

Cynthia McDowell

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OBJECTIVE

To obtain a long term position in a kitchen where my skills and passion for food can expand and provide the opportunity for mutual growth.

HIGHLIGHT of SKILLS

- Strong working knowledge of kitchen utensils and industrial equipment
- Experienced production and knowledge of The Five Mother Sauces
- Excellent interpersonal skills including open communication skills
- Patient team player with leadership abilities to motivate others and lead by positive example
- Adaptable, dependable and punctual worker with great work ethic
- Committed to providing quality customer service at all times
- SERVSafe Food Handler & Food Safety Certification

RELATED PROFESSIONAL EXPERIENCE

Culinary Trainee	Saint Vincent de Paul, Oakland	04/13 to present
	<ul style="list-style-type: none">• Demonstrated practice of mise en place in organizing all needed ingredients for food preparation• Assisted in preparing and serving 700 meals daily for SVdP Dining Room; in addition , to other meals for catering, special events and contract menus• Experienced at cooking methods including grilling, roasting, braising, and sautéing• Safe handling of knives and efficient knife cuts• Practiced food (quality and temperature) safety standards and monitored proper kitchen safety including sanitation of food prep, work stations, utensils, dishware, and other kitchen equipment	
Volunteer Cook	C.U.R.U. INC. Fremont, CA	10/12 to present
	<ul style="list-style-type: none">• Successfully prepped and cooked breakfast, lunch, and dinner for 50+ people.• Provided meals for clients with range of specific dietary needs including preferences due to religion, food allergies and illnesses• Successfully met clients' meal requests and deliveries within timelines.• Trained new cooks in kitchen operations and food handling protocol.	
Team Lead	Boston Market, Fremont	1/02 to 3/04
	<ul style="list-style-type: none">• Responsibly supervised cashiers and trained new employees• Performed opening and closing duties such as processing daily and weekly reports to store manager and general manager• Lead small workteams in food prep and garde manger assignments	

EDUCATION & CERTIFICATION

Kitchen of Champions, Culinary Program	St. Vincent de Paul	2013
High School Diploma	Newark Memorial High School	2000

REFERENCES

Available on request