

STATE LEVEL POLICE RECRUITMENT BOARD, ASSAM

Ulubari, Guwahati - 781008

Assam Police Cook (Grade IV) Recruitment 2026 **Official Exam Pattern & Trade Syllabus**

1. Selection Process Overview

The recruitment process for the post of **Cook (Grade IV)** under the Assam Police, Assam Commando Battalions, and DGCD & CGHG will be conducted in two major phases. Because this is a specialized tradesman post, there is no traditional written examination.

- **Phase I:** Physical Standard Test (PST) and Preliminary Medical Checkup. (Qualifying Nature)
- **Phase II:** Trade Proficiency Test / Skill Test. (Scoring Nature)

2. Examination Pattern

Candidates who successfully clear the PST and Medical checkup will be called for the Trade Proficiency Test. The final merit list will be prepared strictly based on the marks obtained in this test.

Name of the Test	Type of Exam	Maximum Marks	Qualifying Standard
Trade Proficiency Test	Practical / Hands-on Cooking	50 Marks	33% (Varies by Category)

3. Detailed Syllabus for Trade Proficiency Test (Cook)

During the 50-mark Trade Test, a panel of evaluators will test the candidates on practical kitchen skills, hygiene, and overall cooking ability. The key parameters include:

- **Knowledge of Ingredients & Spices:**
 - Identification of different Indian spices (Masalas), lentils (Dals), and grains.
 - Understanding the appropriate quantity of ingredients required to cook for large groups (e.g., 50-100 personnel).
- **Practical Cooking Skills:**
 - Preparation of authentic Assamese dishes.
 - Preparation of basic Indian meals (Perfectly round/soft Roti, Rice, Dal, Sabzi).
 - Ability to handle and cook vegetarian and non-vegetarian dishes (Chicken, Fish, Mutton) efficiently.
- **Hygiene and Kitchen Maintenance:**
 - Maintaining personal hygiene (clean hands, hair covers) while handling food.
 - Proper sanitization of chopping boards, cooking utensils, and the workstation.
 - Safe and proper disposal of kitchen waste.
- **Food Preservation & Storage:**
 - Knowledge of how to safely store perishable items (meat, vegetables, dairy).
 - Understanding basic temperature control to prevent food spoilage.
- **Presentation & Time Management:**
 - Basic etiquette of serving food to officers and jawans.
 - Efficiency and speed in preparing a meal under a strict time limit.

Note: This document serves as a standard reference for the Assam Police Grade IV Cook Trade Test. Candidates are strictly advised to follow instructions printed on their official admit cards and check slprbassam.in for latest updates.