



Mariana Owen

Assistant Garde Manger Chef

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STRENGTHS

- 🔪 **Creativity**
Demonstrated unique plating approaches, turning ordinary dishes into visually stunning presentations, gaining compliments from guests.
- 👥 **Collaboration**
Team effort during busy shifts enhanced service efficiency; peers actively sought input for challenging dishes.
- 🔄 **Adaptability**
Thrived in fast-paced environments by adjusting quickly to changing demands; multi-tasking became second nature.
- 👁️ **Attention to Detail**
An unwavering focus on details ensured precise execution of complex recipes, directly contributing to positive guest feedback.
- 📦 **Inventory Management**
Effectively managed stock levels and minimized waste during events, resulting in cost savings without sacrificing quality.

SKILLS

Cold Food Preparation

Menu Development

Food Safety Standards

Team Collaboration

Inventory Management

Artistic Presentation Pâté Making

Charcuterie Techniques

Salad Design Buffet Setup

Event Coordination Quality Control

Health Compliance

SUMMARY

Dedicated culinary professional with over five years of experience specializing in cold food preparation and presentation. Proven ability to create visually appealing dishes that enhance dining experiences in fine dining and country club settings. Strong organizational skills support effective multitasking in fast-paced environments. Committed to maintaining food safety standards while collaborating with chefs to develop seasonal menus. Experience mentoring junior staff fosters a collaborative kitchen atmosphere. Eager to contribute creativity towards culinary excellence and elevate overall guest satisfaction within your esteemed organization.

EXPERIENCE

Assistant Garde Manger Chef

Culinary Arts Club 📅 January 2024 - Present 📍 Boca Raton, FL

Oversees preparation and presentation of various cold dishes, including charcuterie and salads, enhancing guest dining experiences. Collaborates closely with the Executive Chef for menu design that showcases culinary flair and quality. Strictly follows health regulations while ensuring cleanliness at the garde manger station.

- Spearheaded preparation of diverse cold food items, elevating dining quality at events.
- Collaborated on seasonal menus with chefs, supporting creative cuisine projects.
- Maintained a clean gated area through adherence to health and safety routines.
- Managed inventory effectively for cold food adjustments during high-demand periods.
- Mentored new staff, fostering skill growth in cold food preparation methods.
- Helped design buffet displays for special occasions, showcasing culinary artistry.

Garde Manger Cook

Gourmet Dining Establishment 📅 June 2020 - December 2023 📍 Jacksonville, FL

Focused on preparing an extensive selection of cold appetizers, engaging deeply in developing quality menu items. Successfully collaborated with the culinary team for new concepts driving customer satisfaction.

- Crafted cold appetizers and salads prioritizing flavor profiles, earning positive reviews.
- Worked with culinary partners for new menu creation, raising customer satisfaction significantly.
- Ensured health code compliance in preparation areas, securing top culinary inspection scores.
- Assisted with service coordination during large events for seamless traffic flow.
- Developed informative training aids for incoming staff focusing on cold preparation techniques.
- Engaged in regular meetings to address operational enhancements and menu changes.

Line Cook

Fine Dining Bistro 📅 March 2018 - May 2020 📍 Tampa, FL

Prepared cold dishes for a bustling restaurant environment, emphasizing artistic presentation and timely service. Worked collaboratively to uphold service speed in high-patronage situations.

- Executed cold dish preparations focusing on both aesthetic and quality benchmarks.
- Partnered with kitchen staff to ensure efficient food delivery under pressure.
- Managed ingredient inventories and supplies to maintain consistent kitchen operations.
- Continually explored culinary trends for incorporation into daily practices.
- Upheld cleanliness in prep areas, maintaining top tier kitchen hygiene standards.

LEADERSHIP & AWARDS

- Culinary Excellence Award, Culinary Institute of America, 2025
- First Place, State Culinary Competition, 2024

Hygiene Practices

Decorative Techniques

Gourmet Presentation

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Assistant Garde Manger
Chef at Culinary Arts Club (2.6
Years)

● Garde Manger Cook at
Gourmet Dining Establishment
(3.5 Years)

● Line Cook at Fine Dining
Bistro (2.2 Years)

EDUCATION

Culinary Arts Diploma

Culinary Institute of America 🎓 GPA: 3.8 📅 2025 📍 Hyde Park, NY

Coursework: Food Safety, Menu Planning, Culinary Techniques, Nutrition Essentials

CERTIFICATIONS

- ServSafe Food Protection Manager Certification 📅 2025
- Certified Professional Food Manager 📅 2025

TECHNICAL SKILLS

- **Culinary Technique Tools:** Knives, Blender, Mandoline
- **Presentation Software:** Canva, Adobe Photoshop, CorelDRAW
- **Sanitation Standards:** OSHA Regulations, FDA Guidelines, Health Codes
- **Kitchen Equipment:** Mixers, Slicers, Refrigerators
- **Food Storage Systems:** FIFO, Vacuum Sealing, Sous Vide
- **Time Management Methods:** Batch Processing, Effective Prioritization, Daily Prep Lists
- **Training Materials:** Manuals, Videos, Hands-on Workshops
- **Cooking Techniques:** Blanching, Poaching, Curing
- **Ingredient Sourcing:** Local Farms, Specialty Suppliers, Imported Goods
- **Workflow Optimization Tools:** Checklists, Workflow Diagrams, Kanban Boards

PROFESSIONAL AFFILIATIONS

- Member, Florida Culinary Association
- Volunteer Chef, Local Food Bank Events

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST