JULIAN MERCER

PREP COOK

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PROFESSIONAL SUMMARY

Prep cook with 3+ years preparing sauces, proteins, and produce for hotel banquet and fast-casual kitchens. Works to recipe specs, labels and dates every container, and has the line fully stocked before service. Looking to move onto a line station in a busy kitchen.

PROFESSIONAL EXPERIENCE

Prep Cook Feb 2024 - Present
San Francisco Marriott Marquis, San Francisco, CA

- Prep produce, proteins, soups, and dressings for a hotel restaurant and banquet kitchen serving up to 400 covers on event days.
- Raise yield on whole-vegetable and fish butchery by trimming to spec, which brought produce waste down by roughly 10% over six months.
- Follow a daily prep list built from par levels, completing items in priority order so the line opens fully stocked at 5 pm.
- Label, date, and rotate every container using first-in, first-out, and pass daily walk-in checks by the executive chef.
- Break down whole proteins such as chicken, pork loin, and salmon to portion specs for banquet service, and track trim yield against the chef targets.
- Scale recipes up to banquet batch sizes and measure ingredients by weight to keep sauces consistent across events.
- Store and cool large batches of stocks and sauces using ice baths and shallow pans, and log temperatures to meet food safety standards.

Prep Cook May 2023 - Jan 2024
Panera Bread, Oakland, CA

- Prepared dressings, soups, and baked toppings from recipe cards each morning for a cafe serving 500+ guests a day.
- Met daily food-safety logging standards for cooling and reheating soups, with all temperature records complete during manager audits.
- Cut sandwich-station delays at lunch by pre-slicing vegetables and portioning proteins during the mid-morning lull.
- Cleaned slicers, mixers, and walk-in shelves on a weekly rotation, with no sanitation items flagged in corporate audits.
- Counted dry goods and dairy against weekly pars with the manager, which helped avoid two last-minute stockouts on soup bases.

Kitchen Assistant Sep 2022 - Apr 2023
Sweetgreen, San Francisco, CA

- Washed, chopped, and portioned produce for salads, working with a knife and mandoline to prep standards at speed.
- Received and checked produce deliveries against invoices and reported quality issues to the manager the same day.
- Prepared grain bowls and sauces in batches of 30 portions and maintained a labeled prep sheet for the opening cook.
- Learned to run the cold station for lunch rushes of 80 bowls an hour and filled in on weekends when the closing cook was short.
- Maintained clean prep surfaces and sanitizer buckets at set intervals, supporting two passing health inspections.
- Weighed and portioned dressings and toppings into labeled containers so the make-line could assemble orders quickly at lunch.

CORE SKILLS

Knife skills and butchery basics | Produce and protein prep | Batch cooking and scaling recipes | Mise en place | Food labeling and FIFO rotation | Receiving and storage | Food safety and sanitation | Sauces, stocks, and soups | Portioning and yield control | Allergen controls | Banquet prep | Speed and organization

EDUCATION

Certificate in Culinary Arts, City College of San Francisco, San Francisco, CA

CERTIFICATIONS

ServSafe Food Handler, National Restaurant Association | California Food Handler Card