

MARK CORNISH

EXPERIENCE

Travelling Chef | RS3, Aramark, Hilton, Solange, D&D London, etc. | Oct 2016 - Present

US & Abroad

- Managed teams of up to twenty people in both hot and cold food production
- Worked to maintain quality standards in cooking for thousands of guests, including VIP clientele.
- Appropriated feedback to Improve client experience upon return.

Private Club Chef- Minnesota Vikings | August 2016-Present
six private clubs with a capacity of 13,000 every game.

- Ordering and procurement
- Menu planning/execution
- Management of staff of 70 people on game days
- Food preparation

Private Chef Microsoft Tech Ready | August 2016-Present

- Washington State Convention Center Seattle, Washington.
- Assisted in procurement of specialty ingredients, Large scale food production
- Assisted in preparation of "special" meals including those prepared for halal, kosher, vegan, vegetarian, celiac, and more.

Executive Sous Chef-Culinary Operations -Raphael Francois | October 2015-present
Assist in client relations, traveling for pop up dinners, for two Michelin Star Chef Francois within the U.S while in abroad
Working in conjunction with Francois and the team of Michelin Starred Launceston Place by D&D London

Personal Chef | Regis Prograis - | May 2016 - Present

Serve as Chef to Regis Prograis Current 140lb NABF Light Weight Champion

Houston, Texas

- Curated specialized menu in collaboration with strength conditioning and nutritionist
- team tailored for weight loss goals
- Sourced local and fresh ingredients while maintaining stable product costs
- Appropriated feedback to Improve client experience

Sous Chef | Le Cirque NYC | September of 2014-October 2015

Studied classical French cuisine under Two Michelin Star Chef Raphael Francois, New York.
New York

- Managed procurement of specialized ingredients and utensils
- Minimized food costs by obtaining high quality ingredients at lesser price points
- Assisted in recipe development
- Lead A La Carte and banqueting services

Sous Chef | Sorel Urban Bistro | November 2013- December of 2014

Practiced contemporary farm to table American cuisine under Cutthroat Kitchen winner Chef Chris Andrus, and guest Iron Chef America Judge Chef Scott Fernandez. Houston, Tx
Developed menus twice daily based on seasonal ingredients

- Managed a team of five cooks and two pastry interns
- Directed off site catering events of up to 200 guests
- Increased food sales by curating tasting events that paired developed recipes with specialty wines and spirits

Tourant | Sway Thai, La Condesa, Laundrette | December 2012- May 2013

Completed externship studying contemporary Thai, Mexican, and Mediterranean cuisines under three time James Beard Nominee, Chef Rene Ortiz. Austin, Texas

- Maintained inventory levels Increased efficiency of each food station by 75%

EDUCATION

BBA | Fall 2008 | Conrad N. Hilton College

PURSUED BBA HOTEL AND RESTAURANT MANAGEMENT

Relevant Coursework: Intro to Hospitality, Safety and Sanitation, Hospitality Technologies, Food Service Production and Operations, Facilities Management, Lodging Management, Nutrition.

AAS | 2009-2012 | Austin Community College

Culinary Arts Pastry Arts

Received Associate's Degree in Culinary Arts and certification in Pastry Arts - Florence, Italy



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Mark Cornish is a Houston Native, who's multicultural upbringing gained him bilingual native proficiency in English and Spanish. He leverages his cross cultural communication to boost morale by effectively communicating executive goals. Mark's solid foundation in creative culinary arts, and business management make him an ideal candidate for management and consulting roles.

HONORS

Pastry Excellence Scholarship

Received full funding to travel to Florence, Italy and participate in an intensive study of laminated doughs under Chef Simone Di Castro.

Pastry Sous Chef FUA James Beard

Afforded the prestigious opportunity to travel with Chef Simone Di Castro as the pastry sous chef of his James Beard Foundation team representing Florence, Italy.

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

1) A gallon is equal to _____ounces

- a. 56
- b. 145
- c. 32
- d. 128

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

8) Food should be left out no more than

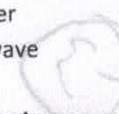
- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

(3)

C

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave



A

10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

B

11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

B

12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice, mince
- d. Mince, dice, chop

C

13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C

14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

B

15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

B

16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

Prep Cooks Test

A

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

A

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) CHOP : to cut into very small pieces when uniformity of size and shape is not important.

Multiple Choice

D 1) Food is served on what side with what hand?
 a) On the left side with the left hand
 b) On the left side with the right hand
 c) On the right side with the left hand
 d) On the right side with the right hand

D 2) Drinks are served on what side with what hand?
 a) On the left side with the left hand
 b) On the left side with the right hand
 c) On the right side with the left hand
 d) On the right side with the right hand

A 3) Food and drinks are removed on what side with what hand?
 a) On the left side with the left hand
 b) On the left side with the right hand
 c) On the right side with the left hand
 d) On the right side with the right hand

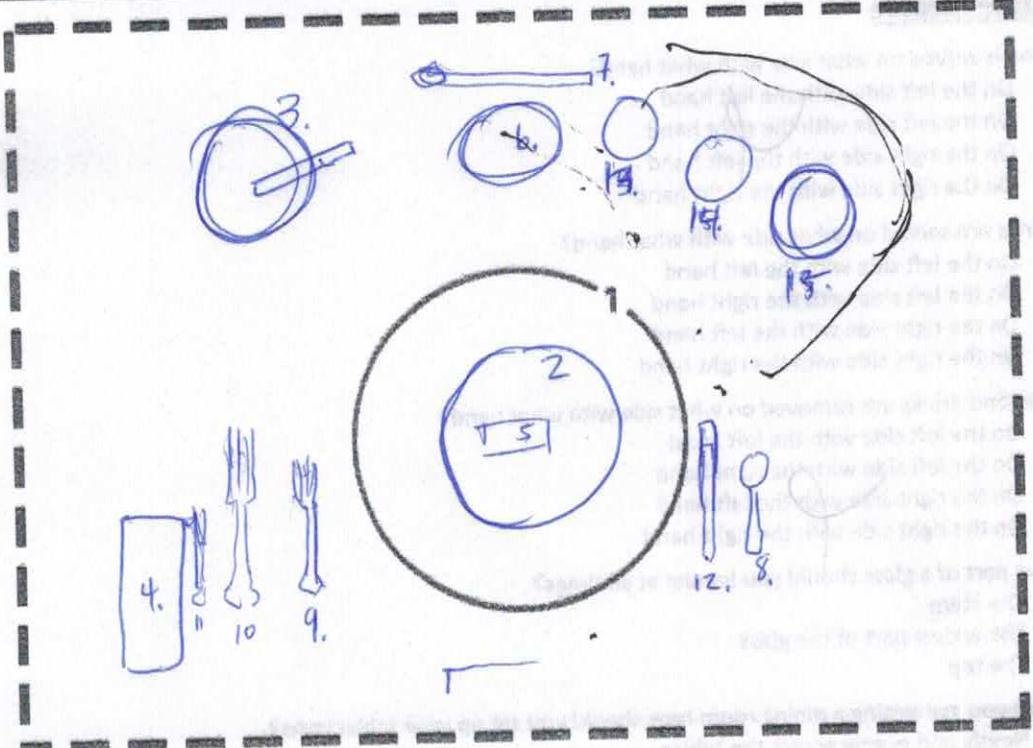
A 4) What part of a glass should you handle at all times?
 a) The stem
 b) The widest part of the glass
 c) The top

D 5) When you are setting a dining room how should you set up your tablecloths?
 a) Neatly and evenly across the tables
 b) The creases should all be going in the same directions
 c) The chairs should be centered and gently touching the table cloth
 d) All of the above

A 6) If you bring the wrong entrée to a guest what should you do?
 a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
 b) Inform the guests that you will bring the correct entrée once everyone else in the dinning room is served
 c) Try to convince the guests to eat what you brought them
 d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

<u>D</u>	Scullery	A. Metal buffet device used to keep food warm by heating it over warmed water
<u>E</u>	Queen Mary	B. Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)
<u>A</u>	Chaffing Dish	C. Used to hold a large tray on the dining floor
<u>G</u>	French Passing	D. Area for dirty dishware and glasses
<u>B</u>	Russian Service	E. Large metal shelving unit for prepared food to be held or for dirty trays to be stored
<u>F</u>	Corkscrew	F. Used to open bottles of wine
<u>C</u>	Tray Jack	G. Style of dining in which the courses come out one at a time



Draw a formal place setting containing all of the following:

1. Service Plate	7. Teaspoon	13. Water Glass
2. Salad Plate	8. Soup Spoon	14. Red Wine Glass
3. Bread Plate & Knife	9. Salad Fork	15. White Wine Glass
4. Napkin	10. Dinner Fork	
5. Name Place Card	11. Dessert Fork	
6. Tea/Coffee Cup & Saucer	12. Dinner Knife	

Fill in the Blank

1. The utensils are placed 6 in inch (es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? _____
3. Synchronized service is when: All Servers Place Food or Items down simultaneously
4. What is generally indicated on the name placard other than the name? Allergies special needs
5. The Protein on a plate is typically served at what hour on the clock? 6
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately? Report to Kitchen to see what may be available