



# Arianna Myers

## Fine Dining Sous Chef

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### SUMMARY

Arianna Myers is a seasoned culinary professional with over six years of experience in fine dining kitchens, dedicated to creating exceptional dining experiences. A proven leader who thrives on mentoring and guiding teams towards culinary excellence. Expertise encompasses menu design and execution, maintaining high food safety standards, and fostering effective communication within kitchen staff. Passionate about embracing local ingredients while innovating classic dishes to delight guests. Eager to contribute creativity and leadership at Turning Stone Culinary Group in Syracuse.

### STRENGTHS

- 👥 **Creative Team Leadership**  
Transformed team dynamics through impactful mentorship, enabling staff growth and innovation.
- 🍴 **Exceptional Culinary Skills**  
Leveraged diverse cooking techniques to develop captivating seasonal menus that delighted guests.
- 💬 **Effective Communication**  
Cultivated smooth cooperation between kitchen and dining staff, boosting overall service efficiency.
- 🛡️ **Strong Food Safety Practices**  
Instilled rigorous food safety measures, enhancing kitchen hygiene and ensuring compliance estándares.
- 💡 **Passion for Innovation**  
Continuously integrated fresh, local ingredients, tenaciously driving culinary creativity and success.

### SKILLS

- Culinary Techniques
- Menu Development
- Food Safety Standards
- Kitchen Management
- Staff Training Guest Service
- Ingredient Selection
- Recipe Adjustment
- Time Management Collaboration

### EXPERIENCE

#### Sous Chef

Culinary Arts Solutions 📅 June 2021 - Present 📍 Buffalo, NY

Leading the kitchen at this distinguished fine dining establishment, ensuring outstanding food quality and service. Responsible for training culinary staff and upholding operational efficiency through effective collaboration. Actively involved in seasonal menu development that highlights local produce, elevating guest experiences through innovative culinary presentations.

- Oversaw daily operations, guaranteeing quality and consistency in each dish served.
- Trained junior kitchen staff, cultivating a culture where culinary passion flourishes.
- Executed seasonal menus using fresh, local ingredients, enhancing overall guest satisfaction.
- Implemented stringent food safety protocols, leading to a significant reduction in waste.
- Partnered with front-of-house teams to streamline service operations for improved guest feedback.
- Managed stock levels and coordinated supply orders to optimize kitchen productivity.

#### Line Cook

Gourmet Bistro 📅 March 2019 - May 2021 📍 Syracuse, NY

Provided support to the executive chef by executing various cooking techniques to meet the high standards of this upscale bistro. Developed essential culinary skills while working collaboratively to improve service speed and menu execution through continuous innovation.

- Supported the daily kitchen operations, creating high-quality meals consistently under pressure.
- Participated in developing new menu items, showcasing abilities in gourmet preparation.
- Maintained food safety protocols, achieving high marks during regular health inspections.
- Worked with culinary team members to refine food prep processes for enhanced efficiency.
- Engaged in ongoing training initiatives to broaden culinary capabilities.
- Earned commendations from management for creativity and aesthetic presentation of dishes.

#### Prep Cook

Bright Horizons Café 📅 January 2018 - February 2019 📍 Syracuse, NY

Assisted kitchen staff in ingredient preparation while learning how to craft special daily offerings. Developed critical understanding of kitchen dynamics and food safety standards crucial for a successful culinary career.

- Helped maintain cleanliness in the kitchen to ensure compliance with strict sanitation standards.
- Contributed ideas for menu specials based on insights into seasonal ingredients.
- Developed knowledge of essential food safety procedures, furthering kitchen organization.
- Participated actively in team interactions during peak hours, enhancing customer experiences.
- Assisted chefs in fast-paced environments, building skills inline with high standards expected.
- Fostered strong relationships with colleagues, contributing to a positive work atmosphere.

### LEADERSHIP & AWARDS

- Dean's List, Culinary Institute of America, 2016-2017
- First Place, Regional Culinary Competition, 2017

Cost Control   Presentation Skills

Inventory Management

Conflict Resolution   Event Catering

## LANGUAGES

English   Native

Spanish   Intermediate

## MY CAREER



- Sous Chef at Culinary Arts Solutions (5.2 Years)
- Line Cook at Gourmet Bistro (2.2 Years)
- Prep Cook at Bright Horizons Café (1.1 Years)

## EDUCATION

### Culinary Arts Diploma

Culinary Institute of America 🎓 GPA: 3.8 📅 2017 📍 Hyde Park, NY

**Coursework:** Knife Skills, Menu Planning, Food Safety Standards, Culinary Techniques

## CERTIFICATIONS

- ServSafe Food Protection Manager Certification 📅 2026
- Certified Culinarian (CC) 📅 2025

## TECHNICAL SKILLS

- **Culinary Techniques:** Knife Skills, Plating Techniques, Saucing
- **Kitchen Management Systems:** Kitchen Display Systems, Point of Sale Software, Inventory Software
- **Food Safety Standards:** HACCP, ServSafe Training, Local Health Regulations
- **Service Coordination Tools:** Reservation Systems, Table Management Apps, Workflow Platforms
- **Menu Development Tools:** Recipe Software, Ingredient Databases, Seasonal Guides
- **Team Collaboration Tools:** Chat Applications, Video Conferencing Tools, Project Management Tools
- **Equipment Operation:** Knives, Mixers, Ovens
- **Inventory Control Methods:** FIFO, Stock Rotation, Supply Management
- **Training Techniques:** On-the-job Coaching, Skill Assessment, Knowledge Sharing
- **Pricing Strategies:** Market Analysis, Cost Estimation, Price Setting

## PROFESSIONAL AFFILIATIONS

- Member, Culinary Arts Student Association, 2016-2017
- Volunteer, Community Food Bank, 2016-2018

## ADDITIONAL INFORMATION

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

## REFERENCES

AVAILABLE ON REQUEST