

MARSHA A. JAMES

Orange County, California 92618

SOUS CHEF

Core Competencies

Time Management - Communication Skills - Kitchen Management - Knowledge of Kitchen Equipment -
Critical Thinking - Complex Problem Solving - Strong Attention to Detail

PROFESSIONAL EXPERIENCE

- Observe and test foods to determine if they have been cooked sufficiently, using methods such as tasting, smelling, or piercing them with utensils.
- Weigh, measure, and mix ingredients according to recipes or personal judgment, using various kitchen utensils and equipment.
- Portion, arrange, and garnish food, and serve food to waiters or patrons.
- Substitute for or assist other cooks during emergencies or rush periods.
- Bake, roast, broil, and steam meats, fish, vegetables, and other foods.
- Wash, peel, cut, and seed fruits and vegetables to prepare them for consumption.
- Carve and trim meats such as beef, veal, ham, pork, and lamb for hot or cold service, or for sandwiches.
- Coordinate and supervise work of kitchen staff.
- Consult with supervisory staff to plan menus, taking into consideration factors such as costs and special event needs.
- Inspect and clean food preparation areas, such as equipment and work surfaces, or serving areas to ensure safe and sanitary food-handling practices.
- Ensure food is stored and cooked at correct temperature by regulating temperature of ovens, broilers, grills, and roasters.
- Ensure freshness of food and ingredients by checking for quality, keeping track of old and new items, and rotating stock.

EDUCATION & ACADEMIC EXPERIENCE

Associate of Science, Culinary Arts - The Los Angeles Culinary Art Institute, Santa Monica, CA -

Certificate, California Food Handler Card - ServSafe, Orange County, CA -

WORK HISTORY

Celebrity Soul Food Buffet
Sous Chef

2014 - Present
Lake Forest, CA

In charge of opening restaurant at 5:00 a.m., prep for and prepare breakfast for buffet tables before 7:30 a.m. opening. Prep and prepare food for lunch and stored in warmers to be displayed on the Buffet line by 10:30 a.m. for the 11:00 a.m. lunch hour. Supervised 4 support staff in preparation of preparing for the dinner hour at 4:00 p.m. Coordinated with Executive Chef in executing menu items in large quantities on a daily basis as well as implementing the proper ingredients for each item prepared. Conduct hourly temperature checks on walk-ins and freezer, rotation of food items and proper storage. Possess the ability of opening and closing the restaurant.

House of Pancakes
Line Cook

2012 - 2013
Orange, CA

Prepared menu items according to customer demand which consisted of preparation of a variety of pancakes, waffles, omelets, country potatoes and special orders. Grilled a number of breakfast meats to proper temperatures. Assisted head chef and prep assistants in rotation of food items and labeling for proper storage. Cleaned work station to ensure sanitation procedures were up to standards in preparation for the following day.

Grams Mission BBQ
Line Cook

2011 - 2012
Riverside, CA

Prepared and cooked menu items in large quantities to meet the customer demand; carved, grilled, Baked, fried and roasted meat items to proper temperatures. Possess knowledge of proper seasonings; Arranging and garnishing hot and cold Sandwich items. Assisted in cleaning kitchen equipment and making sure proper safety precautions were followed daily.

JR's BBQ and Grill
Line Cook

2007 - 2011
Culver City, CA

Prepared menu items according to specifications, arrange and ensured that portion items were accurate in order to control waste. Assisted and trained other BOH personnel in proper guide lines in temperature control and sanitation of work stations. Seasoned and prepared large quantities of food items to accommodate the large volume of customers. Rapped, date labeled and stored food items as well as eliminated outdated food.

ACCOMPLISHMENTS & AWARDS

- Best Of Quarter in the Culinary Arts/Culinary Management Category , 2006
- Best Of Quarter in the Culinary Arts/Classical Cuisine Category , 2007
- Dean's List, 2007-2008