

Adeina Thomas

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OBJECTIVE

To obtain a position utilizing my culinary training and experience and allows room for growth and development.

- Culinary math and cost control
- Recipe conversion
- Recipe costing
- Intro to food cost management
- Trained in kitchen safety, sanitation and health
- Classic and common knife cuts
- Basic knowledge of muscle structure
- Fish and shellfish fabrication
- Fundamentals of dry and moist heat cooking methods
- Proper use of professional cooking tools and equipment
- Meat and poultry fabrication
- Advanced culinary principles
- International menu development and production
- Understanding and production of standardized recipes
- Fundamentals of baking and pastry

EDUCATION

L'Ecole Culinaire, Kansas City, MO
AOS Culinary & Restaurant Management
Graduate 01/10/2016
Diploma Program, Culinary Fundamentals
Graduated- 04/20/2014

Certifications:

- ◆ ServSafe
- ◆ Alcohol ServSafe
- ◆ HR Manage 1st
- ◆ Marketing and Cost Control

Awards:

- ♦ Dean's List – 4 Phases

EMPLOYMENT HISTORY

MCCKC, Penn Valley, Kansas City, MO 09/2011 – 05/2012
Seasonal Student Worker

Duties: Assisted students with enrolling into classes, financial aid and job leads

First Student, Kansas City, MO 11/2006 – 08/2008
Bus Operator
Duties: Provide safe transportation for students to and from school daily; drive for chartered school field trips

REFERENCES: *Furnished upon request*