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### PERSONAL SUMMARY

A highly motivated and capable professional cook with a real passion for preparing popular, healthy and nutritious meals. Having a 'hands on' approach to all areas of the kitchen and possessing excellent organisational skills and administrative skills. A quick learner who can effortlessly fit into an existing established environment, and also encourage junior staff to achieve their best when preparing meals.

Looking for an immediate start and to join a busy and successful team where I can fulfill my potential and further advance an already successful career.

### CAREER HISTORY

City Centre Restaurant  
COOK - May 2008 - Present

Working in a busy and popular restaurant and routinely having to cook for up to 100 diners every night. Responsible as part of a team for cooking tasty, delicious and healthy meals for all diners.

#### Duties:

- Cooking and preparing a variety of fresh nutritious midday meals and other refreshments.
- Supervising food service assistants and kitchen staff, organising their daily duties and monitoring performance.
- Ensuring that appropriate levels of hygiene and cleanliness are maintained in the kitchen.
- Washing, cutting and preparing food before it is cooked.
- Taking into account the wishes of clients when planning of menus.
- Making sure good nutritional standards are maintained when preparing meals.
- Making sure that all food at point of delivery is of the highest quality.
- Enquiring if any clients have allergies and then cooking meals accordingly.
- Responsible for high standards of food, hygiene, and health and safety.
- Keeping an eye on the temperature of cookers and roasters.
- Assisting the catering manager to price up menus.
- Deciding what quantities are to be cooked and the amount of portions to be served.
- Constantly checking the quality of the food being served to customers.
- Checking staff to make sure they are wearing appropriate clothing whilst in the kitchen.

- In charge of stock control for the freezers, pantries and store rooms.
- Encouraging junior staff in their training and development.
- Contacting suppliers and ordering vegetables, meats, kitchen and cleaning equipment.
- Controlling stock rotation to ensure the kitchen and larder are always well stocked.
- Preparing hamburgers, fresh food, fried chickens, steaks, pizzas etc.

## PROFESSIONAL EXPERIENCE

### Cooking competencies:

- Experience of looking after babies right through to young teenagers.
- Full knowledge of the Statutory Regulations contained in the Health & Safety at Work Act.
- Comprehensive understanding of Food Hygiene Regulations.
- Experience of high volume catering in a busy work place.
- Detailed knowledge of seasoning and recipes.
- Fully conversant with various cooking methods like boiling, baking, roasting and steaming.

### Personal:

- Maintaining personal and professional development to meet the changing demands of the job.
- Able to work as part of a team.
- Relaxed personality with excellent communication skills.
- Eager to learn new recipes and cooking techniques.

## KEY COMPETENCIES AND SKILLS

Cleanliness  
 Food preparation  
 Attention to detail  
 Target driven  
 Punctual

## ACADEMIC QUALIFICATIONS

Evesham North University            2005 – 2008

BA (Hons)    Culinary Arts  
 Basic Food Hygiene Certificate. NVQ level 2 in Food Preparation  
 Certificate in Basic Food Hygiene

Coventry North College            2003 - 2005  
 A levels:    Maths (C)    English (C)    Physics (B)