

Crystal Thompson

Bronx, NY 10459

sugarcass6_9s3@indeedemail.com

917-736-2376

Willing to relocate: Anywhere

Work Experience

Cook

U.S. OPEN (SEASONAL)-Queens, NY

June 2014 to September 2024

PM Chef

JOHN STREET ASSEMBLAGE HOTEL-New York, NY

February 2018 to March 2020

- A La Carte Menu
- Buffet Spreads
- Baking (Gluten free and vegan goods)
- Ayurvedic Cuisine
- making soups
- sauces /dressings

Cook

LEVY RESTAURANTS-Queens, NY

August 2014 to June 2019

- Collaborated with the Executive Chef and other Cooks to prepare meals during dining hours
- Prepared food and stock, and make sure everyone is trained on proper food preparation and kitchen safety techniques
- Maintained accurate food inventories and make adjustments to food items to accommodate guests with allergies or specific diet concerns

05/16 - 02/18

Line/Prep Cook

- Performed first aid or CPR if needed
- Visited multiple sites and monitor food procedures and systems
- Washing and the chopping of vegetables, as well as meats
- Displayed excellent familiarity of basic cooking duties such as reducing sauces and parboiling
- Assisted in preparing a constant supply of different salads and condiments that were served with various goods. Which were offered within the school and temple
- Monitored/maintained a clean and orderly kitchen by washing dishes, sanitizing surfaces, and taking out waste

Cook/shucker

LEVY RESTAURANTS-Queens, NY

August 2014 to June 2019

- setting up concession stand

- displays
- main shuckers
- front and backhouse team player

Cook

- Collaborated with the Executive Chef and other Cooks to prepare meals during dining hours
- Prepared food and stock, and make sure everyone is trained on proper food preparation and kitchen safety techniques
- Maintained accurate food inventories and make adjustments to food items to accommodate guests with allergies or specific diet concerns

Prep Cook

POKESIGNATURE

March 2018 to May 2018

- Knife skills
- Prepping out all items on the menu
- Prepping Sauces
- Making sushi rice/ brown rice
- Breaking down fishes

Line/Prep Cook

FLIK AGENCY-New York, NY

May 2016 to February 2018

- Performed first aid or CPR if needed
- Visited multiple sites and monitor food procedures and systems
- Washing and the chopping of vegetables, as well as meats
- Displayed excellent familiarity of basic cooking duties such as reducing sauces and parboiling
- Assisted in preparing a constant supply of different salads and condiments that were served with various goods. Which were offered within the school and temple
- Monitored/maintained a clean and orderly kitchen by washing dishes, sanitizing surfaces, and taking out waste

Cook

RODEPH SHOLOM SCHOOL-Flik-New York, NY

February 2016 to February 2018

- Catering events
- lunch server
- *PreK-8th graders
- *Dealing with allergies
- *From gluten free kids
- organizing teacher staff/ break room
- *Coffee goods
- *milk
- *cereals
- Stocking
- making dressings
- Soups

Line/Prep Cook

SHIFTGIG AGENCY-New York, NY

February 2014 to May 2016

- Performed food services serving customers 1000 or more
- Assisted in both FOH as Garde manager and BOH Line Cook/Prep Cook
- Kept supplies stocked and organized as needed
- Set-up, designed and created arrangements for catered events and private parties
- Served in private events and well-known corporate companies such as SUNY,

Aramark (CBS), Goldman Sachs, Belmont Racetrack, Conrad Hotel and Jacob Javits Center of NY NBH STAFFING-New York, NY

June 2013 to June 2015

Front And Back Of House

- Was responsible for the day to day operations and management of the restaurant
- Was responsible for training and managing other line cooks to improve overall performance and service quality
- Was responsible for cleaning tables, removing dishes, taking food to tables and assisting servers and bartenders

Aramark (CBS), Goldman Sachs, Belmont Racetrack, Conrad Hotel and Jacob Javits Center of NY NBH STAFFING-New York, NY

June 2013 to June 2015

Front And Back Of House

- Was responsible for the day to day operations and management of the restaurant
- Was responsible for training and managing other line cooks to improve overall performance and service quality
- Was responsible for cleaning tables, removing dishes, taking food to tables and assisting servers and bartenders

Education

CULINARY CERTIFICATE

STAR ACADEMY CULINARY PROGRAM - New York, NY

January 2013 to December 2014

Skills

- Type 40-55 WPM Outlook
- Word
- Excel
- & PowerPoint Knowledge of health/safety codes and regulations Hands on experience in handling commercial food service equipment including deep fryers
- ovens
- cooktops and slicers Ability to follow recipes
- instructions
- guidelines
- Banquet Experience
- Catering

Certifications and Licenses

First Aid Certification

Food Handler Certification