

Saer Sow

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OBJECTIVE:

To obtain a position as a **Sous Chef or Line Cook**

SUMMARY OF QUALIFICATIONS:

More than 20 years of experience in Cajun, Creole, French, and Italian cuisines, creating sauces, preparing dishes of seafood, meat, and poultry. Good at following recipes and taking in the presentation of each dish. Demonstrated skills in improving cooking processes and reducing food waste and costs. The Recipient of several awards and commendations, as well as a wide breadth of positive feedback from patrons.

PROFESSIONAL EXPERIENCE:

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| St. Anthony Foundation, Chef | San Francisco, CA | 2016 – Present |
| <ul style="list-style-type: none">• Preparation and service of all breakfast meals.• Menu development and preparation of lunch service.• Organization and coordination of storeroom commodities.• Integration of executive chef systems and practices.• Implementation of HAACP kitchen safety protocols.• Management of line cooks and prep staff. | | |
| Teranga Catering, Proprietor & Chef | San Francisco, CA | 2011 – 2014 |
| <ul style="list-style-type: none">• Managed a catering business which required planning, staffing, and equipping trucks for on-site events as well as full service throughout the event. In its four years of existence, we put on numerous private functions ranging in size from 50-200 people.• Interfaced with clients to develop ideas and menus for all types of events. | | |
| Neptune Palace, Line cook | San Francisco, CA | 2007-2011 |
| <ul style="list-style-type: none">• Lead line cook• Worked in sauce and grill stations with expertise in cooking seafood and poultry.• Develop process that accurately tracked food costs more efficiency, resulting in significant savings.• Participated in catering services with 1500 guests, while receiving positive feedback. | | |
| Hotel Milano, sous chef | San Francisco, CA | 2001-2006 |
| <ul style="list-style-type: none">• Handled interviewing, staff hiring and training tasks for all restaurants• Served as floor manager and training chef.• Ordered all inventory and held weekly staff meetings to ensure a smooth running operations.• Created new menus and a wide range of recipes.• Performed with ease and efficiency under significant pressure in fast paced environment. | | |
| Restaurant La Savane, Sous Chef | San Francisco, CA | 1992-2001 |
| <ul style="list-style-type: none">• Created systems to control spoilage and preserve foods.• Developed and maintained food and supply inventory controls.• Supervised daily kitchen operations. | | |

EDUCATION:

AA Degree: Culinary Arts Institute, Paris, France

Additional Skills:

Fluent in French

Food Handler Service Training

Exceptional memory and very positive attitude