

## ***Lisa Rasmussen***

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### ***Highlights***

- Highly motivated and capable professional Chef with a 'hands on' approach whom effortlessly adapts well to existing established environments.
- 15+ years experience interacting with customers in an administrative and sales capacity.
- Proven time management skills and ability to multi-task and meet deadlines in high volume, fast paced work environment.
- Proven leadership skills and ability to work both independently and in a team environment efficiently and effectively.

### ***Professional Experience***

#### **Sacramento State University - Chef**

***Nov 2013 - Present***

- Follow the menu and recipes in accordance with university guidelines and direction of the Executive Chef.
- Prepare all food items according to established standards including quality, taste, appearance, portioning, waste control, food safety and timing to ensure customer satisfaction.
- Use of industrial equipment to include grills, fryers, ovens, steamer, flat tops, etc.
- Supervise and assist with training for student employees.

#### **Sacramento Convention Center/Classique Catering - Pantry Chef**

***Aug 2013 - present***

- Work directly with the Executive and Sous Chefs to prepare and cook all food items for high volume events and catering.
- Work independently as well as in a large team environment to prepare, plate, and serve large quantities of food efficiently while ensuring highest food quality.
- Exceed standards for cleanliness, sanitation, and safety of all stations, equipment, and walk-ins.

### ***Previous Professional Experience***

#### **CA Insurance Broker, Agency/Customer Representative**

***Feb 2003-Dec 2012***

- New business/residual sales rep. and customer service liaison for 30+ insurance companies.
- Account management, customer support, and trouble shoot complex policy issues.
- Reviews and reconciliations for Workers Comp. and other complex benefit structures.
- Train, motivate, and supervise customer service employees and acknowledged as "Total Quality Customer Service Professional".

### ***Education***

#### **Elk Grove Unified School District, Culinary Arts Department**

##### ***Food and Beverage Production and Preparation (Cook Assistant)***

***April 2013***

- Certificate of completion: 224 hours of education and hands on training.

##### ***Food Service & Hospitality Safety and Sanitation***

***April 2013***

- Certificate of Completion: 20 hours of classroom and hands on training.

##### ***Food Service & Hospitality Basic Cake Decorating***

***April 2013***

- Certificate of Completion: 65 hours of classroom and hands on training.

#### **Americas Training Center, Sacramento CA**

##### ***California Property & Casualty Ins. Broker License***

***Sept 2006***

***References available upon request***