

JAH-BRELA PARKER

ENTREE COOK- SODEXO: ACADEMY OF ARTS UNIVERSITY

VALLEJO, CA 94591

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OBJECTIVE:

To obtain a position in a fast paced job working with great quality products without compromising the item or stunting my personal creativity, to be able to work my way up in an establishment, while being helpful and encouraging to my co-workers.

WORK EXPERIENCE:

ENTREE COOK SODEXO/ACADEMY OF ARTS UNIVERSITY - SEPT. 2016-CURRENT – 620 Sutter St, San Francisco, CA 94104 (415)-447-2840

Opening unit for breakfast, prepping soups, sauces, dressings, and stocks, cooking breakfast and lunch rushes, proper HAACP procedures, cooking, maintain safe work environment as well as maintaining safe temperatures for food.

KITCHEN STAFF/NAPOLI'S PIZZERIA - NOVEMBER 2014 TO FEBRUARY 2016 – 124 Tennessee St, Vallejo Ca 94591 (707)-644-0981

Prep food, deep cleaning, cook lunch rushes, cook sauces, stocks, soups, dressings, followed standardized recipes, and assist dishwasher when necessary.

LEAD LINE COOK/MANAGER/A TASTE OF CHICAGO – DEC 2013 TO MARCH 2014 - FAIRFIELD, CA

Cooking, prepping, cleaning, sanitizing, receiving and storing orders according to FIFO, maintenance and upkeep of equipment, cashier, maintain time sheets, creating and following standardized recipes, creating, training manual, opening and closing, and providing schedules
Kitchen Staff

CREW MEMBER/CALIFORNIA CONSERVATION CORPS - MARCH 2013 TO NOVEMBER 2013 – 1500 Alamar Way Fortuna Ca, 95540

Scrubbing and mopping floors, cleaning and sanitizing equipment, prepping and cooking breakfast, dinner and dessert for 50+ people. Putting away orders according to FIFO, keeping walk-ins clean and organized. Upholding safety standards, teaching and training new employees, and up keeping equipment and restroom facilities.

CERTIFICATIONS/LICENSES

ServSafe Certification

June 2012 to June 2017

SKILLS:

Basic baking, prep, and knife skills, meat slicer, FIFO, use of proper internal temperatures, quickly getting tasks done without jeopardizing the quality of a product the ability to keep a positive environment, I go above and beyond my job description and always am able to help others without it hindering me from finishing my own work, fine knife skills, the ability to follow instruction, plate presentation, and working a rush without becoming irritated and blowing up.

"A love for my industry and what I do as well as being able to help and encourage my those around me is what would make me the PERFECT addition to your team!"