

 KB

# Kenneth Barnes

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## PROFESSIONAL SUMMARY

### SKILLS

- Kitchen equipment use
- Organizational strengths
- Chemical use
- Efficient nature
- Multitasking abilities
- Restocking skills
- Equipment troubleshooting
- Food preparation and safety
- Cleaning and sanitizing
- Stocking and replenishing
- Interactive communication skills
- Performance improvement
- Dishwasher operation
- Communication skills
- Training personnel
- Prioritizing
- Forecasting and planning
- Food preparation
- Management
- Slicing meats and cheeses
- Working in coolers and freezers
- Guest relations
- Kitchen staff coordination
- Food and beverage pairings
- Presentation skills
- Equipment maintenance

### WORK HISTORY

#### DISHWASHER/ LINE COOK

Denny's | Yemassee, SC

- Maintained proper temperatures, behaviors and controls to meet or exceed health department standards.
- Kept kitchen areas neat and clean by removing trash and organizing supplies.
- Boosted team efficiency by keeping kitchen areas organized, clean and properly sanitized.
- Maintained clean and contaminant-free cooking equipment and receptacles through [Technique] and [Techn.]
- Scraped, washed and efficiently restacked dishware, utensils and glassware to keep kitchen ready for customer demands.
- Helped team meet expected demands by restocking work areas throughout restaurant such as server stations, salad bars and supply cupboards.
- Assisted with kitchen prep work to help operations run smoothly and meet customer needs.

#### FRONT LINE COOK

Cracker Barrel | Hardeeville, SC

- Prepared items like bacon ahead of time to promote efficiency in dish garnishing.
- Wore protective attire and shoes alerted customers of hot food and beverages to maintain safety.

- Trained and assisted new kitchen staff members.
- Cleaned counters, food preparation areas and equipment with sanitizing spray to prevent cross-contamination from raw meat and other items.
- Received food orders from cashiers and cooked items quickly to complete entire order together and serve hot.
- Sent order information to kitchen using computer system and giving verbal instructions about customers' special requests and needs to other staff.
- Prepared identical dishes numerous times daily with consistent care, attention to detail and quality.
- Prepared average of 80 menu items per shift.
- Oversaw inventory and restocked ingredients following First-In First Out (FIFO) method to minimize spoilage.
- Prepared cooking supplies, ingredients and workstations when opening and closing kitchen.
- Coordinated with Cashiers to gather and review order information for accurate order completion.
- Reduced customer waiting by batch cooking popular items during rush times.
- Identified inefficiencies leading to improved productivity.

## COOK

### **Sodexho Catering | Beaufort, SC**

- Developed menus, pricing and special food offerings to increase revenue and customer satisfaction.
- Instructed new staff in proper food preparation, storage, use of kitchen equipment, sanitation and safety.
- Prepared identical dishes numerous times daily with consistent care, attention to detail and quality.
- Changed and sanitized all cutting boards, benches and surfaces between tasks to avoid cross-contamination.
- Adjusted established recipes to remove allergens or alter tastes for customer desires.
- Planned promotional menu additions based on seasonal pricing and product availability.
- Verified proper portion sizes and consistently attained high food quality standards.
- Ordered and received products and supplies to stock kitchen areas.
- Maintained well-stocked stations with supplies and spices for maximum productivity.
- Prepared cooking supplies, ingredients and workstations when opening and closing kitchen.
- Received food orders from cashiers and cooked items quickly to complete entire order together and serve hot.
- Sanitized kitchen surfaces and equipment by cleaning grills, griddles, ovens and fryers

## FRONT LINE COOK

### Cracker Barrel | Hardeeville, SC

- Sanitized kitchen surfaces and equipment by cleaning grills, griddles, ovens and fryers
- Sent order information to kitchen using computer system and giving verbal instructions about customers' special requests and needs to other staff.
- Oversaw scheduling, inventory management and supply ordering to maintain fully stocked kitchen.
- Distributed food to wait staff quickly to provide excellent customer satisfaction.
- Collaborated with manager immediately when serious equipment failures occurred to resolve quickly and avoid slow-downs.
- Completed training to learn additional techniques for making new and seasonal items.
- Oversaw inventory and restocked ingredients following First-In First Out (FIFO) method to minimize spoilage.
- Packaged, arranged and labeled ingredient stock, storing at established temperatures.
- Restocked inventory and ingredient items to maintain optimal kitchen efficiency.
- Cleaned counters, food preparation areas and equipment with sanitizing spray to prevent cross-contamination from raw meat and other items.
- Communicated with management on food inventory stock to request order placement.
- Prepared cooking supplies, ingredients and workstations when opening and closing kitchen.
- Trained and assisted new kitchen staff members.
- Maintained spotless and tidy dining area by throwing away food wrappers on tables, emptying trash receptacles and cleaning floors during slow periods.
- Wrapped up and stored unused food in appropriate containers and placed in refrigerator to avoid spoilage.
- Prepared identical dishes numerous times daily with consistent care, attention to detail and quality.
- Contributed to consistent customer satisfaction rating by producing high-quality food and providing timely service.

## IRRIGATION INSTALLATION

### Greenery Inc. | Hilton Head Island, SC

- Coordinated all companies, business executives and site leadership teams by interacting effectively and establishing communication best practices.
- Streamlined and monitored quality programs to alleviate overdue compliance activities.
- Applied performance data to evaluate and improve operations, target to current business conditions and forecast needs.

- Utilized exemplary negotiation skills to obtain manufacturing service agreements and assure quality standards.
- Negotiated manufacturing service agreements and quality standards.
- Identified and communicated customer needs to supply chain capacity and quality teams.
- Excelled in every store position and regularly backed up front-line staff to keep expertise fresh and relevant.
- Oversaw supply chain and supported tech transfer projects, batch release testing, change management and resolution of customer complaints.
- Increased operational efficiency by developing improved filing systems for confidential client records and reports.
- Performed forecasting to identify necessary changes for supply chain business.
- Maintained store equipment, including computers, printers and fax machines.

## LANDSCAPER

### Oceanwoods | Hilton Head Island, SC

- Enhanced visibility and improved shapes of trees and bushes with proper pruning.
- Removed overgrowth, hazards and debris from common pathways to improve usability.
- Diagnosed problems with equipment and performed regular maintenance to keep equipment functional and durable.
- Reviewed plans and designs to ensure all grounds work was performed to specifications.
- Maintained routine landscaping schedules to boost lawn health and keep facilities professional.
- Maintained grounds including trimming, weeding and general clean-up.
- Installed stonework according to design plan and client specifications.
- Cared for lawns by mulching, aerating, weeding, grubbing and trimming and edging around walks, walls and flower beds.
- Designed programs for landscape maintenance, pest management, composting and other related topics.
- Trimmed greenery, shrubs and hedges to maintain uniform appearance.
- Followed planned landscaping designs to determine where to lay sod, sow grass and where to plant flowers and foliage.
- Applied weed- and pest-killing chemicals to lawns to protect growth and improve attractiveness.
- Installed sprinkler systems to provide grass and greenery with adequate water supply.
- Educated employees and members of public on plant biology and health.
- Carried out preventative maintenance by checking sprinkle spray angles and testing performance of digital controllers.
- Provided upkeep on all work sites, including hedge and shrub trimming.

EDUCATION



GED

Wade Hampton High School, Hampton, SC

Multiple Choice (1 point each)

**D**

1) A gallon is equal to \_\_\_\_\_ ounces

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

       2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

**O**

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

**B**

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

**C**

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

**C**

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

**A**

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

**B**

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

C 9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter
- d. In the microwave

A 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

B 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D 12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice. Mince
- d. Mince, dice, chop

C 13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

A 15) Which spoon is used to remove fat from soups and stews?

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

B 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

**B**

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

**B**

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

**Fill-in the Blank** (1 point each)

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) Mince: to cut into very small pieces when uniformity of size and shape is not important.

*Chop*