

# **GREGORY J. FOX**

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Cooking is not just a destination; it is a lifelong journey of discovery and I am looking forward to continuing that journey and making new friends in the kitchen.

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## **INTERNATIONAL CULINARY CENTER TRAINING**

From basic knife skills through every station on the kitchen line, International Culinary Center's trademark Professional Culinary Arts program is a 600 hour, six month course and a 200 hour externship that will provide me the hands-on, real-world knowledge needed to succeed in my future career as a chef. I will be trained in the following:

### ***Level 1 – Introduction to Culinary Techniques***

- ♦ ***Knife Skills***
- ♦ ***Food Safety***
- ♦ ***Ingredient Identification and Classification***
- ♦ ***Stocks and Sauces***
- ♦ ***Food Preservation***

### ***Level 2 – Building Culinary Foundations***

- ♦ ***Seasonality, Sustainability and Nutrition***
- ♦ ***Cheese, Wine and Spirits***
- ♦ ***Food Costing and Menu Planning***
- ♦ ***Menu and Plating Design***

### ***Level 3 – Buffet, Charcuterie, and Volume Cooking***

- ♦ ***Budget and Execute Themed Buffet for 50 Guest***
- ♦ ***Platter Design and Presentation***
- ♦ ***Portion Sizing***
- ♦ ***Meal Planning***
- ♦ ***Kitchen Math Skills***

### ***Level 4 – Skills for Consistency and Refinement***

- ♦ ***Salads and cold Prep***
- ♦ ***Sous-vide Technique***
- ♦ ***Low -temp Cooking***
- ♦ ***National Restaurant Association's ServSafe® Food Protection Manager Certification***

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## PROFESSIONAL EXPERIENCE

PML MANAGEMENT – San Mateo, CA

**VP Property Manager** (1992 to Present)

*Direct responsibility of community management, resident relations, collections, budget preparation and maintenance for 6 properties.*

Develop reports, administer budgets, allocate resources, and ensure operational compliance with industry and corporate standards. Guide property improvement projects, partnering with contractors, building owners.

***Responsibilities:***

- ◆ Manage property financial records by reconciling monthly accounts payable and receivable in addition to preparing annual operating budget and responsible for managing expenses and income to meet goals
- ◆ Facilitated, maintained, and enforced leasing contract agreements with building tenants, as well as rectified all tenant disputes
- ◆ Oversaw building upgrade projects from start-to-completion, including negotiating projects bids to supervising contractors during renovations or maintenance upgrades
- ◆ Performed inspections at property sites regularly to ensure compliance with organizational established policies, safety measures and quality standards
- ◆ Prepared request for proposal documents that garnered bids from providers for community maintenance services
- ◆ Conduct meetings that included company executives, Home Owners Association Board Members, and community
- ◆ Make recommendations for renewal and/or termination of vendor contracts.

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## EDUCATION AND CREDENTIALS

**International Culinary Center** – Start Date August 14, 2017 – Graduation Date June 2018

**Sour Flour Pizza Workshop** – August 2016

**Sour Flour Sourdough Starter Workshop** – April 2014

**Skyline College** – Automotive Technical School

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## TECHNICAL PROFICIENCIES AND COOKING HIGHLIGHTS

- ◆ ServSafe Manager Certified – Certificate # 15646521
- ◆ California Association of Community Managers (CACM) – 2015 to Present
- ◆ Microsoft Office Suite (Word, Excel, PowerPoint, Outlook), QuickBooks, Quicken
- ◆ Designed and built wood fired pizza oven for home use
- ◆ Created and maintain sourdough starter
- ◆ Specializing in homemade artisanal Sourdough bread and pizza