

**Kathleen Kettering** 809 Fremont Blvd. W. Sacramento, CA 95605 916-912-1646 916kat@gmail.com

**30 year's food service/effective time management, working all stations**

#### **EDUCATION**

<b>Le Cordon Bleu Culinary College</b>	<b>Culinary</b>	<b>Sacramento, CA</b>	<b>In Progress</b>
<b>Chef Patrick @the Pink House</b>		<b>Genoa NV</b>	<b>1986-91</b>
<b>University of Las Vegas</b>	<b>Psychology</b>	<b>Las Vegas, NV</b>	<b>1992-94</b>

**CERTIFICATIONS**                      **ServeSafe Certified Food Protection Manager**                      **5/2016**

#### **CORE SKILLS SET OF DEGREE PROGRAM**

- **Culinary Arts I and II**  
Knife skills, stocks, sauces, soups, vegetables, grains, fabrication, preparation of poultry beef/lamb/pork/and seafood and eggs.
- **Garde Manger**  
Salads, appetizers, canapé's, tea sandwiches, sausage making, cured meats, fruits
- **Cuisine Across Cultures (in progress)**  
Hands-on training of regional dishes cooked with global ingredients. Food examined in the context of culture, geography and history.

#### **SKILLS**

- Excellent customer service
- Supervisory, managerial, trainer skills
- Teaching new hires and non-industry students
- Strong attention to food handling procedures
- Menu Planning
- Ability to remain focused in all situations
- Ability to follow directions/recipes
- Excellent knife skills

#### **PROFESSIONAL EXPERIENCE**

**06/13-Present      Head Instructor                      The Tippy Epicurean                      Sacramento, CA**

Create class schedules, menus, promotions. Train students in culinary achievements including knife skills, cuisines around the world, portioning, grocery shopping, menu planning, budgeting, advertising, plating. Creating relations with local farmers for farm to fork.

**2000 – Present      Caterer                      Joy of Food Catering                      Sacramento, CA**

Butcher and clean fowl, fish, poultry, and shellfish to prepare for cooking or serving. Wash, peel, and cut various foods, such as fruits and vegetables, to prepare for cooking or platter service. Distribute food to waiters and waitresses to serve to customers. Keep records of the quantities of food used. Work assembly lines adding cutlery, napkins, food, and items for efficient expediting of event. Prep all foods, proteins, vegetables, fruits.

**2012 – Present      Cook                      Tantric Urban Bistro                      Sacramento, CA**

Prep fresh menu items as needed for operating time and back stock for next day. Prepare a variety of foods, meats, vegetables, desserts, according to customers' orders or supervisors' instructions, following approved procedures. Portion and wrap food, or place directly on plates for service to patrons. Weigh/measure ingredients both in ongoing supply and back up. Mix ingredients for green salads, vegetable salads. Receive and store food supplies, equipment, and utensils in refrigerators, cupboards, and other storage areas. Carry food supplies, equipment, and utensils to and from storage and work areas. Use manual or electric appliances to clean, peel, slice, and trim foods. Prepare and serve a variety of beverages such as coffee, tea, and soft drinks.

**09/08 -09/09      Cook/Deli/Garde Manger      Deli Service Safeway                      Sacramento, CA**

Prepare a variety of foods, such as meats, vegetables, desserts, according to customers' orders or supervisors' instructions, following approved procedures. Take record temperature of food and storage areas such as refrigerators and freezers. Wash, peel, cut various foods, fruits-vegetables to prepare for cooking or serving. Place food trays over food warmers for immediate service, store them in refrigerated storage cabinets. Weigh/measure ingredients meats for daily preparation. Mix ingredients for green salads, molded fruit salads, vegetable salads, and pasta salads. Assist cooks and kitchen staff with various tasks as needed, provide cooks with needed items. Carry food supplies, equipment, utensils to/from storage/work areas. Use manual or electric appliances to clean, peel, slice, and trim foods. Operate cash register, handle money, and give correct change. Clean, sanitize work areas, equipment, utensils, dishes, silverware. Store food in designated containers and storage areas to prevent spoilage.