




Sarah Martinez

Prep Cook

CONTACT

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 United States, Chicago, IL

EDUCATION

Associate Degree in Culinary Arts

The Culinary Institute of America,
Chicago, IL, Graduated: December
2024

Relevant Coursework: Culinary
Techniques, Food Safety Management,
Knife Skills, Kitchen Operations, Plating
and Presentation, and Nutrition

Certifications

- ServSafe Food Protection Manager Certification**, January 2024
- Knife Skills Course**, *The Art Institute of Chicago*, May 2023

PROFESSIONAL SUMMARY

Detail-oriented and highly motivated culinary graduate with hands-on experience from a prestigious culinary school. Passionate about food preparation, kitchen efficiency, and food safety. Skilled in knife techniques, inventory management, and maintaining a clean and organized workspace.

EXPERIENCE

Prep Cook

2024 - Now

Chicago Bistro

- Prepare and pre-portioned ingredients for a variety of dishes including soups, salads, appetizers, and side items.
- Ensure all ingredients are chopped, diced, and stored correctly to maintain food quality and minimize waste.
- Assist chefs in creating mise en place for daily service, keeping prep stations organized and efficient.
- Perform regular inventory checks, assist with ordering supplies, and manage stock to ensure efficient kitchen operation.
- Work with chefs to prepare ingredients for seasonal promotions and new menu items.

Culinary Intern

2024 - 2024

The Green Table Restaurant, Chicago, IL

- Assisted in food preparation tasks including chopping vegetables, measuring ingredients, and organizing kitchen supplies.
- Ensured all food was stored and labeled according to safety protocols to prevent contamination and spoilage.
- Helped with plating and garnishing dishes to ensure consistent presentation and portion control.
- Assisted chefs in the execution of daily specials and learned fundamental kitchen techniques through hands-on training.

SKILLS

Knife Handling and Food Preparation

★★★★★

Food Safety and Sanitation

★★★★★

Inventory and Stock Management

★★★★★

Time Management

★★★★★

Plating and Presentation Techniques

★★★★★

Recipe Execution and Adaptation

★★★★★