

Jessica McPhail
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Objective

To gain more experience in the culinary arts, while making fabulous healthy food for people to enjoy.

SKILLS

Knife skills

Assist in Prep up to 350 meals a day

Prep of stocks, sauces, roux, and dressings

Grilling, sautéing and deep-frying

Baking

International cuisine

Vegetarian and low sodium/fat

Food safety and sanitation

Menu and meal planning

Plating

EDUCATION

CHEFS Culinary Program

San Francisco CA July 2017 to Dec 2017

Seattle Central

Spokane Falls community college

185 credits Marketing and Psych

3.8gpa

Volunteer cook at St Helens Cannabis Church and Farmers Market

Washington State

I Helped plan and cook up to 50 meals every weekend that were herbal infused for the sick and terminally ill.