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COOK

Integrating exceptional culinary and knife skills, and kitchen management experience to accomplish the employer's ultimate goals.

SUMMARY

- Over 4 years of experience in culinary arena
- Strong command on classic and contemporary culinary methodologies
- Perfectly weighs, measures, and mixes ingredients
- Able to work efficiently without supervision
- Proven ability to clean work areas, equipment, utensils, dishes, and silverware

CORE COMPETENCIES

- Food Safety
- Nutrition
- Kitchen Management
- Product Knowledge
- Gastronomy
- Culinary Math

CULINARY SKILLS

- Highly skilled in preparing, seasoning, and cooking a wide range of foods, including soups, salads, entrees, and desserts
- Hands-on experience in baking, roasting, grilling, boiling, and frying meats, fish, vegetables, and other foods
- Proven record of garnishing, arranging and serving food to patrons
- Competent at checking freshness of raw food and ingredients before cooking

MAJOR ACCOMPLISHMENTS

- Reorganized cooking procedures – shortened processing time by 20%
- Achieved the targets of quality and hygiene
- Employee of the month award – Dec 2015
- [List your achievements here]

WORK EXPERIENCE

Cook | ATLANTA GRILL – Atlanta, GA | Dec 2014 – Present

- Set-up work station
- Wash and unwrap fresh fruits and vegetables
- Weigh, evaluate, and mix ingredients
- Prepare ingredients for cooking, including portioning, chopping, and storing food
- Prepare and cook food in keeping with recipes, quality standards and presentation standards
- Operate stoves, grills, fryers, ovens and microwaves
- Test foods to verify if they have been cooked adequately
- Monitor food quality whilst preparing food
- Serve food in appropriate portions onto suitable receptacles
- Wash and sanitize tools, knives, kitchen area, tables, and utensils

Cook's Helper | PALM RESORT – Hyde Park, NY | May 2012 – Dec 2014

- Prepared all the prep work for soups, salads, sauces and entrees
- Supplied assigned work area with all required products and utensils used for production
- Stored all food items in appropriate storage area
- Interacted with patrons so as to provide for special requests

EDUCATION

THE CULINARY INSTITUTE OF AMERICA – Hyde Park, NY – 2009

Associate's Degree in Culinary Arts

ADDITIONAL

- Excellent communication and customer service acumen
- Familiar with hygiene, hand washing and safety codes
- Able to listen and answer guest inquiries in a helpful and professional manner
- Superb attention to detail