

Personal statement

A creative thinker who has sound knowledge of the latest food trends, and who is intimately familiar with all the activities of the kitchen. Ruth has a strong commitment to quality, service and sustainability in any food and drink that she serves. She has a flair for cooking in a fast paced kitchen, and for producing high quality mouth watering dishes. As someone who is passionate about food and cooking, she is more than willing to work weekends, early mornings and late nights to produce excellent cuisine and ensure maximum guest satisfaction. Right now she is looking for a suitable position with a company that is highly regarded in the field it operates in, and where opportunities for career growth and personal development are plentiful.

Employment History

Restaurant - Coventry

SOUS CHEF **April 2009 - Present**

Responsible for ensuring that food specifications and labor objectives meet all goals set by the Head Chef as well as customer requirements. Also in charge of scheduling duties for general kitchen staff, and organizing the daily responsibilities of cooks and also assisting them when necessary.

Duties:

- Making sure that all the kitchen brigade works to the highest culinary standards.
- Creating news menus and dishes on a daily basis.
- Checking the number of reservations that have been made and then estimating how much food will be needed for those meals.
- Making sure that all kitchen staff understand the duties and tasks they need to perform.
- Planning, preparing and direction food operations in a kitchen or catering area.
- Ensuring that the presentation of food is compliant with restaurant standards.
- Helping to train, develop and grow a kitchen staff.

Office Kitchen - London

TRAINEE CHEF **October 2008 – April 2009**

School Kitchen - Watford

KITCHEN ASSISTANT **June 2008 – October 2008**

Areas of Expertise

Kitchen administration	Ordering food	High value catering	Fine dining
Advanced food hygiene	Seasonal dishes	Food cost control	Supervising
La carte menus	Fresh food	Food tasting	Equipment maintenance

Culinary skills

- Identifying ways to improve the profitability of meals.
- Ability to quickly adapt to a customer's specific requirements.
- Environmentally aware and having comprehensive knowledge of Food Hygiene Regulations.
- Can quickly adapt to different working environments and conditions..
- Possessing the patience and personality to deal with awkward staff and customers.
- Willing to take ownership for all duties, tasks and responsibilities.

Academic Qualifications

Birmingham North University - 2005 - 2008 - Culinary Studies BA (Hons)
 Sales & Marketing - Diploma
 Birmingham South College - 2003 - 2005 - Commerce Diploma

References - Available on request.



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