

Diego

# Deyamyrel Palmore

Advanced Culinary Arts Graduate  
351 Avenue H Avenue  
San Francisco CA, 94130  
Cell Phone: (513) 903-1579  
Diegopalmer11@gmail.com

## OBJECTIVE

Passionate and certified cook seeking a position where I can commit to workplace values and deliver exceptional food services.

## SKILLS

Knife skills: dice/mince/julienne/chiffonade  
Excellent plate presentation skills  
On-time and dependable  
Knowledge of specific herbs, spices, and wine  
Great listening skills  
Fruit/Vegetable wash and prep  
Ability to execute orders quickly  
Salad prep and dressing  
Inventory/ Quality Control

Follow proper sanitation and hygiene protocol  
Work well under pressure  
Mother sauces and sub sauces  
Operate dishwashing machine  
Preparation of appetizers/canapés  
Operate grill and deep fryer  
Baking breads, pastries, and cakes  
Design and plating of desserts

## CREDENTIALS

Advanced Culinary Certificate of Completion  
Food Handlers Card  
ServSafe Certification

ServSafe Alcohol Certification  
Purchasing Test Certification

## EXPERIENCE

**GreenSurge, San Francisco CA October 2016 - January 2017**

Restock Inventory  
Wash dishes  
Make Smoothies  
Take Out trash  
Mop and Sweep Floor  
Breakdown salad bar  
Close down the Shop  
Setting up and breaking down

13 month.

F.O.H.

**Global Gourmet Catering, San Francisco CA August 2016 - Present**

Service Guest  
Food Runner  
Set Up Table for Events  
Prep Cook

Catering  
Prep Cook.  
Chef Cook.

**Sweet & Meats BBQ, Cincinnati Ohio January 2016 - March 2016**

Delivered outstanding service to guests at regular meals as well as events.  
Properly prepared and stored menu items according to standards.  
Managed orders in a timely and efficient manner.  
Utilized personal protective equipment.  
Followed all health and safety standards.

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## EDUCATION

### **Advanced Culinary Training**

Treasure Island Job Corps, San Francisco CA, **March 2016 - Present**

*Identified how to follow all company safety and security policies and procedures.*

*Determined necessary procedures for preparing and cooking food according to standards.*

*Established strong communication skills.*

*Interacted with classmates to ensure excellent production and service.*

*Demonstrated ownership of a station including stocking, setting up and breaking down.*

*Created and executed a menu.*

*Serviced visitors in casual and fine dining restaurants and catered events.*

*Developed clean and professional image.*

*Gained extensive knowledge in how to use kitchen equipment.*

*Host - Expo - Server - Dishwasher - Team Leader - Prep Cook - Line Cook*

### **Basic Culinary Training**

Cincinnati Job Corps 1409 Western Ave, Cincinnati OH, 45214

**February 2015 - March 2016**

### **High School Diploma**

Western Hills High School, Cincinnati OH, 45214

**August 2009 - May 2014**