

Israel Salgado

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Work Experience

Prep Cook

Longhorn Steakhouse-Northglenn, CO

Present

My regular duties at Longhorn Steakhouse included chopping different kind of vegetables for salads, portioning mac and cheese, making several kind of dressings and portioning big amounts of different items on two separate tables to avoid cross contamination.

Prep Cook

JOHNNY'S ITALIAN STEAKHOUSE-Colorado

March 2021 to Present

I work at Johnny's Italian steakhouse as a prep cook, my regular tasks include: making soups, chopping and portioning vegetables, cooking pastas, making desserts such as limoncello, tiramisu, chocolate cakes and cheesecakes, always following the restaurant recipes and sanitation standards.

Cook

Park Regency Care Center-Colorado

May 2021 to January 2022

Working at Park Regency was an fulfilling experience. This place serves 3 meals per day to their 100+ residents.

I worked both as a cook and prep cook, making meals from scratch and having a different menu every week was a challenging and rewarding experience as well.

I worked both morning and evening shifts. In the morning I was in charge of making breakfast which consisted of eggs and other items that changed daily.

Following breakfast I had to get everything ready for lunch which may include some light prep also.

In the evening my shift consisted of doing prep for the following day , serving dinner and shutting down the kitchen at the end of the shift.

- Prepared meals and took into account customer food allergies

Baker

Panera Bread-Northglenn, CO

May 2006 to September 2015

I worked as an overnight baker at Panera Bread for 9 years, my daily routine included baking cookies, muffins loaves of different kinds of breads, pastries and bagels in a fast paced environment, doing dishes also cleaning and sanitizing the work area were also important parts of the tasks to follow daily.

I have also experience as a scratch baker, I worked as Schlocky's Deli for a couple of years, I made only breads and pizzas from scratch, all cookie dough we used was pre mixed and frozen.

Education

Ged

Skills

- Kitchen Experience
- Dishwashing
- Food handling
- Food Service
- Food industry
- Knife skills
- Culinary Experience
- Food Safety
- Restaurant experience
- Baking
- Food Prep
- Cooking