

# Berkley McDowald

## **Culinarian & Massage Therapist**

Dallas, TX

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(407)723-6151

To be an astute learner and the best performer, So that I can build an innovative career in your esteemed organization by using my skills and other significant talents.

Willing to relocate to: Dallas, TX - Dallas-Fort Worth, TX

Authorized to work in the US for any employer

## Work Experience

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### **Massage Therapist**

Kirkman Chiropractic - Orlando, FL

June 2018 to Present

### **LMT**

Integrative Physical Medicine - Orlando, FL

January 2017 to March 2018

### **Massage Therapist Intern**

Steiner Education Group - Maitland, FL

April 2016 to November 2016

### **Cook II**

Loews Hotel- Cabana Bay Resort - Orlando, FL

July 2015 to July 2016

### **Cook Director**

Dr. Phillips Hospital

September 2014 to June 2015

Determined how food should be presented, and created decorative food displays.

- Determined production schedules and staff requirements necessary to ensure timely delivery of services.
- Inspected supplies, equipment, and work areas to ensure conformance to established standards.
- Analyzed recipes to assign prices to menu items, based on food, labor, and overhead costs.
- Prepared and cook foods of all types, either on a regular basis or for special guests or functions.
- Collaborated with other personnel to plan and develop recipes and menus, taking into account such factors as seasonal availability of ingredients and the likely number of customers.

- Checked the quality of raw and cooked food products to ensure that standards are met.
- Checked the quantity and quality of received products.

## **Cook II**

Peabody Hotel - Orlando, FL

June 2013 to September 2013

Prepared and presented all menu items in an advanced capacity on assigned station.

- Prepared a set par according to distinct levels of business.
- Knowledgeable regarding approved and safe food-handling techniques.
- Complied with Orange County Health Department regulations on assigned station at all times.
- Cooked and served all items required by menu, following designated recipes and procedures.
- Broke down and thoroughly cleansed station at the end of a meal and the end of a shift.
- Avoided waste through the proper preparation and storage of food.
- Checked with supervisors as to special projects or instructions.
- Maintained a positive work atmosphere by acting and communicating in a manner that enables getting along with guests, vendors, co-workers, and management.
- Performed additional duties as requested by the Chef and/or Sous Chef

## **Banquet Cook/Chef**

Hilton - Orlando, FL

October 2010 to June 2012

Coordinated all food orders between stations and food servers.

- \* Assisted in directing and correcting the presentation and portioning of food for all banquet functions.
- \* Adhered to policies and procedures regarding sanitation and sanitary food handling.
- \* Maintained the work area, including all counter tops, utensils, equipment, and refrigeration in a clean and sanitary condition.
- \* Thorough knowledge of menus and the preparation required, according to hotel standards.
- \* Maintained cleanliness and organization of all storage areas
- \* Prepared and displayed buffet food items according to the hotel standards.
- \* Proficient in the following in charbroiling, poaching, deep-frying, sauté, braising, roasting and par-cooking.
- \* Recognized quality standards in fresh vegetables, fish, dairy, and meat products.
- \* Knowledgeable of herbs and spices and proper use of each.
- \* Prepared food for Banquets following specifications on Banquet Event Orders.
- \* Overseen food for the Employee Cafeteria as specified by the Chef or Executive Sous Chef.
- \* Prepare all foods following hotel standard recipes.
- \* Broke down buffets and plated meals, storing food and equipment properly at the end of each meal period.
- \* Knowledgeable on the location and operation of all fire extinguishing equipment.

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## **Cook II**

Ritz Carlton - Orlando, FL

March 2009 to July 2011

## Education

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### **Certification in Culinary Arts**

Escoffier - Austin - Orlando, FL

August 2018 to September 2019

### **Massage therapist**

Florida college of natural health - Maitland, FL

April 2016 to November 2016

### **Diploma**

West Orange HS - Orlando, FL

2004 to 2007

## Skills

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Culinary arts, Culinary management, Catering, Banquets, Fine Dining, Swedish massage, Sports massage, Lymphatic Drainage, Hydrotherapy, Trigger point therapy, microsoft office

## Certifications/Licenses

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### **Massage Therapist**

January 2017 to August 2017

License Number MA84724

### **Bartending**

November 2017 to Present

## Additional Information

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### QUALIFICATIONS

- Work well under pressure as part of a team
- Well-groomed appearance
- Polite, respectful, and courteous manners
- Responsible, efficient, and flexible
- Ability to work in a fast-paced, intense environment smoothly
- Ability to elicit confidence and build rapport
- Quick learner, eager to further my knowledge and skills
- Meticulous worker; attentive to quality and detail
- Marketing skills with digital and social media

### COMPUTER SKILLS

- Microsoft office 2010
- Windows XP, Vista, 7

- Typing Speed 40 WPM

REFERENCES ARE AVAILABLE UPON REQUEST