

Micheal A. Cooke

111 Taylor St. San Francisco CA. 94102

510-927-5382, michealyayacooke@gmail.com

SKILLS SUMMARY

San Quentin Cooks

- Learned to properly use serve-safe equipment in food preparation operations. Knife skills, prepare and make vinaigrettes, various cooking techniques, pastry production, prepare vegetarian dishes, menu planning, inventory and receivables. Performed the routine and day-to-day tasks needed to allow the cooks and chefs to prepare meals.
- Responsibilities included chopping vegetables, breaking down, cutting, trimming or grinding meat, weighing and mixing ingredients, washing and preparing vegetables and, storing food. Reported to head chef/Instructor and worked with student cooks teaching basic knife skills, food handling, and workplace safety.
- Passed ServSafe certification. Also preparing to pass the food manager's protection course. Practice kitchen safety. Chemical safety, material data sheets and safe kitchen operations and protocols. Student teacher's aide.

Machinist

Calculate dimensions or tolerances, using instruments such as micrometers or vernier calipers.

- Machine parts to specifications, using machine tools, such as lathes, milling machines, shapers, or grinders.
- Set up, adjust, or operate basic or specialized machine tools used to perform precision machining operations.
- Measure, examine, or test completed units to check for defects and ensure conformance to specifications, using precision instruments, such as micrometers.
- Monitor the feed and speed of machines during the machining process.
- Fit and assemble parts to make or repair machine tools.
- Set up or operate metalworking equipment.
- Read schematics and blueprints. Create prototype parts and components.
- Dismantle machines or equipment, using handtools or power tools to examine parts for defects and replace defective parts where needed.
- Install assemblies, such as electrical wiring harnesses and cable assemblies, lubricants, or batteries into machines or mechanisms.

Production /Foreman

- Review processing schedules or production orders to make decisions concerning inventory requirements, staffing requirements, work procedures, or duty assignments. Coordinate production, distribution activities of materials.
- Hire, train, evaluate, or discharge staff or resolve personnel grievances.
- Develop budgets for supplies, or materials, or equipment are used efficiently to meet production targets.

WORK HISTORY

Machinist

4 years

- San Quentin Machine Shop, San Rafael, CA

Production/Foreman

15 years

- Unicor, Phoenix, AZ

6 months

Prep Cook

- San Quentin Cooks Culinary Program

EDUCATION

AA Degree (Liberal Arts) pending, Patten University, Oakland CA

Acrobat

outsourcing

Your Hospitality Staffing Professionals
665 Third St., Suite 415 • San Francisco, CA 94107

First and Last Name: Michael Cooke
Email: micheal.cooke@yahoo.com
Phone number: 510 927-5382

Working Experience:

Company Name: SANQUENTIN COOKS
Dates of Employment: Nov 1, 2016 to 10-31-17
Job Responsibility:

- work with student in culinary program
- Prep Cook, teach knife skills
- inventory control/receivables
- Budget, meal planning

Company Name: _____
Dates of Employment: _____
Job Responsibility:

-
-
-
-

Company Name: _____
Dates of Employment: _____
Job Responsibility:

-
-
-
-

Skills

- Food service Handler Certified through NRA
- Make vingerettes
- Baking
- Vegetable prep

