

# Marshall Frost

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## HIGHLIGHTS OF QUALIFICATIONS

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### **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

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## EMPLOYMENT HISTORY

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

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## EDUCATION

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*Culinary Degree*, East Bay Skill Center, Emeryville, CA