

# Megan C. Foster

817-308-5177

Zepstarlost@yahoo.com

## Objective and Qualifications

Classical, yet progressive culinary arts training with ongoing professional development and a devotion to creating synergy in kitchen teams are components of a lifelong commitment to the Hospitality Industry. Actively seeking a position in the culinary field which will provide me the opportunity to continue my culinary education while developing and enhancing the skills I have acquired through my formal education.

## Education

Culinary Institute Alain & Marie LeNôtre  
Houston, Texas  
Diploma - Culinary Arts: Cuisine  
September 2008-July 2009

- Training in Culinary Arts (688 hands-on clock hours); 95% of lab time was spent in the kitchen
- 344 hours of Cuisine Level One included:
  - Mise en place principles, herb identification and principles of cooking
  - Introduction of knife skills and standard knife cuts
  - Stock production, five mother sauces, and cooking techniques
  - Soups, clarifications, salads and custards
  - Grilling, poaching, sautéing, roasting, stewing, trussing, filleting
  - Breaking down and fabricating meats, poultry and seafood
  - Tourne (turned) vegetables, gastrique, glazing, confit and reductions
  - Introduction to buffet style presentation and action station serving
- 172 hours of Cuisine Level Two included:
  - Focus on classical recipes, techniques and presentations
  - Improving stock, sauce and clarification production and presentation
  - Charcuterie presentations, aspect, mousses, custards, pâté and forcemeats
- 172 hours of Cuisine Level Three included:
  - Plate decoration, tray decoration, culinary travel, banquet preparation
  - International Cuisine, Asian Cuisine, Italian Cuisine, American Regional Cuisine
  - Spa Cuisine
  - "Sous Vide"

## Experience

**Aramark Corporate Dining**  
January 2013- Present

The Woodlands, Texas

### *Sous Chef*

- In charge of assisting crew in serving Breakfast, Lunch and all catering events for facility employing approximately 320 people.
- Responsibilities include menu planning for daily specials, weekly inventory, ordering and receiving of all goods.
- Budget and food cost control.
- Maintained quality standards.

**Darrel's Catering**  
August 2012-December 2012

Conroe, Texas

*Chef/Server*

- Preparation and execution of food for catering events such as weddings, company picnics, parties and other events of up to 2000.
- Slicing main meat entrée to order and serving guests in a timely fashion
- Responsible for food stock control and ordering high quality meats and vegetables
- Supervising all aspects of wedding events

**United States Navy**

November 2011-June 2012

Chicago, Illinois

*Recruit Master at Arms*

- Supervision of a division of 80 personnel, in the absence of RDC's and RCPO
- Responsible for the safety, timely arrivals/departures of division
- Enforce rules and regulations, as well as, maintain good order and discipline

**Hilton Garden Inn**

May 2011-November 2011

Houston, Texas

*Breakfast Line Cook*

- Responsible for preparing food items by using quality predetermined method in a timely consistent manner
- Set up and break down assigned station each shift, as well as, ensure all items are properly stored in correct containers and areas
- Fire all food for service and to serve on line

**Raffa's Waterfront Grill**

March 2010-May 2011

Kingwood, Texas

*Pastry Chef/ Salad*

- Bake and assemble dessert menu items such as pastries, cookies, layered cakes, puddings and muffins for dinner service, as well as, Sunday brunch
- Prepare and execute salad items for nightly dinner service for 150 to 400 covers
- Creation of new dessert menu, as well as, plating designs
- Responsible for the training of newly hired interns and salad line

**Smashburger**

August 2009-March 2010

Atascocita, Texas

*Kitchen Lead*

- Executing customers orders received in very high volume
- Preparing all meats and vegetables needed for the day
- Managing other cooks to achieve successful and fast execution as a team

**Chelsea's Deli & Café**

August 2008-July 2009

Kingwood, Texas

*Sandwich and Soup Server*

- Prepared soups and sandwiches
- Performed opening duties and maintained a clean work station
- Taking and executing customers orders

**References**

References are available on request.