

Nicholas Ables

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PROFESSIONAL SUMMARY

Dependable and driven with independent approach to handling high-volume customer loads. Well-versed in assisting wait staff with drinks and food orders. Excellent relationship-builder and multitasker always ready to support team needs.

SKILLS

- Business operations knowledge
- Team leadership expertise
- Strategic planning skill
- Client account management
- Recipes and menu planning
- Food preparation
- Schedule management
- Commanding leadership style
- Conflict resolution
- Food spoilage prevention
- Order delivery practices
- Food preparation and safety

WORK HISTORY

FIELD MARKETING AGENT | 07/2019 to Current

Sales Partnerships Inc. - Broomfield, CO

- Created scheduling reports in Vendee, flowfinity and other various system to efficiently and effectively move product and adhere to shipping commitments
- Developed team communications and information for conference calls
- Interacted face to face with accounts, helping to build lasting rapport and boosting revenue opportunities
- Offered data-driven recommendations aligned with overall company strategies and prioritized process improvement initiatives
- Managed route planning and travel schedule

ASSISTANT GENERAL MANAGER | 06/2016 to 07/2019

Sellands Market And Cafe - El Dorado, CA

- Cultivated performance-based culture based on individual accountability, goal attainment and team achievement
- Managed budget implementations, employee reviews, training, schedules and contract negotiations
- Mentored and motivated team members to efficiently achieve challenging business goals

- Controlled spending on overhead and equipment by devising and executing cost-management procedures
- Maintained secure cash drawers, promptly resolving discrepancies for accuracy
- Oversaw inventory by ordering precise quantities of stock and executing corrective actions to drive profitability
- Resolved problems promptly and effectively to elevate customer approval
- Performed pricing and estimates based on customer needs and requirements

Sous Chef | 06/2016 to 07/2019

Sellands Market And Cafe - El Dorado, CA

- Plated every dish with attractive flair to meet strict restaurant standards and maintain stellar business reputation
- Developed full, tasting, and special events menus to meet all establishment needs and maintain strong customer levels
- Planned and directed high-volume food preparation in fast-paced environment
- Collaborated with vendors to source desired recipe ingredients while maintaining tight cost controls
- Cultivated positive relationships with vendors to source best ingredients at best prices
- Established and updated staff schedules and assignments to optimize coverage of peak times
- Prevented cross-contamination from utensils, surfaces and pans when cooking and plating meals for food allergy sufferers
- Maintained well-organized mise en place to keep work efficient and consistent
- Mentored more than 16 kitchen staff at all levels to prepare each for demanding roles
- Acted as head chef when required to maintain continuity of service and quality

Chef de Partie | 09/2014 to 06/2016

Park Winters - Winters, CA

- Mentored more than 3 kitchen staff at all levels to prepare each for demanding roles
- Maintained well-organized mise en place to keep work efficient and consistent
- Collaborated with vendors to source desired recipe ingredients while maintaining tight cost controls
- Aligned seasonal plans with ingredient availability and key area events for optimal promotions
- Planted and maintained local farm, focusing on farm to fork style dining for a 7 course tasting menu
- Specialized in large wedding and catering events serving 500 +

Line Cook | 06/2012 to 07/2014

Il Fornaio America Corp. - Roseville, CA

- Prepared items like bacon ahead of time to promote efficiency in dish garnishing
- Checked each food item for freshness and provided feedback to kitchen supervisor for removal

- Prepared identical dishes numerous times daily with consistent care, attention to detail and quality
- Prepared food items to meet recipes, portioning, cooking and waste control guidelines
- Upheld optimal staff and customer protections by monitoring food handling, cleaning and sanitation protocols
- Maintained well-stocked stations with supplies and spices for maximum productivity
- Cleaned counters, food preparation areas and equipment with sanitizing spray to reduce risk of cross-contamination
- Instructed new staff in proper food preparation, storage, use of kitchen equipment, sanitation and safety

EDUCATION

Le Cordon Bleu College of Culinary Arts - Sacramento, CA | Some College (No Degree)
Culinary Arts

CERTIFICATIONS

- SafeServ certification: Food Handling
- OSHA certification: HACCP Certification
- OSHA certification: Food Handling