevant experience has been acquired through part-time positions, co-op placements, or internships.

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