



## Lorin B. Frierson

260 Drake Street  
San Francisco, CA94112  
(415)716-1620 (cell)/ (415)587-5506 (message)  
[lorin.frierson@yahoo.com](mailto:lorin.frierson@yahoo.com)

### BAKER

Trained production baker with three months' experience in commercial baking practices and 10+ years in the workforce. Hands-on experience producing variety of baked goods; knowledgeable of general manufacturing practices GMP). Industry background includes food service, prep cook, transportation and shuttle services and cashier. Fast and thorough; can maintain a clean, efficient and organized kitchen. Enjoys working on a team; self-motivated and able to take initiative. In addition, knowledge of industry sanitation standards and requirements, knife skills, dry and liquid measurements and menu planning.

### SKILLS, KNOWLEDGE AND QUALIFICATIONS

**Bakery.** Proficient in making quick breads, yeast breads, sweet and savory doughs, turnovers, bagels, puff pastries, croissants, pies, cakes and cookies at high volumes for commercial sale. Familiar with baking methods and formulas, frostings and decorations. Able to multiply and divide recipes accurately. Knowledge of baking times, oven temperatures, flavors, methods of mixing and the use and maintenance of modern bakery equipment such as scales, dough mixers, proof boxes and ovens.

### EMPLOYMENT HISTORY

**Volunteer High Volume Prep cook**, Project Open Hand Jan 2011  
**Bakery Student** The Bread Project, Emeryville, CA Sept 2010 – Jan 2011  
**Culinary Internship**, CannonKipSeniorCenter, SF, CA Mar 2010-June 2010  
**Culinary Student**, C.H.E.F.S. , San Francisco, CA Jan/09-Feb/10  
**Cook**, State of California, San Quentin Penitentiary, Tamal, CA Sept 06/-Jan 08  
**Driver/Customer Service/Cashier**, American Airporter, SF, CA 1996-1998  
**Market Researcher**, The Research Spectrum, SF, CA (p/t) 1995-2003

### EDUCATION

**The Bread Project**, Certificate of Completion, Emeryville, CA Oct 2010  
**C.H.E.F.S.** Certificate of Completion, SF, CA Jan 2009-Feb 2010  
**Regional Occupational Training (ROP)**, Certificates in Cooking & Baking, Alameda, CA 2005-2006  
**University of Nebraska, Omaha**, NE 1974-1976

- Approximately 30 credit hours towards Business Administration

### REFERENCES

SALLY RAY	JOHN LEE	Rebecca Gallegos
C.H.E.F.S.	THE BREAD PROJECT	C.S.A.
PERSONELL MANAGER	ADMINISTRATOR	On Site AT&T
(415) 487-3300(510) 594-1702		(415)823-4308

*Knowledge & skills*

*Food Safety & sanitation*

*Kitchen Terminology*

*Commercial Equipment and Tools*

*Training in Culinary Arts and Baking*

*Personal Qualities*

*Hard-working and Detail-oriented*

*Friendly & Personable*

*Reliable & Punctual*



Dear Sir:

My name is Lorin B. Frierson. Please consider me for your position of Baker assistant./prep cook.

My most recent paid experience has been for **(C.S.A.)** Culinary Staffing of America out of Visalia, CA where I served/Carved for the Olympic Club's Easter event this past April and for Night and Day Productions where I worked (BOH) the Apple Christmas Party. I am presently assigned to AT&T park as a high volume cashier/ culinary worker / bartender

I have graduated Bakery studies from the Bread Project in Emeryville , CA and a prior graduate of the CHEFS program in San Francisco, CA.. I have a passion for Baking and am studying Bread production, Bakery skills in The Bread Project. I bake breads, rolls, cakes, pies, crepes, scones, Danish pastries to name a few. I roll my own Danish and yeast dough for pastries and I wish to continue learning as much as I can about the pastry/bread field.

I am mature, reliable, motivated and dedicated. I am also available late nights, early mornings and weekends.

I have culinary/cooking experience including dry and liquid measurement. Temperature importance, knife skills and industry sanitation standards and requirements.

I also have two years of paid driving experience with American Airporter and Yellow Airport Shuttle with a perfect driving record, no accidents, no points, no restrictions and cash handling experience as a clerk/cashier for Lucky's and Safeway . I wish to continue in the food industry and am not afraid to start at the bottom and get my hands dirty to get the job done.

I ask that you contact me via email at: [lorin.frierson@yahoo.com](mailto:lorin.frierson@yahoo.com) or [lorin.bake@hotmail.com](mailto:lorin.bake@hotmail.com)

My cell fone # is: (415)716-1620/ (415)200-7325

My home fone # is: (415)441-4070 or you may leave a message at: (415)587-5506

Following is the link to my budding facebook Baking page to see a sample of my work.

Thanks LBF 260 Drake San Francisco, Ca 94112

<http://www.facebook.com/media/set/?set=a.102004283235181.1542.100002768285115&saved#!/>