Shamra Waldow

Prep Cook

✉ shamra.waldow@gmail.com
📞 (284) 018-5174
📍 1234 Elm Street, New York, NY 10001

Education

High School Diploma at Ohio State University, OH

Sep 2017 - May 2021

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

Links

linkedin.com/in/shamrawaldow

Skills

Knife skills

Food safety

Sanitation

Cooking methods

Food preparation

Menu knowledge

Time management

Languages

English

Portuguese

Hobbies

Organizing

Crafting

Baking

Profile

I am a Prep Cook with over 1 year of experience in the food service industry. I have a passion for cooking and enjoy working in a fast-paced environment. I am efficient and detail-oriented, and take pride in my work. I am looking for an opportunity to utilize my skills and knowledge to contribute to the success of your restaurant.

Employment History

Prep Cook at Company 1, OH

Jun 2022 - Present

- Cut vegetables for soup according to recipe. Diced celery, carrots, and onions.
- Prepped meat for sandwiches. Sliced ham and turkey breast.
- Assembled 25 salads with greens, chicken, hard-boiled eggs, cheese, and croutons per order ticket.
- Cooked pasta al dente according to package instructions then rinsed in cold water and strained.
- Baked cookies at 350 degrees for 10 minutes until golden brown; removed from baking sheet and cooled on wire rack.

Cook at Company 2, OH

Sep 2021 - May 2022

- Created new recipe for vegan black bean brownies that received rave reviews from customers.
- Cut food costs by 10% by negotiating better prices with vendors.
- Trained 2 new cooks on the line, reducing turnover and increasing efficiency.
- Led kitchen in high-pressure situations, such as during a dinner rush or catering event.
- Reduced wastefulness by developing systems to track and use leftover ingredients.

Certificates

ServSafe Food Handler Certificate

Dec 2020

ServSafe Alcohol Certificate

Jan 2019

Memberships

American Culinary Federation

National Restaurant Association