

SCRIPT

SECTOR: GASTRONOMY IN CYPRUS

TOPIC: DO'S AND DON'TS IN THE PROFESSIONAL KITCHEN



Welcome to a Cypriot restaurant kitchen.
[Kalosorisate!](#)



When working in a restaurant kitchen, the first thing to consider is the right clothing. You are required to wear chef pants and a chef coat.

In Greek: [panteloni](#) and [sakaki mageira](#).

You probably guessed it already: [Mageiras](#) is the Greek word for chef. If the chef is female it is [Mageirissa](#).

And [mageirevw](#) means to cook.

You also need to wear safety shoes - [papoutsia asfaleias](#) and an apron - [podia](#).

It is also required to wear a head covering of some kind, it could be a hat, a baseball cap or a bandana. That's up to you.



Before you begin, you must follow the hygiene measures and wash your hands thoroughly. In Greek it is called: [Plenw ta xeria](#).

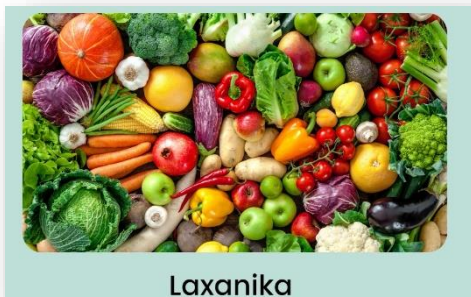


And after washing you sanitize your hands:
[Apolimanw ta xeria.](#)



Your point of contact in the kitchen is the kitchen manager:
[Arximageiras](#)

They will tell you what tasks you need to accomplish and will also give you instructions on how to use the work equipment - [Eksoplismos](#) like knives, pots and sieves and the machinery - [Ergaleia](#) like the dish washer or burner.



A task you will probably have to do in a Cypriot kitchen is preparing vegetables. [Laxanika](#) means vegetables in Greek.



To wash the vegetables is [Plenw laxanika.](#)

Ksefloudisma



To peel it is [Ksefloudisma](#).

Kopsimo



To chop it is [Kopsimo](#).

Asfaleia



For all activities in the kitchen there are 3 important guidelines.

Number one is safety - [Asfaleia](#).

Be careful with your equipment.

For example leave your knives on the side of the chopping block with the blade facing the block.

Kathariotita kai Taktioisii



Number two is hygiene and tidiness: [Kathariotita kai taktioisii](#). Clean your station regularly and keep your equipment in order.

Oxi viasini



The third guideline is don't rush: [Oxi viasini](#). Don't rush and be mindful of your co-workers.



[Siggnomi, exo mia erotisi.](#)

There is one more guideline, that you should keep in mind always: Whenever you are unsure about anything, ask your supervisor! In Greek you can say: [Siggnomi, exo mia erotisi](#). Which means: Excuse me, I have a question.

LIST OF VOCABULARY

SECTOR: GASTRONOMY IN CYPRUS

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GREEK	YOUR LANGUAGE
<i>Kalorisate!</i>	
<i>panteloni</i>	
<i>sakaki mageira</i>	
<i>Mageiras</i>	
<i>Mageirissa</i>	
<i>mageirevw</i>	
<i>papoutsia asfaleias</i>	
<i>podia</i>	
<i>Plenw ta xeria.</i>	
<i>Apolimanw ta xeria.</i>	
<i>Arximageiras</i>	
<i>Eksoplismos</i>	
<i>Ergaleia</i>	
<i>Laxanika</i>	
<i>Plenw laxanika.</i>	
<i>Ksefloudism.</i>	
<i>Kopsimo</i>	
<i>Asfaleia</i>	
<i>Kathariotita kai taktopioisi.</i>	
<i>Oxi viasini.</i>	
<i>Siggnomi, ex mia erotisi.</i>	