

KATSIARYNA IMBRA

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LINE COOK / PREP COOK / KITCHEN ASSISTANT

SUMMARY

Reliable and hardworking kitchen worker with hands-on experience in food preparation and home-style cooking across different cuisines. Comfortable working in fast-paced environments, following recipes and instructions, maintaining sanitation standards, and supporting kitchen operations during busy service periods. Fast learner with strong teamwork and attention to detail.

SKILLS

Food preparation, prep work, kitchen organization, sanitation standards, dishwashing, fast-paced restaurant support, multitasking, teamwork, time management, following recipes, physical stamina.

EXPERIENCE

Cook / Kitchen Helper (Private & Seasonal) – Belarus / Turkey / USA (2018 – Present)

Prepared a wide range of home-style dishes across different cuisines including European and international home cooking. Experience includes preparing meals from scratch, ingredient preparation, cooking soups, meat, poultry, vegetables, salads, side dishes, sauces, and baked dishes. Supported kitchen organization, cleaning, and food preparation for family meals and small gatherings. Maintained clean work areas and worked efficiently during busy cooking periods.

Seasonal Prep Cook / Kitchen Assistant – Belarus (Summer 2017)

Assisted kitchen staff with food preparation including washing, cutting, chopping, and organizing ingredients. Supported dishwashing, cleaning, and basic kitchen operations in a fast-paced environment during busy service periods. Followed instructions from cooks and maintained kitchen cleanliness.

General Helper – USA (2026)

Supported physical work tasks including cleaning, organizing, loading/unloading, and assisting team operations in fast-paced environments. Followed supervisor instructions and maintained reliability and punctuality.

EDUCATION

Secondary Education – Belarus

AVAILABILITY

Full-time / Part-time | Immediate start | Flexible shifts