

**Valerie A. Rhodes**

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## Professional Profile

Enthusiastic Prep Chef who excels in quick and efficient preparation of food items for grill, sauté, oven and other cooking stations. Outstanding knowledge of food products kitchen equipment safe food-handling procedures and organization of supplies. Exceptional knife skills and ability to set up the kitchen and cook stations for a high-volume restaurant.

- Food knowledge
- Knife skills
- Ability to understand and follow instructions
- Follow recipes to create dressings and sauces
- Knowledge of kitchen equipment operation
- Food safety proficiency
- Problem-solving ability
- Superb kitchen organization set-up skills

## Professional Experience

Bayview Multipurpose Senior Services , San Francisco, CA

**Senior Food service Worker**

July 2015 to July 2017

Achievements:

*Assisted chefs with preparing meals for an excess of 1,000 people.*

Responsibilities:

- Prepared the meal as per the menu.
- Prepared sauces, rotated food, baked, roasted and fried meats to deliver orders on time.
- Kept record of food deliveries, food used, and food cost.
- Proficient with kitchen equipment, such as meat slicer, mixer, food processor, and deep fryer.
- Initiated meal preparation by chopping vegetables and preparing garnish for the chef.
- Maintained kitchen including trash disposal and washing of dishes.
- Prepared tables and delivered dishes when instructed.
- Performed other duties as needed including keeping entryways clear of debris.

Phoenix Cafe, San Francisco, CA

**Food Service Trainee**

May 2015 to July 2015

Achievements:

Completed the training program and received **ServSafe** Certificate.

Responsibilities:

- Ensured the cleanliness of dining area and food items before serving.
- Maintained the serving standards for guests and followed regulations while performing duties.
- Operated cash register and POS.
- Prepared checks that itemized and totaled meal costs and sales tax.
- Performed prep work such as washing, peeling, cutting and seeding fruits and vegetables.
- Cleaned all work areas, equipment, and utensils.

## Education

Galileo High School, San Francisco, CA

**General Education Diploma**