

Cook

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Summary

Reliable line cook with four years on grill and saute in scratch and high-volume kitchens, fast during rushes, disciplined on food safety, and consistent on plate specs across a full ticket rail.

Experience

Line Cook, Harbor View Restaurant

2023 – Present

City, ST

- Worked grill and saute through dinner rushes firing 35 to 45 tickets per hour with plate times under eight minutes.
- Held plate-spec consistency above 98% on chef line checks across a 30-item menu.
- Prepped 40 to 60 pounds of proteins and produce daily and labeled every container per FIFO rotation.
- Logged cooler and hot-hold temperatures on schedule, passing every health inspection over 14 months.
- Cross-trained on fry, pantry, and expo to cover call-outs and keep the line fully staffed.
- Reduced food waste 12% by tightening par levels and reusing trim for stocks and specials.
- Trained three new cooks on station setup, recipe cards, and allergen handling.

Prep and Line Cook, Midtown Diner

2021 – 2023

City, ST

- Ran a solo breakfast line serving 200+ covers per shift across griddle, eggs, and pantry.
- Built morning prep lists and broke down deliveries, rotating stock to hold zero spoilage write-offs.
- Executed scratch sauces, soups, and batters to recipe with portion scales for cost control.
- Maintained station sanitation and completed nightly deep-clean checklists.
- Coordinated ticket timing with servers to keep food-running delays under three minutes.
- Followed allergen and cross-contamination protocols on every order with no reported incidents.

Education

Culinary Arts Certificate

2020 – 2021

Technical Institute — City, ST

Skills

Line cooking · Ticket-rail speed · Food safety · Knife skills · Recipe execution · Prep volume · Plate consistency · Station setup and breakdown · Allergen handling · Inventory and rotation · Cross-training · Kitchen sanitation