

Lamar Key



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Objective

To join a progressive and exciting hospitality team, which will utilize my leadership skills, dedication and ambition for developing a quality work environment within the industry

Experience

Del Frisco's Grille, Irvine

July 2014-Present

- As a Line Cook, I am responsible for communicating and working efficiently with other kitchen stations to fulfill all tickets on time for fresh and safe food
- Prepare a variety of foods and sauces while keeping a clean working environment
- Assist Sous Chef and other kitchen management during peak hours
- Follow proper plate presentation and garnish
- Stock and maintain sufficient levels of food products on the line to ensure smooth work flow

Whole Foods, Huntington Beach

November 2012-July 2014

- As a Chef, I am responsible for the prepare/cook/display entrees in buffet style and perform all kitchen duties
- Wash and sanitize all prepared foods and equipment in a safe and proper manner
- I have strong work ethic, integrity and effective time management skills
- Operate stoves, grills, fryers, ovens, and steamers
- Prepare and cook food in keeping with recipes, quality standards and presentation standards

Education

William Penn University, Iowa

August 2005-June 2007

Associate Degree in Physical Education (AA)

- I received a scholarship to William Penn University in Iowa to play baseball
- I had perfect attendance

Orange Coast College

August 2009-December 2012

Certificate of achievement

- Menu Writing Certification: National Restaurant Association
- Certified in restaurant service and management
- Proficient in POS system