Perpetua Szymanski-Lomeli

Prep Cook

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SUMMARY

Prep cook with 5 years in a 180-seat restaurant serving about 450 covers on weekend nights. Works through a 60-item prep list alone before 3 p.m., makes 6 house sauces and 2 stocks from scratch and keeps the walk-in labeled and rotated. ServSafe Food Handler, fast and tidy with a knife.

EXPERIENCE

Lead Prep Cook — Falls Park Brasserie

Sioux Falls, SD · Feb 2022 – Present

- Finish a 60-item daily prep list before 3 p.m. for a 180-seat dining room serving about 450 covers on Saturdays.
- Make 6 house sauces, 2 stocks and 4 dressings from the chef's recipes in batches of 2 to 5 gallons.
- Cut food waste on produce by about 20% by adjusting par levels to the weekly cover count with the sous chef.
- Kept the walk-in labeled, dated and rotated first in, first out, with 0 cold-holding violations in 3 health inspections.

Prep Cook and Dishwasher — Phillips Avenue Smokehouse

Sioux Falls, SD · May 2020 – Jan 2022

- Trimmed and seasoned about 150 lb of brisket and pork shoulder a day for the overnight smoker.
- Prepped coleslaw, beans and pickles for about 300 plates a day during summer weekends.
- Moved from dish to prep in 4 months after the kitchen manager saw my knife speed on catering orders.

SKILLS

Knife and prep: Brunoise, julienne and chiffonade, butchery of chicken and pork, fish portioning, mise en place

Batch cooking: Stocks, mother sauces, dressings, braises, pickles, scaling recipes up and down

Food safety: ServSafe Food Handler, labeling and dating, FIFO rotation, cooling logs, allergen separation

Kitchen tools: Robot Coupe, slicer, immersion circulator, tilt skillet, combi oven

EDUCATION

Culinary Basics certificate, Sioux Valley Culinary School, 2020

High school diploma, Roosevelt High School, Sioux Falls, SD, 2019

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