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## Profile

Diligent prep cook with 12+ years' experience supporting chefs in large commercial kitchens. Fast and accurate knife skills and ability to follow detailed recipe specifications to the letter to ensure consistency. Adept at working calmly under intense time pressure and prioritizing tasks according to urgency. Keeps a clean and tidy preparation area. Excellent working knowledge of food hygiene practices and legislation.

## Professional Experience

### **Prep Cook, Chica, Miami, FL**

*February 2015 - Present*

- Efficiently prepare and chop produce with 100% consistency for 150-seat Latin American restaurant
- Perform checks and maintenance on kitchen equipment and carry out troubleshooting tasks when necessary
- Oversee eight less experienced prep cooks to ensure quality and provide training and guidance in basic food preparation techniques
- Clean food preparation areas and regularly inspect for potential health and safety hazards

### **Prep Cook, Bartaco, Miami, FL**

*September 2008 - February 2015*

- Communicated clearly with chefs and other prep cooks to coordinate dish preparation
- Prepared stocks and filleted and deboned fish
- Maintained a detailed knowledge of a fast-changing menu featuring over 30 dishes
- Monitored inventory and restocked ingredients at workstations regularly to ensure constant availability for the chef team

## Education

### **High School Diploma**

*MIAMI SENIOR HIGH SCHOOL Miami, Florida, June 2008*

## Key Skills

- Clear communicator in English and Spanish
- Able to work standing up for long shifts
- Excellent multitasker
- Precise knife skills
- Skilled at deboning poultry and trimming meat to reduce waste
- Stock organization

## Certifications

- Level 1 Certificate in Food Hygiene Awareness, 2020