https://www.sophiasatwalden.com/employment/prep-cook/

Prep Cook

Hiring organization
Sophia's at Walden

Employment Type
Part-time

Industry
Food Service

Job Location
129 Walden Way, 17055, Mechanicsburg, PA, USA

Base Salary
$ 10.00 - $ 14.00

Date posted
September 20, 2022

Valid through
31.10.2022

Description

Sophia's at Walden is currently seeking a Prep Cook!

Responsibilities

Prep Cooks perform various food preparation, cooking and cleaning tasks to ensure the kitchen remains efficient in creating and delivering dishes for patrons. Their duties and responsibilities include:

- Completing all tasks, in order, on the prep list from kitchen manager
- Labeling and stocking all ingredients on easily accessible shelves
- Washing, chopping and sorting ingredients like fruits, vegetables and meats
- Measuring quantities of seasonings and other cooking ingredients
- Parboiling food, reducing sauces and starting first steps in various dishes
- Cleaning dishes, washing cooking utensils and cookware, taking out the trash and sanitizing kitchen
- Adhering to all relevant nutrition and sanitary regulations and standards
- Keeping track of ingredient inventory and collaborating with other kitchen and management staff to order resupply

Qualifications

Prep Cooks use soft skills, role-specific hard skills and industry knowledge to maintain quality and efficiency standards. Their skills and qualifications include:

- Keen understanding of industry-standard best cooking and preparation practices
- Familiarity with safe and sanitary food handling and preparation
- Excellent organizational, time management and multitasking skills
- Great collaboration and teamwork skills
- Effective communication skills
- Ability to work in a fast-paced environment