

**Eloise Smith**  
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## Profile

Seasoned prep cook with 7+ years' experience working in high-pressure restaurant kitchens. Flexible working style with the ability to maintain consistently high standards during extended shifts. Experienced in mentoring new team members to improve their knife and preparation skills and provide menu orientation. Detailed knowledge of cooking techniques for bread and pastry items.

## Professional Experience

### **Prep Cook, Au Bon Pain, Baltimore, MD**

*May 2017 - Present*

- Help prepare approximately 130 plates per night
- Liaise with the chef team to plan how much of each ingredient to prepare per service and ensure adequate stock
- Prepare and chop ingredients under strict time constraints without sacrificing consistency
- Closely follow precise recipe specifications and ensure that all dishes are fresh and appealing
- Oversee two assistants at the bakery workstation preparing bread dough and pastry products
- Perform routine sanitization of kitchen surfaces and utensils and maintain equipment

### **Prep Cook, Nando's Peri-Peri, Baltimore, MD**

*February 2014 - May 2017*

- Maintained a detailed understanding of menu specifications and ensured familiarity with new additions
- Provided on-the-job training to new team members to increase their practical skills and culinary knowledge
- Correctly stored and labeled ingredients and performed regular inventory checks
- Used efficient chopping and trimming methods to reduce waste

## Education

### **High School Diploma**

*WESTERN HIGH SCHOOL Baltimore, MD, June 2013*

### **Culinary Arts Diploma**

*COMMUNITY COLLEGE OF BALTIMORE COUNTY Baltimore, MD, June 2013 - February 2014*

## Key Skills

- Clear written and oral communicator
- Advanced knife skills, including deboning and filleting chicken
- Able to work quickly and accurately under pressure
- Excellent teamwork

## Certifications

- ServSafe Food Handler Certification, 2014