

Kamiko R. Swan

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Summary of Strengths: Culinary graduate offering 10 years of rounded culinary experience, including personal chef, catering, high volume, fine dining and scratch cooking. Proficient in baking and pastry. Extremely detail oriented, self motivated, fast learner, team player, and time conscious. Able to create and maintain excellent relationships with patrons and co-workers.

Summary of Culinary Skills

- Knowledge of stocks, mother sauces, and secondary sauces
- Ability to identify spices and fine herbs
- Knowledge of classical cooking methods and techniques
- Ability to fabricate proteins and seafood
- Knowledge of baking techniques and plated desserts
- Ability to work in a fast-paced environment in a team setting
- Computer Skills (Microsoft Word, Power-Point, Excel, POS)
- Work well under pressure and in a high volume setting
- Comprehensive knowledge of setting deadlines; ensuring the timely completion of work
- Experience with preparing and organizing banquets

Work Experience

04/17-Present Overnight Supervisor Cafe Aquaria Atlanta, GA

- Establish a schedule, delegate and organize work.
- Oversee production, conduct quality checks and create tasting menus for special events.
- Inspect inventory, including produce, for freshness, and accuracy compared to order.
- Come up with new dishes that appeal to customers and are in line with the company's vision.
- Train talented cooks to follow recipes, maintain company standards and follow all state sanitation laws.

10/14-05/15 Cook Thirteen Pies Atlanta, GA

- Controlled the flow of and operated the grande marge station during both lunch and dinner.
- Cleaned, prepared fire for and cooked in wood oven designated for hot appetizers.
- Prepared dressings, salad mix, and used precise knife skills as directed by recipes.

- Sautéed, fried, roasted and baked required components for all appetizers.
- Maintained a high quality of presentation while keeping a 7 minute ticket time.
- Followed all sanitation and opening and closing procedures as specified by the company.

12/13-10/14 Asst. Kitchen Manager Gladys Knights Chicken Atlanta, GA

- Ensured that customers were served in an effective timely.
- Helped with the planning of new menus and plate design.
- Maintained high food quality, presentation and monitored food expenditure.
- Trained and oversaw kitchen workforce on recipe procedures, preparation and cleaning duties.
- Took inventory, placed orders, picked up and sign for delivery and made prep lists.

12/12-12/13 Cook Kyma Restaurant Atlanta, GA

- Prepared salads, spreads, and designated plate set ups for cold appetizer choices.
- Fried, baked, grilled and sautéed shellfish, fish, and all other hot appetizers.
- Kept daily count, sells and weight of each fish in stock after cleaning.
- Grilled filet mignon, whole fish, pork ribs, lamb chops to customer desired temperature.

11/11-03/12 Cook II Walt Disney World (Externship) Orlando, FL

- Grilled, fried, braised and sautéed a la carte menu items.
- Expedited and prepared desserts, salads and sandwiches.
- Maintained high standards of food safety and sanitation.
- Effectively communicated with team members to be time efficient.

07/10-11/11 Cook/Prep Cook Levy Restaurant Atlanta, GA

- Prepared all menu items according to company standards and procedures.
- Baked, roasted, and steamed meat, fish and fowl.
- Assembled ingredients, mixed and prepared large volume, high quality food.

Education

Le Cordon Bleu College of Culinary Arts
 Associates of Occupational Science
 Graduated: February 2012
 3.7 GPA

Atlanta, GA

Certification: ServSafe Certified

Multiple Choice (1 point each)

17/20

- 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 blanch 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
- 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

Prep Cooks Test

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

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

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

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

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

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

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

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

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

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

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

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

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

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)

Prep Cooks Test

19) SALT & PEPPER are the basic seasoning ingredients for all savory recipes.

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

Chop