
Core Competencies:

- In-depth knowledge of food preparation procedures, portion control and presentation standards.
- Ability to communicate effectively and prioritize needs in a fast paced environment.
- Proficient in Microsoft Word, Excel, Stratton Warren.
- Creative menu development with ability to control and manage food & labor cost.
- Team Leadership/Training, Inventory Control, Productivity improvement.
- Vendor relations, P&L Experience and Cost Control.

Professional Experience

Burger Lounge, Temecula, CA– Sept 2017-Feb 2018

Kitchen Manager

- Order supplies, food and ingredients based on rapidly shifting demand.
- Hire and train kitchen staff in specific stations, and cross-train as necessary.
- Create schedules for kitchen staff to ensure there are always enough workers to meet the demand, particularly for the lunch rush.
- Maintain inventory levels and conduct full weekly inventory.
- Schedule and oversee necessary maintenance and repairs on kitchen appliances.

Oak Mountain Winery, Temecula, CA– Jan 2017-Aug 2017

Executive Chef

- Created and implemented new menu items for the restaurant.
- Developed catering menus that increased revenue.
- Ensure kitchen sanitation according to health and safety guidelines.
- Maintain inventory, order supplies, and ensure kitchen operation is smooth.
- Schedule, coordinate, and appoint activities to kitchen staff.

Bellagio Hotel & Casino, Las Vegas, NV– Aug 2014- Jan 2017

Sous Chef

- Correctly prepare all food to be served following standard recipes and special diet orders.
- Work with seasonal ingredients farm to table restaurant.
- Work with seafood; opening oysters, arranging seafood platters, etc.
- Plan food production to coordinate with meal serving hours to ensure excellence in quality, temperature, preparation and appearance
- Monitor quality and presentation of all dishes prior to service

Mandarin Oriental, Las Vegas, NV– Jan 2015-Sept 2016

Junior Sous Chef

- Monitor and maintain cleanliness, sanitation and organization of assigned work areas.
- Transport supplies from the storeroom and stock in designated areas.
- Start prep work on items needed for the particular menu of the day.
- Prepare all menu items following recipes.
- Properly label and date all products to ensure safekeeping and sanitation.
- Continue prep work after the meal period for the next meal service.
- Perform all other job related duties as requested.

Wynn, Las Vegas, NV– Jan 2014-Jan 2015

Chef de Partie

- Work with the Head Chef and the kitchen team to maintain high standards in the quality of food preparation and presentation.
- Work in all areas of the kitchen depending on the daily needs of Head Chef.
- Ensure kitchen is left clean and tidy at all times.
- To ensure that all completed jobs are fully checked off before it leaves the unit.

Pechanga Resort & Casino, Temecula, CA– Feb 2008–Dec 2013

Sous Chef, Restaurant Operations

- Maintain excellent food quality and presentation.
- Complete daily production reports.
- Ensure safety and sanitation.
- Supervise, schedule and train line cooks.
- Food cost, labor cost and controllable expenses.
- Complete daily and weekly inventory to ensure proper ordering.
- Assist in planning, preparing and serving daily food specials.
- Check all walk in coolers and freezers daily to insure proper rotation, storage and usage of all food items.
- Work in different kitchen outlets; steakhouse, Italian, seafood, and American.
- Primary focus on menu planning, quality and cost control, and total operational management.

Yard House Restaurant, Temecula, CA- Oct 2007-Nov 2008

Assistant Kitchen Manager

- Prepare American fusion cuisine items for all stations.
- Provide excellent food quality meeting standards of award-winning menu.
- Restock kitchen supplies and food items required for service.
- Properly label and date products to ensure safekeeping and sanitation.
- Oversee, train, and supervise kitchen staff.
- Enforce company policies, including safe working practices.

Applebee's Restaurant, Temecula, CA- Dec 2002-Dec 2007

Kitchen Manager

- Ensure that kitchen operations maintain the highest standards of food quality.
- Ensure that cleanliness, safety and sanitation standards were met.
- Responsible for budget, management and inventory control.
- Assist in any area of kitchen as needed.
- Supervise and train all back of the house employees.
- Responsible for closing/opening restaurant.
- Supervise cleaning and maintenance of equipment.
- Maintain kitchen, dish, and storage areas organized and clean.
- Conduct line checks twice per day to ensure food safe temperatures and ingredient quality.

