



# Kara Perkins

## PREP COOK

### Address

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### Experience

#### PREP COOK

P.F. Chang's China Bistro, In, Manchester, NH |  
Sept. 2017 - Present

Work at Chang's China Bistro has taught me many things. I learned a lot about customer service, including, how to treat customers and communicate better with people. I also learned a lot about cooking and the management aspect.

I worked as a prep cook, but completed other tasks as in cleaning I assisted in many catering events and was temporary team lead.

#### PREP COOK

El Toro Mexican Restaurant, Clute TX | Feb. 2016  
- Mar. 2017

- Checked the grill area was always clean.
- Cooked food at the right temperature
- Washed and sanitized hands
- Prepped before cooking
- Made sure the restaurant was clean.

### Summary

I have 3+ years of experience in fish, meat and poultry, cutting, making use of bones for soups and stocks. My skills include ordering, proper handling, rotation, storage and preparation of all food items. Cooking and presentation of food items according to recipes. Also, my background includes responsible for inventory, food and labor costs, maintaining sanitary and safety rules and supporting hotel and restaurant objectives and policies. I have strong leadership skills and I understand that every minute on the job counts, especially when there is a deadline or quota.

### Skills

- Ability to handle all prep for food side operation.
- Inventory control.
- Ability to maintain kitchen in accordance to health code.
- Manual dexterity able to operate cutting tools and kitchen utensils

### Education

T. Wingate Andrews High Point, NH