

**NATHANIEL CARTER**  
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### **Objective**

Seeking a professional, well-established environment where I can contribute my cooking skills creatively and grow professionally.

### **Overview of Skills**

Professional Chef with over 20 years of cooking experience in hotels and restaurants; Seven years of Sous Chef experience; 10 years devoted to preparation of therapeutic diets in an assisted living facility; highly skilled at preparing a diverse range of foods, with a strong emphasis on Italian and California Cuisine; very knowledgeable at vegetarian and creative meatless dishes; highly organized team player; accustomed to organizing and supervising staff.

### **Employment History**

#### **Eskaton independent living 2015 to 2019**

- Work as a production cook breakfast lunch and prep for dinner

#### **Fire Rock Grill Restaurant**

##### **Line cook - March 2010 to December 2015**

- Responsibilities work all station grill saute pantry and also some prep cooking prepping soup cutting meat like filet salmon New York strip.

#### **Clarion Hotel Formally Red Lions**

##### **Banquet Chef – September 2011 – Present**

- Responsibilities include catering events and parties; food prep includes: vegetables trays, fruit trays and butchering seafood and meats such as NY Strip and Filet Mignon.

#### **Paragary's Restaurant, Sacramento, CA**

##### **Line/Grill Cook – March 2007 to September 2011**

- Prepped and grilled vegetables; grilled fish, steaks and fresh artichokes in prep for Italian Cuisine.

#### **Whole Foods, Sacramento, CA**

##### **Hot Case Production Cook – July 2006 to Feb 2007**

- Cooking and prepping for the hot case and cold case.

#### **Thunder Valley Casino, Lincoln, CA**

##### **Line Cook – May 2004 to July 2006**

- Prepped all three phases of menu (breakfast, lunch and dinner). As Production Prep Cook, prepped fruit, soups, meats and baked goods for weekend buffet.

**The Palms Assisted of Living, Roseville, CA**  
**Production Cook – August 2002 to April 2004**

- Responsibilities included preparing State-regulated therapeutic diets for residents.

**Sunrise Assisted Living, Sacramento, CA**  
**Production/Sous Chef – June 2001 to June 2002**

- Began as Production Cook; promoted to Lead Cook. As Lead Cook, responsibilities included: ordering food, menu planning and organizing kitchen.

**Education**

<b>Le Cordon Bleu Culinary Arts</b>	<b>Sacramento, CA</b>	<b>Jan 2012 - Present</b>
<b>Bryan College</b>	<b>Gold River, CA</b>	<b>Oct 2008 - Present</b>
<ul style="list-style-type: none"><li>• In progress to get degree in Exercise Science</li></ul>		
<b>Contra Costa Community College</b>	<b>Richmond, CA</b>	<b>Sept 1998 - June 1999</b>
<ul style="list-style-type: none"><li>• Associates degree in liberal arts</li><li>• Certificate in Culinary Arts</li></ul>		
<b>Laney College</b>	<b>Oakland, CA</b>	<b>Jan 1997 - Feb 1998</b>
<ul style="list-style-type: none"><li>• Studied business and creative studies</li></ul>		

**Hobbies**

- **Martial Arts**
- **Personal Training**
- **Running**
- **Gourmet Vegetarian Cooking**