ELIEL PARRALES
Sous Chef

510.693.6032

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Sous Chef with superb intricacy of food and over fifteen-years of cooking experience and expertise of renowned restaurants.

Proficiency of various cooking techniques from around the world including: French, Indian, American, Asiatic and Latin-American cuisines.

Proven leadership skills and successful training of staff, cost-containment, safety procedures, presentation and quality workmanship through my love for food.

PROFESSIONAL EXPERIENCE

Sous Chef

ALTA/M.S.P., San Francisco, CA   *May 2017—Present*

Application of my culinary and managerial skills to play a critical role in maintaining and enhancing customers' satisfaction and kitchen management needs.

- Producing high quality plates for both design and taste wise
- Ensuring that the kitchen operates in a timely way that meets quality standards
- Manage and train kitchen staff, establish working schedule and assess staff's performance
- Order supplies to stock inventory appropriately
- Comply with and enforce sanitation regulations and safety standards
- Maintain a positive and professional approach with coworkers and customers

Sous Chef/ Kitchen Manager

CHEZ FAYALA, San Francisco, CA   *Aug 2016–Apr 2017*

Joined as Sous Chef and rapidly added responsibility for complete kitchen management. Outstanding leadership performance.

- Increased client traffic and profits, and reduction of food waste.
- Prepare and cook foods of all types daily and for special guests, caterings, or functions.
- Instruct and teach cooks in the preparation, cooking, garnishing, or presentation of food.
- Monitor sanitation practices to ensure that employees follow standards and regulations.
- Order or requisition food or other supplies needed to ensure efficient operation.

Lead Cook

THE MARKET ON MARKET, San Francisco, CA   *Mar 2015-Feb 2017*

Hired as cook and promoted to Lead Cook within one month of employment. Taught and led staff cooks with different cooking techniques.

- Assist executive and sous chefs and kitchen staff with various

HIGHLIGHTS

15-years+ of cooking experience

Cost-containment for profit and revenue growth.

Efficient staff and cook training

Competent at preparing and organizing banquet, buffet-style, and restaurant meals

Mentored by Executive Chef,

W Hotels, New Orleans, LA

SKILLS

Bilingual: Fluent English and Spanish.

Outstanding work performance and time management.

Food and kitchen guideline safety for quality.

Employee Training and Development.

EDUCATION

Delgado College, *New Orleans, LA,* Culinary Arts & Chef Training. 2006-2007

REERENCES

References upon request.

tasks as needed, and provide cooks with needed items.

- Lead and monitor all cooks for proper service and sanitation procedures.
- Prepare soups, sauces, and dressings from scratch.
- Butcher and clean fowl, fish, poultry, and shellfish to prepare for cooking or serving.
- Prepare a variety of foods according to supervisor's instructions, following approved procedures.

Sous Chef

GARCON RESTAURANT, San Francisco, CA *Aug 2011-Aug 2016*

Initially hired as a cook. Shortly after, promoted to Lead Cook, and after one year to Sous Chef. Lead and managed staff cooks. Proficient at improvising at fluctuating costumer needs.

- Cut operating budget by implementing foodstuff, cost-saving initiatives.
- Coordinate and supervise work of kitchen staff.
- Consult with Executive Chef and supervisory staff to plan menus, taking into consideration factors such as costs and special event needs.
- Inspect and clean food preparation areas, such as equipment, work surfaces, and serving areas to ensure safe and sanitary food-handling practices.
- Ensure freshness of food and ingredients by checking for quality, keeping track of old and latest items, and rotating stock.

Catering Cook

PHOENIX SUPPER CLUB, San Francisco, CA *Feb 2009-May 2010*

Responsible for food presentation and catering delivery and set-up of fine dining.

- Preparing and cooking substantial amounts of food.
- Portion, wrap the food, and place it directly on plates or chafers for service to patrons.
- Ensure cleanliness and health guidelines.

Chef De Partie/Line Cook/Banquet Cook

W HOTELS, New Orleans, LA *Apr 2005-Nov 2008*

Excelled at learning new fine dining cuisine cooking; Mentored by the renowned Executive Chef, Roberto Bustillo. Proven leadership and training.

- Daily mise-en-place of kitchen.
- Preparing of fine dining dishes according to client's direction and taste.
- Assisting Sous Chef and Executive Chef to develop new dishes and menus.
- Leading and training cooks.
- Ensuring policies, procedures, and standards were carefully followed by staff cooks.