

Curriculum Vitae
Christian D. Varela Morehouse
978-758-5790
meltedchocolatier@gmail.com

OBJECTIVE: Expand my knowledge of culinary skills in order to create an expressive, artistic social movement promoting increased consciousness of everyday eating habits.

EDUCATION:

- National Training Institute of Costa Rica (INA)
Program: Chef A, B, C
Focus: Hospitality Sector
Level of Qualification: Technical
2009-2012
Graduated
- Liceo José Joaquín Jiménez Nuñez
2005-2011
G.E.D Equivalent
Graduated

ACADEMIC ACHIEVMENTS:

- Hotel Kitchen Steward Program (Safe Food Manipulation; Tourism and Gastronomy; Management of Equipment, Tools and Areas; Supervised Practice of Kitchen Steward)
- Chef C: 455 hours (Interpretation of Recipe and Menu; Culinary Terminology; Organization and Execution of Base Preparations; Supervised Practice of Chef C)
- Chef B: 510 hours (Nutrition and Diet; Standard Recipe Formulation; Cold Cuisine Fundamentals; Hot Cuisine Fundamentals; Costa Rican Gourmet Cuisine; Supervised Practice of Chef B)
- Chef A: 935 hours (Butcher Fundamentals; High-level Hot Cuisine; English for Hotel Cuisine; Pastry and Bakery Fundamentals; Creative Cuisine; International Cuisine; Conception, Organization and Creation of Buffet; Supervised Practice of Chef A)

COMPETITION:

- Continental Edition Culinary Cup of the Americas
Bronze Medal; Pastry Sector
June 2011 Heredia, Costa Rica
Culinary Academy (Foro Panamericano de Asociaciones Culinarias Profesionales)

EMPLOYMENT: Marriott San Jose, Costa Rica
Jan 2012 – Feb 2014

Aegis Business Process Outsourcing Costa Rica
June 2014 – Dec 2014 (seasonal job)

LANGUAGES: Spanish – native
English – fluent
Italian – moderate

REFERENCES: Vincent Waite M.D.
Family friend
Phone: 978-995-5230