

JOB DESCRIPTION

Prep Cook

Department: Sonora Room Restaurant
Reports To: Restaurant Chef / Sous Chef
Compensation: \$18.50 - \$20 per hour, commensurate with experience
Contract Term: Full Time or Part Time / May 15 – October 15, 2026
Employee Perks:

- Training and coaching for skill development,
- Staff housing may be available (subject to eligibility and separate agreement),
- Participation in gratuity programs,
- Employee discounts on company products and services,
- Year-end staff celebration and gift,
- Room for advancement for qualified individuals,
- A length-of-service recognition program.

Position Summary

Prep Cooks support the kitchen by preparing ingredients, keeping the kitchen clean and organized, and helping the chefs execute dishes correctly and safely. Your work helps the line run smoothly and on time. You should be quick, understand sense of urgency, organized, team-oriented, and follow recipes and food safety rules at all times.

Key Responsibilities

- Follow the daily prep list from the chefs
- Wash, cut, portion, and prepare ingredients
- Measure and season items correctly
- Make basic recipes (sauces, dressings, vinaigrettes, reductions, etc.)
- Help with salads, cold station (garde manger), and simple dishes
- Assist with dessert plating when needed
- Label, rotate, and store food properly (FIFO)
- Receive and put away deliveries accurately
- Keep your station and kitchen clean and sanitized
- Wash dishes, take out trash, and support overall cleanliness
- Follow all health and safety rules
- Take instruction from culinary team on tasks

Qualifications

- Strong time management and organization skills
- Understanding of safe food handling practices
- Ability to work evenings, weekends, and holidays
- A sincere desire to learn and grow in the role
- Legally entitled to work in Canada

Core Competencies

All culinary team members are expected to demonstrate the following core competencies:

- Represents Burrowing Owl and the Sonora Room with integrity and pride
- Maintains a polished appearance and professional demeanor
- Communicates respectfully and contributes to a positive, supportive team culture
- Works collaboratively, assisting colleagues to ensure smooth service
- Accepts direction and feedback professionally
- Arrives on time, prepared, and follows through on responsibilities independently
- Maintains high standards of cleanliness, food safety, and organization
- Stays composed, efficient, and focused during high-volume service

Physical Demands

Physical demands include:

- Standing and walking for extended periods (up to 8–10 hours per shift)
- Frequent bending, lifting, reaching, and carrying items up to 25 kg (55 lbs)
- Exposure to heat, steam, sharp tools, and commercial kitchen equipment
- Working evenings, weekends, and holidays as required
- Performing repetitive motions such as chopping, plating, scrubbing, or lifting

To Apply:

Send resume and cover letter to employment@burrowingowlwine.ca