

# Autumn French

## Prep Cook

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## STRENGTHS



### Adaptability

Quickly adjusts to changing kitchen environments and multiple tasks without compromising quality or speed.



### Effective Communication

Communicates clearly with colleagues and customers, improving overall service and reducing order errors.



### Team Collaboration

Works alongside kitchen staff spiritually enhancing the camaraderie within a team-oriented environment.



### Attention to Detail

Focuses keenly on food presentation and safety protocols during food prep, reflecting high service standards.



### Customer-Centric Approach

Balances food quality with excellent customer engagement, positively impacting guest satisfaction and loyalty.

## SKILLS

Food Preparation Customer Service

Kitchen Equipment Operation

Menu Planning

HACCP Compliance

Team Collaboration Data Logging

Order Management

Recipe Following

Time Management

Food Quality Control

Safety Procedures Meal Service

Production Target Achievement

Problem Solving

## SUMMARY

Dedicated culinary professional with over 2 years of experience in food preparation and customer service. Able to follow recipes meticulously while ensuring high hygiene standards and quality control. Successful completion of daily production schedules, assisting chefs in smooth kitchen operations and contributing effectively to team goals. Strong devotion to providing exceptional dining experiences for customers through proficient service and engaging interactions. Well-acquainted with HACCP compliance, emphasizing teamwork and effective communication. Aiming to leverage culinary skills and a positive attitude to support Bon Appétit Management Company in delivering top-notch service.

## EXPERIENCE

### Prep Cook

Gourmet Bites 📅 June 2025 - Present 📍 Racine, WI

Cooking professional responsible for meal prep and service in a fast-paced kitchen. Collaborates closely with chefs while ensuring that all food safety guidelines are followed.

- Collaborate with chefs to obtain daily production schedules and preparation requirements, ensuring efficient workflow.
- Prepare high-quality food items per standardized recipes, consistently meeting production targets for rapid service.
- Conduct daily tastings of meals to assure flavor profiles and quality, enhancing customer satisfaction.
- Maintain cleanliness of kitchen equipment and work areas by following established cleaning protocols after each use.
- Store, label, and date all ingredients as per HACCP guidelines, minimizing waste and ensuring safety.
- Resolve customer concerns promptly to enhance engagement and satisfaction.

### Culinary Assistant

Culinary Creations 📅 January 2025 - May 2025 📍 Kenosha, WI

Provided foundational culinary support while adhering to health regulations. Maintained organized ingredient storage and engaged directly with customers.

- Assisted chefs with meal preparation and plating, focusing on maintaining a clean and safe kitchen environment.
- Supported daily kitchen documentation including production worksheets and waste logs to boost efficiency.
- Facilitated a welcoming atmosphere by taking orders from customers directly and serving their needs.
- Ensured consistent organization of the ingredient inventory, complying with health and safety standards.
- Participated in menu planning sessions and special events, displaying creativity and teamwork.

## LEADERSHIP & AWARDS

- Dean's List, Kenosha Community College, 2025

## EDUCATION

### Culinary Arts Certificate

Kenosha Community College 🎓 GPA: 3.8 📅 2026 📍 Kenosha, WI

**Coursework:** Culinary Techniques, Food Safety Practices, Menu Planning, Customer Service Excellence

LANGUAGES

English Native

MY CAREER



- Prep Cook at Gourmet Bites (1.2 Years)
- Culinary Assistant at Culinary Creations (4 Months)

CERTIFICATIONS

- ServSafe Food Handler Certification 📅 2026
- HACCP Certification 📅 2026

TECHNICAL SKILLS

- **Knives & Cutlery:** Chef's Knife, Paring Knife, Serrated Knife
- **Cooking Appliances:** Ovens, Grills, Steamers
- **Cleaning Supplies:** Dishwashing Detergents, Clorox, Hot Water Cleaning
- **Food Storage:** Vacuum Sealers, Food Containers, Labeling Tapes
- **Food Preparation Tools:** Mixing Bowls, Measuring Cups, Food Scales
- **Service Equipment:** Serving Trays, Plate Covers, Heat Lamps
- **Safety Gear:** Cut Resistant Gloves, Aprons, Non-slip Shoes
- **Ingredient Management:** Inventory Sheets, FIFO Systems, Recipe Guidelines
- **Recipe Software:** Kitchen Cut, ChefTec, NutriBase
- **Health Standards:** FDA Regulations, State Sanitary Codes, HACCP Guidelines

PROFESSIONAL AFFILIATIONS

- Member, Culinary Club, Kenosha Community College
- Volunteer, Local Food Bank, 2025

ADDITIONAL INFORMATION

**Work Status** : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST