



Mabel Campos

Commis Chef

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SUMMARY

Dedicated culinary professional with extensive experience in food preparation and guest service within the hospitality industry. Proven ability to maintain high standards of food quality and safety while collaborating effectively with team members. Strong knowledge of culinary techniques drives commitment to enhancing guest satisfaction through exceptional service and teamwork. Demonstrated effective contributions in fast-paced kitchen environments, leading to overall operational success and quality control improvement. Eager to bring passion for culinary excellence and collaborative spirit to contribute positively to Gourmet Eats.

STRENGTHS

- ★ **Hospitality Excellence**
Consistently recognized by peers for outstanding guest interactions, establishing a welcoming restaurant atmosphere.
- ♥️ **Culinary Skill Mastery**
Inspired confidence in kitchen roles, often trusted to handle intricate menus and time-sensitive meal preparations.
- 👥 **Team Collaboration**
Fostered a supportive kitchen culture, where colleagues frequently sought advice on diverse culinary tasks.
- 🕒 **Efficiency Optimization**
Streamlined kitchen preparedness processes, enabling faster turnaround times without compromising quality.
- 🛡️ **Safety Commitment**
Acknowledged for dedication to food safety compliance, resulting in improved kitchen inspections and guest trust.

SKILLS

Culinary Techniques
Food Safety and Hygiene
Customer Service
Team Collaboration
Inventory Management
Menu Development

EXPERIENCE

Commis Chef

Gourmet Kitchen 📅 June 2025 - Present 📍 Fort Wayne, IN

Guide daily kitchen operations as a Commis Chef, focusing on food prep and guest interaction while promoting excellent dining experiences.

- Deliver courteous and professional service to guests, ensuring a high-quality dining experience.
- Prepare and cook a variety of dishes, focusing on quality and presentation to enhance guest satisfaction.
- Collaborate with culinary staff to implement new menu items and seasonal offerings that resonate with guests.
- Maintain cleanliness and organization of the kitchen, aligning with health and safety regulations rigorously.
- Assist in inventory management and proper food storage, ensuring compliance with hygiene standards.
- Engage in ongoing training to elevate culinary skills and deepen understanding of food safety practices.

Culinary Intern

Culinary Arts Institute 📅 January 2025 - May 2025 📍 Bloomington, IN

Completed internship with hands-on experience supporting food preparation, safety protocols, and guest service at a renowned arts institute.

- Assisted in food preparation and cooking under experienced chefs, gaining practical insight into culinary techniques.
- Maintained a clean and organized kitchen environment, adhering strictly to health and safety protocols.
- Interacted with guests during service, providing information about menu items and soliciting feedback regularly.
- Contributed to team discussions on menu development and kitchen operations, fostering collaboration and innovation.
- Supported catering service events setup, ensuring all food items were presented impeccably and professionally.
- Conducted inventory checks and assisted with ordering supplies, keeping stock levels optimal.

Line Cook

Café Gourmet 📅 June 2024 - December 2024 📍 Muncie, IN

Oversaw ingredient preparation while assisting the head chef in crafting mouth-watering dishes within a vibrant café setting.

- Prepared ingredients and assisted in cooking a wide range of menu items, maintaining strict quality and consistency standards.
- Worked cohesively with a team of chefs to deliver outstanding food service, particularly during peak dining hours.
- Monitored food safety practices meticulously, implementing proper storage and handling techniques throughout shifts.

LANGUAGES

English	Native
Spanish	Proficient

MY CAREER



- Commis Chef at Gourmet Kitchen (1.2 Years)
- Culinary Intern at Culinary Arts Institute (4 Months)
- Line Cook at Café Gourmet (6 Months)

- Engaged directly with customers, addressing satisfaction inquiries and resolving concerns promptly and courteously.
- Played a crucial role in training new kitchen staff, sharing best practices and essential culinary techniques to build competence.
- Contributed significantly to maintaining an organized kitchen space, ensuring efficient workflows and positive morale.

LEADERSHIP & AWARDS

- Dean's List, Culinary Arts Institute, 2024
- Cooking Competition Winner, Local Culinary Challenge, 2025

EDUCATION

Culinary Arts Diploma

Culinary Arts Institute 🎓 GPA: 3.8 📅 2025 📍 Remote

Coursework: Culinary Techniques, Food Safety, Customer Service, Menu Development

CERTIFICATIONS

- Food Handler Certification 📅 2025
- Culinary Techniques Certificate 📅 2025

TECHNICAL SKILLS

- **Culinary Tools:** Knives, Cookware, Utensils
- **Food Preparation Techniques:** Baking, Sautéing, Grilling
- **Food Safety Standards:** HACCP, Sanitation, Compliance
- **Customer Engagement:** Feedback Loops, Relationship Building, Active Listening
- **Menu Design:** Seasonal Ingredients, Flavor Profiles, Dietary Needs
- **Inventory Systems:** FIFO, Stock Checking, Ordering Supplies
- **Cleaning Protocols:** Sanitizing Checklists, Equipment Care, Daily Maintenance
- **Kitchen Operations:** Communication, Workflow Optimization, Task Delegation
- **Training Methods:** Peer Mentoring, Training Programs, On-the-Job Learning
- **Presentation Skills:** Buffet Setup, Plating Techniques, Visual Appeal

PROFESSIONAL AFFILIATIONS

- Member, Culinary Club, Culinary Arts Institute
- Volunteer, Community Food Bank, 2025

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST