

Loren Sakihara

Prep Cook

Profile

Employment History

Education

Links

Skills

Details

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I am a Prep Cook with over 1 year of experience in the food industry. I have a passion for cooking and enjoy working in a fast-paced environment. I am able to work independently and as part of a team. I have excellent time management skills and can prioritize tasks efficiently. I am also proficient in using various kitchen equipment

Prep Cook at Applebee's, MT

Jun 2022 - Present

- Trained new prep cook in food safety and proper knife handling.
- Cut vegetables for soup using a mandoline at high speed without injuring self.
- Prepped 50 chicken breasts for marinating within an hour.
- Diced 10 pounds of potatoes for hash browns in 20 minutes.
- Sliced 2 cases of mushrooms.

Cook at Chili's, MT

Aug 2021 - Apr 2022

- Successfully cooked for 100 people in 1 hour.
 - Created a new dish that was well received by customers.
 - Was able to cook under pressure and maintain a calm demeanor.
 - Worked quickly and efficiently while still producing high-quality food.
 - Maintained cleanliness throughout the kitchen.
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High School Diploma at Big Sky High School, MT

Sep 2016 - May 2021

I've learned how to study for and take tests, how to do research, and how to write papers.

[linkedin.com/in/lorensakihara](https://www.linkedin.com/in/lorensakihara)

Knife skills



Food safety



Sanitation



Cooking techniques



Menu knowledge



Portion control

