

# Balmore Canales Salgado

Line cook, manager and shift leader

Hayward, CA

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Looking for a position of line cook/prep cook, kitchen leader an asset to better service with my cooking experience.

## WORK EXPERIENCE

### **Line Cook/Prep Cook**

Crepevine - Burlengame CA

#### Responsibilities

Prepare all food items for the day with recipes, portioning, cooking and waste control guidelines, verified proper portion sizes and consistently attained high food quality standards.

Get ready the all lines we run, salad, sandwich, crepes and breakfast station..

#### Accomplishments

I Learn every day at work... I really like to learn something new

#### Skills Used

The restaurant is a fast food class, so we really need to run by time, I organized people to tell them what to do, the good communication between us was so important, and of course personal skills like know how to use knife, use the kitchen tool's based on experience.

### **Line Cook/Prep Cook**

Blue Line Pizza - San Mateo, CA

#### Responsibilities

Line cook , set the stations and prep every tool we use for the day..

### **Line cook and shift leader**

El Zocalo, Bar and Mexican Grill - Atlanta, GA - March 2013 to November 2013

Ensured all staff understood expectations and parameters of kitchen goals and daily kitchen work.

- Accurately and efficiently prepared healthy, delicious fish, meat and vegetable-based dishes.
- Comprehensive knowledge of food and catering trends.
- Met production requirements for all aspects of banquet and outlet desserts and breakfast pastries.

### **Line Cook**

Line Prep - March 2012 to May 2013

Nandos Peri Peri - Washington, DC

- I was in charge of prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines, verified proper portion sizes and consistently attained high food quality standards, maintained a skilled kitchen staff by properly coaching, counseling and disciplining employees.

- Actively involved in cost control, sanitation, menu development, training, recruitment, private dining and catering.

### **Line Cook**

Love & Pizza - Washington, DC - March 2011 to June 2012

#### Responsibilities

New York style pizzas in Washington DC, sound great for me.. nice experience..

### **shift leader and line Cook**

Manager - July 2007 to February 2011

Taylor Gourmet - Washington, DC

- Verified proper portion sizes and consistently attained high food quality standards.
- Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
- Maintained a skilled kitchen staff by properly coaching, counseling and disciplining employees.
- Instructed new staff in proper food preparation, food storage, use of kitchen equipment and utensils, sanitation and safety issues.
- Ensured all staff understood expectations and parameters of kitchen goals and daily kitchen work.
- Led shifts while personally preparing food items and executing requests based on required specifications.
- Maintained smooth and timely operations in preparation and delivery of meals and kitchen sanitation.
- Cooked and served food and meals in accordance with planned menus, diet plans, recipes, portions, temperature control procedures and facility policies.
- Practiced safe food handling procedures at all times.
- Promptly reported any maintenance and repair issues to Executive Chef.
- Verified freshness of products upon delivery.
- Accurately and efficiently prepared healthy, delicious fish, meat and vegetable-based dishes.
- Baked, roasted, broiled, and steamed meats, fish, vegetables, and other foods
- Checked temperatures of freezers, refrigerators, and heating equipment to ensure proper functioning
- Cleaned and inspected galley equipment, kitchen appliances, and work areas
- Cleaned and organized eating, service, and kitchen areas

### **Customer service and sales representative**

Acces world Wide Inc - Arlington, VA - February 2005 to June 2007

Answered a constant flow of customer calls with up to [400] calls in queue per minute.

- Effectively managed a high-volume of inbound and outbound customer calls.

- Addressed and resolved customer product complaints empathetically and professionally.
- Accurately documented, researched and resolved customer service issues.
- Prepared reports and communication for senior management and clients.
- Offered all residential home services like internet service, satellite TV and wireless service (cell phone).

## EDUCATION

### **High School Diploma in History**

Arlington Mill High School - Arlington, VA

## ADDITIONAL INFORMATION

### Skills:

- Beautiful presentation of food
- Institutional and batch cooking
- Strong attention to safe food handling procedures
- Food presentation talent
- Able to work independently and under pressure
- Able to read and follow all recipes and menus
- Quick learner
- Organized multi-tasker
- Good with numbers and math
- Inventory control
- Skilled trainer
- Good communication and written skills