

# **CAROLYN Y. YOUNG**

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## **Objective:**

To obtain a position as a Prep Cook or other culinary opportunity in order to grow and build on over 14 years of culinary experience as a Cook, Prep Cook, and Caterer.

## **Skills & Qualifications:**

- Cooking, Preparation, and Catering for Special Events.
- Trained on various kitchen machinery: Immersion and standing blenders, Large Mixers, Robot Coupe, Steam Jacket Kettles, Tilt Skillets, Convection Ovens, Pizza Ovens, Flattops, Grills, Three-Compartment Sinks and Dishwashers, Meat/Deli Slicers, Spice Grinders.
- Certified ServSafe California Food Handler.
- Self-Starter with strong initiative and an excellent Team Player.
- Exceptional attention to detail and a results-oriented work approach.
- Knowledge of several different cuisines, including flavor balancing.
- Strong time management skills, able to complete tasks on time and under pressure.
- Standing and working for a long period of time.
- Reliable and dependable.
- Good communication skills with a proven track record of strong Customer Service.

## **Employment History:**

**Cook: Ovation's Fanfare LP, Oakland CA**

**01/2014 – 03/2015**

**Cook: Aramark Sports & Entertainment, Oakland CA**

**06/2003 – 12/2013**

- Prepped, cooked and catered breakfast, lunch, and dinner for the Oakland A's and Raiders players and the Media Staff.
- Provided excellent customer service to all patrons
- Cleaned and sanitized food preparation areas, cooking surfaces, and utensils
- Worked on several different orders simultaneously

**Cook and Supervisor: Levy's Restaurant, Oakland CA**

**07/2000 – 5/2003**

- Catered for the Oakland A's, Raiders, and Golden State Warriors, and Media teams.
- Supervised a team of 8 people to prepare all meals, including training on kitchen skills.
- Prioritized and delegated tasks in kitchen, managing resources. Utilized techniques to insure speed and quality of menu.
- Assisted with menu planning and maintained a high level of quality and profitability in all food offerings.
- Provided input into capturing and capitalizing on food service trends with Kitchen Manager.
- Coordinated with other teams for overall operational success.
- Maintained a clean and safe work area adhering to food safety and health standards.

**In-Home Caregiver: Oakland, CA In Home Support Services**

**04/2015- present**

- General patient care including cooking, cleaning, administering medication, coordinating Doctor's appointments, and any other tasks associated with mental health patient care.

## **Education & Awards:**

- High School Diploma: Hayward High School, Hayward CA
- Levy's Legend Award: Levy's Restaurant, Oakland CA
- Employment Readiness Workshop Certificate, Oakland Private Industry Council
- Certificate of Completion with Honors , FoodShift Culinary Training Program