McCormick & Schmick's, Beverly Hills, CA- Dec 2000– Dec 2002

Cicada Restaurant, Los Angeles, CA- Feb 2000– Dec 2000

Line Cook

Grill Cooks Test

Score / 40

Multiple Choice Test (1 point each)

- C 1) How much time should you take to wash your hands with soap?
a) 1 minute
b) 20 seconds
c) Time does not matter, water temperature does
d) 5 minutes
- C 2) The recommended temperature for your refrigerator is...
a) 45°F
b) 50°F
c) 40°F
d) 20°F
- d 3) Food handlers must always wash their hands
a) Before starting work
b) Switching between handling raw and ready-to-eat food
c) After going to the restrooms
d) All of the above
- C 4) The most important reason for having food handlers wear hair restraints is to
a) Prevent food from getting into food handlers' hair
b) Prevent food handlers from contaminating their hands by touching their hair
c) Keep the food handlers' hair in place
d) None of the above
- C 5) Which of these conditions requires immediate corrective action?
a) Packaged food items are stored at least 6 inches above the floor
b) Ice is being used to cool beef stew in a shallow pan
c) Raw meats are stored on a shelf above ready-to-eat egg salad in the walk-in cooler
d) Raw fish is stored above raw chicken in the walk-in freezer
- C 6) Bacteria grow best in the temperature "danger zone" which includes temperatures between?
a) 0°F and 100°F
b) 32°F and 220°F
c) 41°F and 135°F
d) 39°F and 178°F
- d 7) After cutting raw chicken, what should be done before the cutting board is used for slicing onions for salad?
a) Clean the cutting board with a wet wiping cloth
b) Turn the board over and use the other side
c) Rinse the board with running water
d) Wash, rinse, and sanitize the board prior to slicing the onions
- d 8) Which of the following is NOT an approved method to thaw potentially hazardous foods?
a) In a microwave oven
b) During the cooking process
c) Under cool running water
d) On a clean counter, at room temperature
- d 9) Wiping cloths stored submerged in a bucket of sanitizing solution are for:
a) Wiping spills only
b) Washing hands if the hand sinks are too far away
c) Sanitizing the blade of utensils such as knives
d) Maintaining moisture on the wiping cloth

Grill Cooks Test

10) Food-handling gloves must be changed frequently and also:

- a) After handling garbage
- b) After every break
- c) After picking things up off the floor
- d) Between handling raw and cooked foods
- e) All of the above

11) A Julienne is:

- a) to cut food into 1 inch X 1 inch cubes
- b) A cooking method using high heat
- c) To cut food into 1/8 X 1/8 slices
- d) A rough cutting method producing oblong shapes

12) A gallon is equal to _____ ounces

- a) 56
- b) 145
- c) 32
- d) 128

13) How many cups are in a quart?

- a) 2
- b) 4
- c) 6
- d) 8

14) A Chiffonade is:

- a) To slice an herb or leafy vegetable into thin ribbons
- b) To de bone a fish
- c) Another name for parchment paper
- d) To cook food in liquid, or at just below the boiling point

15) Potentially hazardous hot foods must be maintained at an internal temperature of _____ or higher to be safe

- a) 145° F
- b) 135° F
- c) 160° F
- d) 180° F

16) Which of the following explains the process of poaching?

- a) Poke poultry on the thickest part in order to make sure it's tender
- b) To cook food in an oven that has reached 350° F
- c) Cook gently in water that is hot but not boiling (160°-180°)
- d) Submerge protein in boiling liquid to speed cooking time

17) If a recipe calls for 16oz of mirepoix, how many ounces of onion, celery, and carrots do you need?

- a) 8 oz of celery, 4 oz of onion, 4 oz of carrot
- b) 4 oz of celery, 8 oz of carrot, 4 oz of onion
- c) 4 oz of celery, 8 oz of onion, 4 oz of carrot
- d) 2 oz of celery, 10 oz of carrot, 2 oz of onion

18) Which of the following best describes braising?

- a) To cook quickly in a pan on top of the stove until food is browned
- b) Process through which natural sugars in food become browned and flavorful while cooking
- c) Cooking method by which food is browned in fat, then cooked, tightly covered, in liquid at low heat
- d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

Grill Cooks Test

- b 19) Which of the following best describes the process of Caramelization?
- a) To cook quickly in a pan on top of the stove until food is browned
 - b) Process through which natural sugars in food become browned and flavorful while cooking
 - c) Cooking method by which food is browned in fat, then cooked, tightly coved, in liquid at low heat
 - d) To plunge food into boiling water briefly, then into cold water to stop the cooking process

- C 20) What temperature should chicken be cooked to?
- a) 145°F
 - b) 155°F
 - c) 165°F
 - d) 175°F

- b 21) What temperature should ALL ground meat be cooked to?
- a) 145°F
 - b) 155°F
 - c) 165°F
 - d) 175°F

- 2 22) What temperature should fish be cooked to?
- a) 145°F
 - b) 155°F
 - c) 165°F
 - d) 175°F

- 23) What is a roux and what is it used for? (2 points)

flour and butter cook together
and it can be use on soups, sauces, gravy

- 24) What is the process of making clarified butter, and why is clarified butter used? (3 points)

low heat and separate the water from the butter
it can be use for dipping sauce also to make hollandaise

- 25) What are the 5 mother sauces? (5 points) 2nd for cooking.

1. Béchamel
2. Hollandaise
3. Tomato
4. Velouté
5. Espagnole

- 26) What does it mean to season a grill and why is this process important? (3 points)

if the grill is new is important to cook something on it before that actually service

- 27) What are the ingredients in Hollandaise sauce? (5 points)

egg yolk
lemon
clarified butter
salt
Cayenne

so the food don't get other flavors the first time cooking something shouldn't be eaten.