

Marshall Frost

San Francisco, CA - (415) 374-7297 - marshallfrost52@gmail.com

HIGHLIGHTS OF QUALIFICATIONS

Sous Chef

- Experienced cooking and preparing any menu item within a full service restaurant
- Maintained communication with kitchens to convey menu items, changes, and updates
- Coordinated planning, budgeting, and ordering for all food operations with precision
- Ensured all food is consistently prepared and presented according to customer orders
- Expertise maintaining staff relationships with the ability to train and manage new hires

Grill Cook

- Operated large volume cooking equipments such as grills, deep-fat fryers or griddles
- Prepared sauces, soups, roasts and final preparations including broiling and sautéing
- Controlled edible goods with proper storage procedures and quality recipe assurance
- Prepared specialty foods following specific methods that require short prep time
- Ability to handle catering services and cook for large gatherings and parties

Line Cook

- Followed recipes, portion controls, and presentation guidelines as set by the restaurant
- Restocked all items as needed throughout the shift to ensure a smooth workflow
- Cleaned and maintained work stations while practicing safety and sanitation
- Assisted with cleaning and organizing kitchens, walk-in coolers and all storage areas
- Comfortable working within a fast paced, physically demanding work environment

EMPLOYMENT HISTORY

Processor , Goodwill Industries, San Francisco, CA	2014-Present
Convention Service Staff (On-Call) , Action Figures, San Francisco, CA	2006-2014
Grill Cook/Sous Chef (On-Call Catering) , Westbrook BBQ, Oakland, CA	1996-2006
Line Cook/Sous Chef , Marriot Hotel, Oakland, CA	1991-1996
Cook , Merrit Hospital, Oakland, CA	1993-1995
Cook , Alta Bates, Berkeley, CA	1990-1992

EDUCATION

Culinary Degree, East Bay Skill Center, Emeryville, CA