

SARAH MARKS

CHEF

Career summary

A detail orientated Chef who has a passion for food and who works hard to ensure that every dish which leaves her kitchen is perfect. Sarah has culinary experience of working in school kitchens, cafeterias, businesses and hospitals. With her cooking expertise she will not only be able to prepare a wide variety of foodstuffs, but will also be instrumental in the smooth running of any kitchen area and catering service. Right now she is looking for a suitable position with a company that will give her the freedom to develop professionally, and to create her very own dishes.

Work experience

School Canteen

CHEF

June 2008 – Present

Leading a small team in a busy kitchen, and responsible for overseeing and participating in the preparation, cooking and serving of meals, snacks and cakes etc.

- Undertake menu planning in consultation with the Head Chef.
- Washing, cutting and peeling fruits and vegetables.
- Managing all aspects of the kitchen & cooking areas.
- Determining work schedules and delegating specific duties.
- Baking cakes, bread, rolls and pastry.
- Actively participating in staff meetings.
- Monitor sanitation practices.
- Documenting and recording information.
- Cleaning, disinfecting and sanitizing all areas of the kitchen.
- Evaluating new recipes, cooking equipment and products.
- Organising the food for special occasions like wedding, banquets and conferences.
- Assisting in purchasing supplies and also taking inventory.

Vegetarian Restaurant

TRAINEE COOK

July 2006 – May 2008

Academic qualifications

Nuneaton University

2003 – 2006

BA Catering and Food

Nuneaton College

2001 – 2003

A levels
Maths (A)
English (B)
Geography (A)
Physics (D)
Accounting (B)

Key skills

AREAS OF EXPERTISE

- American Cuisine
- Fine dining
- Menu planning
- Food preparation
- Stock taking
- Knife skills
- Prioritising tasks
- General supervision

CULINARY SKILLS

- Knowledge of the latest cooking trends and ingredients.
- Able to cook for large numbers of diners.
- Always arriving at work at the correct time and in immaculate uniform.
- Able to manage and control a retail food outlet.
- Accurately preparing ingredients for cooking.
- Able to work with all kinds of fresh food.
- Can accurately measure portion sizes and dish ingredients.
- Preserving food quality.
- Knowledge of working in five star hotels, restaurants, cafes and school canteens.
- Advising customers on the menu and also recommending specific dishes to them.
- Able to work to tight budgets.
- Closely monitoring the food that is being prepared in a kitchen.
- Storing food in the right manner.
- Superb food presentation skills.

PERSONAL SKILLS

- Making decisions and solving problems.
- Ability to quickly engage with others.
- Trouble-shooting any problems that may arise.
- Mentally tough enough to be able to work long hours in a stressful environment.
- Food resourcing, preparation and presentation.
- Food and beverage management.
- Taking responsibility for personal development.
- Ethnic and vegetarian cuisine
- Willing to take responsibility for what happens in the kitchen.

REFERENCES

Available on request.

CONTACT DETAILS

Sarah Marks

Dayjob Ltd, 120 Vyse Stree Birmingham B18 6NF

T: 0044 121 638 0026 - E: info@dayjob.com



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