

Katherine O'Neill

Assistant Chef



ADDRESS	1515 Pacific Ave, Los Angeles, CA 90291, United States	PHONE	(541) 754-3010
EMAIL	email@email.com	PLACE OF BIRTH	San Antonio
NATIONALITY	American	DRIVING LICENSE	Full
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Profile

Experienced Assistant Chef with many years of experience in creating culinary masterpieces a high-paced setting. Superb knowledge of numerous culinary techniques, applications, food products and kitchen equipment. Exceptionally skilled in managing all of the daily operations of the kitchen and ensuring the prompt and quality execution of all menu. Currently in pursuit of the Chef Cordon Bleu qualification.

Employment History

Jan 2018 – Sep 2020

JACKSON

Assistant Chef

Mazaars Indian Emporium

Executed menu items including complicated sauces, hors d'oeuvres and fine pastries for more than 280 special events and banquets in the last year

- Responsible for administration such as scheduling shifts, payroll, procurement and accounting.
- Responsible for all HR functions including recruiting, hiring, performance management and grievance procedures
- Assist the Executive Chef in managing kitchen operations, workflow and restaurant activities
- Monitor training and development of new kitchen staff
- Create new recipes for sauces, meat and poultry dishes
- Oversee the execution of dishes and inspect all items before they get served

Jan 2015 – Dec 2017

MIAMI

Assistant Chef

McMillans Boutique Eatery

Trained over 50 servers and coached more than 100 kitchen staff on restaurant procedures, guest service menu familiarity and culinary techniques

- Extensive involvement in digitizing of restaurant operations
- Responsible for overseeing sanitation and disinfection of kitchen and restaurant area
- Negotiate with local suppliers for better deals on food stuff's such as fruit, vegetables, meat and eggs
- Assist the Executive Chef by monitoring food and labor costs, diminish wastage and maintaining a green restaurant operation in terms of rep
- Assist Kitchen Staff with correct weighing and measuring of ingredients and executing the proper culinary techniques

- Use a rotation system from new kitchen staff so that everyone can get exposure to the different stations in a kitchen setting
- Implement and maintain policies and procedures regarding health, sanitation, safety and customer service protocols
- Also, assist with front of house management ensuring that serving workflow and clearing and cleaning of tables are conducted in the most unobtrusive manner
- Do daily reporting of stock levels to the restaurant owner and inspect delivery schedules for produce every week to ensure just in time availability
- Responsible for collaboration with Head Office to ensure menu items are reflective of the season and also various holidays or events happening in the region
- Coordinate kitchen operations for large buffet events where multiple courses are served
- Conduct a monthly pricing update to make sure that menu items remain profitable should supplier prices increase

Education

Sep 2020 – Sep 2020

ONLINE

American Food and Beverage Association
ServSafe Certified

Jan 2020 – Mar 2020

ONLINE

Red Cross Academy
First Aid/CPR Diploma

Jan 2015 – Apr 2017

SPRINGFIELD

Ohio Northern University
Bachelor's Degree in Culinary Arts

Jan 2013 – Apr 2014

PARKLAND

Wilson School for Culinary Arts
Associate's Degree in Culinary Arts

Skills

Food Safety & Sanitation	● ● ● ● ●	Cordon Bleu Sampling & Tasting	● ● ● ● ●
Food Service Management	● ● ● ● ●	Menu Design	● ● ● ● ●
Inventory Rotation	● ● ● ● ●	International Cooking Trends	● ● ● ● ●
Ingredient Metrics & Weighting Techniques	● ● ● ● ●	Recipe Creation and Execution	● ● ● ● ●

Courses

Sep 2020 – Sep 2020

Certificate Course in Adventure Cooking
American Culinary Federation

Jan 2019 – Sep 2020

Certified Chef de Cuisine
Accredited by NCCA, Online

Jan 2017 – Aug 2017

Certified Personal Chef

United States Personal Chef Association, Online

Languages

French



English



Hobbies

Singing, Trail Running, Arts & Crafts