



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

Sodexo 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, wedding, 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
- X D 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
- X C 5) How do you blanch 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
- X B 8) Food should be left out no more than
a. 2 hours
b. 3 hours
c. 4 hours
d. 5 hours

Prep Cooks Test

✓ 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

Prep Cooks Test

- ✓ 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 chop: to cut into very small pieces when uniformity of size and shape is not important.