

FOOD PREP CHEF

Skills

- **Highly skilled in cooking and preparing a variety of cuisines**
- **Inborn ability to explore new cooking avenues**
- **Thorough understanding of sanitation needs of the kitchen**
- **Operate kitchen equipment such as ovens and grills for cooking purposes**
- **Maintain knowledge of all recipes so that the Head Chef's place can be filled in effectively in case of absenteeism**

Summary

- **Exceptional culinary insight.**
- **Knowledge of standard food preparation**
- **Ability to work in a high volume environment**
- **Chef in preparing exceptional meals**
- **Motivated food serving professional with 5+ years food and beverage experience in casual and fine dining.**

Highlights

- **Kitchen productivity**
- **Basic knife skills**
- **Uses proper sanitation practices**
- **Able to regularly lift/move up to 25-50 lbs**
- **Preparation of various food items**
- **Good personal hygiene**
- **Team-oriented**
- **Well groomed**
- **High level of clean kitchen maintenance**
- **Team-oriented**
- **Sandwich preparation experience**
- **Knowledge of basic food preparation**
- **Food handling knowledge**
- **Italian cuisine**
- **American cuisine**
- **Ethnic foods preparation**
- **Plate presentation skills**
- **Banquet operations and off-site catering expert**

Accomplishments

- **Serve Safe 2015**
- **Seasoned and cooked food according to recipes or personal judgment and experience.**
- **Ensured consistent high quality of plate presentation.**
- **Maintained contact with kitchen staff, management, serving staff and customers.**
- **Baked, roasted, broiled, and steamed meats, fish, vegetables and other foods.**
- **Supported all kitchen operations when chef was absent.**

Experience

09/2010 - 04/2011

Company Name 1/4 City , State Food Prep Chef

- **Followed all established restaurant practices and procedures.**
- **Carefully maintained sanitation, health and safety standards in all work areas.**
- **Prepared items according to written or verbal orders, working on several different orders simultaneously.**

06/2011 - 11/2012

Company Name 1/4 City , State Cook

- **Followed all established restaurant practices and procedures.**
- **Maintained a neat, well groomed appearance including impeccable personal hygiene, hair restraint and minimal jewelry that met company standards.**
- **Closely followed standard procedures for safe food preparation, assembly and presentation to ensure customer satisfaction.**
- **Cut and chopped food items and cooked on a grill or in fryers.**

12/2012 - 03/2013

Company Name 1/4 City , State Cook

- **Operated large-volume cooking equipment such as grills, deep-fat fryers and griddles.**
- **Took necessary steps to meet customer needs and effectively resolve food or service issues.**
- **Served fresh, hot food with a smile in a timely manner.**
- **Accurately measured ingredients required for specific food items.**
- **Followed all established restaurant practices and procedures.**

02/2013 - 06/2013

Company Name 1/4 City , State Cook

- **Assisted co-workers.**

- Cooked food properly and in a timely fashion, using safety precautions
- Weighed, measured, and mixed ingredients according to recipes using various kitchen utensils and equipment
- Cleaned and prepared various foods for cooking or serving

06/2014 - 11/2014

Company Name 1/4 City , State Chef

- Developed strategies to enhance catering and retail food service revenue and productivity goals.
- Prepared healthy, enjoyable breakfasts and dinners for diners.
- Effectively managed and assisted kitchen staff in producing food for banquets, catered events and member dining areas.
- Effectively used items in stock to decrease waste and profit loss.
- Ensured consistent high quality of plate presentation
- Seasoned and cooked food according to recipes or personal judgment and experience
- Created and explored new cuisines
- Instructed cooks and other workers in the preparation, cooking, garnishing, and presentation of food
- Cooked food properly and in a timely fashion, using safety precautions
- Used all food handling standards

01/2014 - 12/2014

Company Name 1/4 City , State Food Service Cook /Temp

- Assisted co-workers.
- Performed kitchen maintenance for a private facility.
- Responsible for daily set up of five stations.
- Stocked and rotated products, stocked supplies, and paper goods in a timely basis
- Stored clean equipment and utensils
- Supervised and coordinated activities of cooks and workers engaged in food preparation
- Used all food handling standards
- Cleaned, cut, and cooked meat, fish, or poultry
- Complied with scheduled kitchen sanitation and ensured all standards and practices were met
- Cooked food properly and in a timely fashion, using safety precautions

01/2015 - 05/2015

Company Name 1/4 City , State Line Cook

- Consistently verified that kitchen staff followed all recipes and portioned serving guidelines correctly.
- Consistently kept a clean and safe environment by adhering to all federal, state and local sanitation and safety requirements.
- Communicated clearly and positively with co-workers and management.
- Worked well with teammates and openly invited coaching from the management team.
- Followed all established restaurant practices and procedures.

Education

2011

William M Davies Career & Tech 1/4 City , State , USA High School Diploma : Culinary/ Auto Body

- Courses in Hospitality and Restaurant Management
- Classes in Restaurant and Facility Operations
- Basic Vocational : Prep Cook
- Courses in: Food Preparation, Kitchen Management, Patisserie and Confectionery, International Cuisine