

Objective: Chef or Prep Cook

Highlights of Skills

- ◆ Knowledge of health and safety codes and regulations; current food handler's card
- ◆ Experienced in safe operation of commercial food service equipment, including deep fryers, ovens, cooktops, and slicers
- ◆ Performs multiple tasks smoothly and efficiently in a fast-paced environment
- ◆ Ability to follow recipes, instructions, and guidelines
- ◆ Meticulous worker; attentive to quality and detail

Relevant Skills & Experience

Banquet

- ◆ Catered banquets of up to 40 people: set up room and buffet, took drink orders, served food and drinks, bussed and cleaned up
- ◆ Prepared attractive salads, sandwiches, appetizers and entrees for over 75 people

Food Prep

- ◆ Gained familiarity with braising, breading, fat frying, and grilling
- ◆ Cooked all house stocks for cafe
- ◆ Set up and cleaned equipment for daily food preparation
- ◆ Cut, trimmed, and boned meats; cleaned and prepared vegetables and fruits
- ◆ Assembled and accurately measured ingredients

Organization & Cash Handling

- ◆ Inventoried and ordered kitchen supplies
- ◆ Received, inspected, and stocked supplies
- ◆ Prioritized prepping duties to meet deadlines in a fast-paced, crowded kitchen
- ◆ Maintained safe, sanitary, and orderly work area
- ◆ Operated electronic cash register: processed cash and credit card purchases
- ◆ Kept accurate records on special dietary needs of retirement home residents

Work Experience

Institutional Assistant Cook. Willows Retirement Home (Portland, OR), 2000 - 2001.
Assisted cook in planning, preparing, cooking and serving meals for 80 residents on special diets.

Prep Cook. Manor House Restaurant (Portland, OR). 1998 - 2000.

Deli Person. East Avenue Deli (Portland, OR). 1997 - 1998.

Barista. The Turkish Coffee Spot (Portland, OR). 1996 - 1997.

Education

Currently attending Portland Community College
Will be attending Portland State University, Fall 2003