

Sean Connors

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OBJECTIVE: To take my 16 years of restaurant industry experience and apply it to a more challenging and creative position.

EDUCATION:

Associates Arts degree in Culinary Arts, August 2007

Graduated Magna Cum Laude with a GPA of 3.5 on a 4.0

LICENCES and CERTIFICATIONS:

California Food handlers' certificate: Expires 2017

Serv Safe Certified: Expires 2018

EXPERIENCE:

Sous Chef

VM Ware/Bon Appetit, Palo Alto, CA

6/2015-

Current

- Responsible for all aspects of meat smoker and BBQ station
- Setup and breakdown of mobile Kitchen and dining area
- Assist/replace staff when needed on other stations: grill, salad, saute, pasta, etc

Cook 1

The Party Staff, San Jose, CA

4/2015-

6/2015

- Report to Executive Chef of various job locations as assigned by the agency
- Performed any prep and cooking needed for the service that day
- Assisted in any setup or breakdown and cleanup as instructed

Sous Chef

2/2015-

4/2015

Avaya Stadium, Santa Clara, CA

- Prepared food for game days and special events
- Oversee all aspects of the meat smoker and BBQ station
- Responsible for preparing food for the San Jose Earthquakes team practices

Sous Chef

7/2014 to

1/2015

Centerplate at Levi Stadium, Santa Clara, CA

- Performed in all kitchens on site including suites, clubs, concessions, and banquets
- Prepped for game days and special events
- Acted as lead to expedite food from the kitchen and oversee breakdown and cleanup.
- Manage inventory of all kitchens and walk-ins by rearranging and keeping records

Kitchen Manager

10/2013 to

3/2014

The Smoking Pig BBQ, San Jose CA.

- Implemented daily food tracker procedure to better serve restaurant and customer
- Acquired new equipment and product to better the overall experience

- Maintained all labor and food cost goals set in front of me
- Trained all new staff in all restaurant procedures

General Manager/Executive Chef 2/2013 to
8/2013

The Roast Shop, Palo Alto CA.

- Learned the strict kosher laws and assured every aspect of the store respected them
- Altered and improved restaurant service upon customer and corporate feedback
- Created new recipes and adjusted existing ones to kosher standards
- Implemented an invoice tracker for better vendor and accountant service
- Trained staff on proper techniques in safety, sanitation, customer service and food prep

General Manager 4/2012 to
2/2013

Dickey's Barbecue Pit, Campbell, CA.

- In charge of hiring, payroll, and monthly MSR'S, staffing and scheduling
- Booked catering events
- Altered and improved restaurant service upon customer and corporate feedback
- Consistently maintained franchise standards set by corporate
- Utilized Aloha sales system, ADP payroll, E Sysco ordering, and Microsoft office

Grill Cook 11/2010 to
5/2012

Aramark Services, Milpitas, CA.

- Setting up station for breakfast and lunch service
- Assisted Chef with inventory and P&L
- Training all new staff and ensuring all food is to company standards
- Managed kitchen in absence of Executive Chef

Shift supervisor/Sous Chef 8/2008 to
10/2010

Oracle Arena, Oakland, CA

- Prepared food for three suites and all concession stands
- Trained all new staff

Executive Chef 2/2008 to
9/2008

Cypress Café, San Jose, CA

- Responsibilities included Making daily menu and ordering
- Scheduling, payroll and training new staff
- Menu costing

On site Chef/ Manager 6/2005 to
12/2011

Esposto's Catering, San Bruno, CA

- In Charge of Wait staff and Kitchen Staff while on site
- Assisted Head Chef in taking inventory, ordering and preparation

- Sous Chef of Quality Control, making sure all plates are to standard
- Assisted Executive Chef with generating P&L's

Grill Cook**5/2005****6/2004 to****The Bear Republic, Healdsburg, CA**

- Sous Chef for the Grill and Pasta stations
- Was in Charge of expediting kitchen
- Ensured all Safety and Sanitation regulations are met

Grill Cook**5/2005****9/2004 to****Barn Diva, Healdsburg, CA**

- Prepared all food for the Grill
- Assisted Chef with cost control and ordering
- Ensuring plates were cooked and plated properly

Breakfast Cook**5/2004****5/2001 to****Mike's Café, Menlo Park, CA**

- Prepped all needed items for the day to ensure freshness
- Assisted the Chef in creating a new menu
- Was in charge of taking inventory and ordering as needed