



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

## Prep Cook

### 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

### 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

April 2, 2021

### Valid through

30.04.2021