

Eliseo Juárez Prado
14737 Caminata Soleado
San Diego CA 92129(858) 254-7232
E_Juarez-A13@HOTMAIL.com

Summary of Qualifications

Four years work experience in the industry as a prep/line cook in the kitchen. Knowledge of kitchen equipment, safety rules, how everything is stored, and serf safe certificated. Highly skilled in preparing, seasoning, and cooking an extensive range of foods, including soups, salads, entrees, and desserts. Ability to multitask and move quickly. Able to take inventory, compare inventory necessary pars and produce what is needed to bring the station up to par level in an organized and timely. Ability to break down station quickly and efficiently when on night shift.

Education

National Culinary and Bakery School

Serf Safe Certification 3/12/2012 – 3/26/2017

Culinary Art Certificate

Safety & Sanitation

- Safety and sanitation practices in food preparation
- Keeping sanitary, preparing, and storing food properly

Skills

- Multi-task and Move quickly
- Visualization
- Great knife skills
- Great skilled in preparation of diverse food items
- Follow recipes

Work Experience

Hometown Buffet
Full time

Mira Mesa, CA

Aug. 2009-Dec 2011

Dishwasher

- Clean building floors by sweeping, mopping, scrubbing, or vacuuming them.
- Load or unload trucks that deliver or pick up food, and supplies

- Move heavy equipment and supplies
- Wash dishes, glassware, utensils, pots, and pans using dishwasher machine or by hand
- Place clean dishes, utensils, and cooking equipments in store areas

Prep cook

- Cleaning, peeling, and chopping vegetables.
- Butchering meat
- Cooking soup stock
- Preparing dressing
- Store food an equipment properly
- Controlling waste and spoilage
- Knowledge knife skills
- Keep kitchen clean and sanitize

Island Restaurant

Carmel Mountain, CA

Nov2011-July2013

Full time: Line cook

- Set up station according to restaurant guidelines
- Ability to follow recipes, portion control and presentation as set by the restaurant
- Clean and maintains station safety
- Knowledge of cooking procedures
- Knowledge of kitchen equipment
- Able to work independently and under pressure
- Ability to assemble salads
- Able to use accurate weight and measures
- Maintaining fresh oil and frying strongly flavored foods separately

Urban Plate Restaurant

Del Mar, CA

March 2013-Present

Full time: Prep/Line Cook

- Prepare a variety of foods, such as meats, vegetables, and desserts.
- Weigh or measure ingredients
- Knowledge of safety, cleanliness and safe food handling measures.
- Followed recipes according to supervisor's instruction, and following approved procedures.
- Handles, stores and rotates all products properly
- Prepares item cooking methods by portioning, battering, breading, seasoning and/or marinating.
- Arrange sauces and supplementary garnished for allocated station
- Cover, date and correctly store all bits and pieces and food prep items
- Maintain a prepared and sanitary work area at all times
- Set up stations and collect all necessary supplies to prepare menu for service
- Assist with all duties as assigned by kitchen Manager

Personal Profile

Hardworking, able to multi-task and move quickly, fast learned. Able to thrive under pressure and hot environment. Flexible with job duties, collaborative, and team player.