



Back of House – Prep Cook – Stockyards Brewery & Restaurant

Prep Cooks support the culinary team by preparing ingredients and assisting with daily kitchen production. This role helps ensure the kitchen is fully prepared for service while supporting a **seasonal, market-inspired menu**.

Working behind the scenes, Prep Cooks help maintain the systems and organization that allow the kitchen to operate efficiently during high-volume service.

What You'll Do

- Prepare vegetables, sauces, dressings, and other ingredients for daily service
- Assist with batch preparation of menu components used across multiple dishes
- Follow daily prep lists and kitchen production schedules
- Use commercial kitchen equipment such as slicers, mixers, and food processors safely and efficiently
- Label, date, and store food items properly
- Rotate ingredients using FIFO procedures
- Maintain prep and storage areas according to daily cleaning schedules
- Assist cooks and kitchen leadership with production needs
- Support seasonal menu features when required
- Ensure compliance with food safety and sanitation regulations
- Contribute to a collaborative kitchen environment
- Other duties as required

Who You Are

- Reliable and organized with strong work ethic
- Comfortable working in a fast-paced kitchen environment
- Detail-oriented with strong food preparation habits
- Team-oriented and supportive of kitchen operations
- Eager to learn and develop culinary skills
- Food Handler/WHIMIS Certification required or willingness to obtain
- Flexible and available for evenings, weekends, and holidays