

# Diego Deyamyrel Palmore

Advanced Culinary Arts Graduate  
351 Avenue H Avenue  
San Francisco CA, 94130  
Cell Phone: (613) 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      ServSafe Alcohol Certification  
Food Handlers Card      Purchasing Test Certification  
ServSafe 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.

Catering  
Prep Cook.  
Chef Cook.

Global Gourmet Catering, San Francisco CA August 2016 - Present

Service Guest  
Food Runner  
Set Up Table for Events  
Prep 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