

James D. Abernethy
jamesabernethy80@gmail.com
(510) 542-0742
150 Otis Street Apt.# 506
San Francisco, CA 94103

I am passionate about improving upon my skill set, growing within a team-like atmosphere, & learning stewardship of the trade from my employer's prerogative.

SKILLS

- All standard cooking methods, Knife Skills, Prep up to 330 meals a day
- Preparation of Stocks, Sauces, Roux, and Dressings
- Grilling, Sautéing, and Deep Frying, Baking
- International Cuisine, Vegetarian and vegan meals, Low sodium, low-fat menus
- Kitchen equipment & terms, Teamwork & Professionalism
- Nutrition, Food Safety & Sanitation
- Menu planning, Recipe Writing, Conversions, Plate Presentation

PROFESSIONAL TRAINING

CHEFS Culinary Program: San Francisco, CA, June 2015-October 2015

U.S. Army Reserves: Ft. Lee, VA, Dec 2002-Feb 2003

- Food Operations Specialist: (Initial Training 11 weeks)

Napa High School: Napa, CA

- Diploma

PROFESSIONAL EXPERIENCE

Restaurant Food Delivery Person: *March 2011-September 2011*

The Food Mill, Napa, CA

- Sandwich prep
- Wait staff
- Cashier
- Driver
- Janitorial/Sanitation

Food Operations Specialist: *September 2002-July 2009*

United States Army Reserves, Ft. Jackson SC, Ft. Lee, VA, 2nd Med. Brigade San Pablo, CA 801st Eng. Mare Island, Vallejo CA

- Kitchen and Transport mobilization/Station exercises and monthly assembly
- Meal Prep/Serving Line coordination services including Sanitation/ Maintenance