

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

Le Cordon Bleu Culinary Arts	Sacramento, CA	Jan 2012 - Present
Bryan College	Gold River, CA	Oct 2008 - Present
• In progress to get degree in Exercise Science		
Contra Costa Community College	Richmond, CA	Sept 1998 - June 1999
• Associates degree in liberal arts		
• Certificate in Culinary Arts		
Laney College	Oakland, CA	Jan 1997 - Feb 1998
• Studied business and creative studies		

Hobbies

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