

Andrew Lacey
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Profile

Skilled and hardworking prep cook with 1+ years of experience providing high-quality food preparation services in a fast-paced commercial kitchen. Adept at using precise trimming and chopping techniques to minimize food waste. Committed team player with strong communication skills and the ability to multitask and remain calm under pressure. Excellent knowledge of seafood dishes and cooking methods with specialist training in fish preparation.

Key Skills

- Fish filleting and boning
- Vegetable chopping and trimming
- Efficient and able to work to challenging timescales
- Detailed understanding of food hygiene procedures
- Equipment maintenance and troubleshooting
- Team player
- Punctual and reliable

Education

High School Diploma

SOUTH HIGH SCHOOL Minneapolis, MN, June 2018

Electives completed:

- Culinary Arts
- Nutrition
- Home Economics

Culinary Arts Diploma

SAINT PAUL COLLEGE Saint Paul, MN, September 2018 - June 2019

Professional Experience

Prep Cook, Red Lobster Hospitality, Minneapolis, MN

July 2019 - Present

- Prep meals for over 250 diners per night
- Descale, skin, and fillet numerous types of fish and cut into portions according to recipe specifications
- Clean and prepare shellfish while observing food safety guidelines
- Efficiently dice, trim, and julienne vegetables taking care to minimize waste
- Label and package ingredients and store them in the correct areas, checking dates regularly and disposing of out-of-date items
- Maintain high standards of cleanliness and take precautions to avoid cross-contamination of food items
- Check and maintain kitchen utensils and equipment and perform basic troubleshooting

Certifications

- ServSafe Food Handler Certification, 2020
- First Aid and CPR, 2019
- Minnesota Seafood HACCP Safety Training, 2019