**Prep Cook Resume**

123 Your Address City, State, Zip Code (xxx)-xxx-xxxx, your@email.com

Enthusiastic and detail-oriented culinary professional with a thorough understanding of health and safety regulations. Positive and reliable team player dedicated to efficiency and punctuality, with a proven ability to work well under pressure. Comprehensive knowledge of seasoning and preparing food for maximum effect.

# Professional Experience

## Little Italy ristorante, Houston, TX

## Prep Cook, June 2016 – Present

* Prepare entrée and appetizer ingredients, using precision trimming skills to de-bone poultry and maximize meat yield
* Monitor food storage to ensure optimal freshness, helping reduce spoilage by 14%
* Measure and regulate oven, broiler, and roaster temperatures to ensure cooking at correct temperatures
* Sanitize working surfaces, utensils, and kitchen equipment in accordance with kitchen safety regulations
* Manage and track ingredients, rotating stock as necessary to reduce seasonal food costs by 11%

## FISH CITY MARKET AND GRILL, Sugar Land, TX

## Prep Cook/Dishwasher, September 2014 – May 2016

* Trained 5 line cooks on kitchen sanitation after consistently scoring 100% on routine safety and cleanliness checks
* Coordinated an average of 300-350 daily food orders to support timely delivery to each table
* Washed, peeled, and portioned vegetable and meat ingredients according to restaurant menu specifications
* Vacuumed the restaurant’s 800-square-foot dining area and washed its kitchen floor prior to closing
* Cleaned kitchen equipment and operated industrial dishwashing machine

# Education & HONORS

## Houston Community College, Houston, TX, 2014

* Associate of Applied Science in Culinary Arts, GPA: 3.6
* 2013 Houston Rodeo and Livestock Show Best Bites Competition, 3rd Place

# ADDITIONAL SKILLS

* Baking, frying, and grilling
* Capable multitasker
* Excellent customer service
* Familiarity with electric kitchen equipment (food processor, oven, steamer, mixer, trash compactor, dish machine, and flattop)
* Food plating
* Knife handling skills and techniques