

# Violet Wolf

## Garde Manger Cook III

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📍 Tucson, AZ 85701

### STRENGTHS

- 🔪 **Culinary Techniques**  
Consistently created visually appealing plated presentations, earning fellowship recognition.
- 🛡️ **Food Safety Knowledge**  
Promoted a culture of hygiene that enabled successful health inspections.
- ✍️ **Menu Development**  
Initiated collaborations with chefs that resulted in seasonal menu updates, delighting patrons.
- 🔄 **Adaptability**  
Thrived under pressure in busy kitchens, adapting quickly to dynamic demands.
- 👥 **Team Collaboration**  
Encouraged open communication in kitchens, becoming a trusted resource for peers.

### SKILLS

Culinary techniques

Food safety and sanitation

Menu development

Inventory management

Team collaboration

Time management

### LANGUAGES

English Native

Spanish Proficient

### SUMMARY

Dedicated culinary professional with over 2 years in fast-paced kitchen environments, showcasing expertise in food preparation and quality control. Proven ability to deliver exceptional culinary experiences while ensuring operational excellence. Enthusiastic about maintaining cleanliness in food areas, adhering to health regulations, and utilizing fresh ingredients for innovative dishes. Committed to continuous growth and development within the culinary arts. Passionate about creating memorable dining experiences and fostering teamwork among kitchen staff. Aiming to contribute skills and knowledge to bring new energy and creativity to a talented culinary team at Pinnacle Culinary Group.

### EXPERIENCE

#### Garde Manger Cook

Culinary Arts Academy 📅 January 2025 – Present 📍 Tucson, AZ

Managed cold food preparation and presentation including salads, maintaining high-quality standards. Collaborated closely with chefs to innovate seasonal menus using local and fresh ingredients. Actively monitored inventory levels, playing an essential role in cost management and product quality. Excelled in maintaining compliance with health regulations across all preparation areas.

- Led initiatives for cold food preparation, enhancing seasonal menu offerings.
- Streamlined inventory controls, resulting in improved resource allocation.
- Conducted rigorous inspections on food freshness, achieving consistent quality.
- Collaborated effectively with kitchen teams during high-volume service days.
- Implemented best practices for safety and sanitation, leading to fewer incidents.
- Mentored new kitchen staff on techniques and compliance protocols.

#### Line Cook

Culinary Innovations 📅 June 2024 – December 2024 📍 Phoenix, AZ

Supported preparation of high-quality dishes within a fast-paced environment, refining culinary techniques daily. Assisted in the creation of daily specials, enhancing menu variety and appeal. Maintained exemplary storage and labeling practices, crucial for food safety adherence.

- Contributed actively in discussions that shaped daily menu changes.
- Ensured proper procedures for food storage were consistently met.
- Achieved high marks in health regulation compliance through diligence.
- Displayed a strong sense of urgency during peak hours, meeting customer demands.
- Received positive feedback from peers regarding collaboration and support.
- Participated in ongoing training sessions focused on culinary excellence.

### LEADERSHIP & AWARDS

- Dean's List, Culinary Institute of America, 2024
- Best Dish Award, Local Culinary Competition, 2025

### EDUCATION

#### Diploma in Culinary Arts

Culinary Institute of America 🎓 GPA: 3.5 📅 2026 📍 Hyde Park, NY

**Coursework:** Culinary Techniques, Food Safety Practices, Menu Development, Sanitation Standards

### CERTIFICATIONS

- Arizona Food Handler Card 📅 2025
- ServSafe Food Handler Certification 📅 2025

MY CAREER



● Garde Manger Cook at Culinary Arts Academy (1.6 Years)

● Line Cook at Culinary Innovations (6 Months)

TECHNICAL SKILLS

- **Culinary Technologies:** Sous-vide, Convection Ovens, Food Processors
- **Sanitation Standards:** HACCP, ServSafe, OSHA Guidelines
- **Inventory Control Systems:** First In First Out (FIFO), Par Stock System, Inventory Management Software
- **Kitchen Equipment Operation:** Grills, Fryers, Knives
- **Preparation Techniques:** Chopping, Slicing, Cooking Methods
- **Health and Compliance Regulations:** Local Health Codes, USDA Standards, Food Safety Protocols
- **Recipe Standards:** Standardized Recipes, Portion Control, Quality Consistency
- **Flavors and Ingredients:** Herbs, Spices, Seasonal Produce
- **Cost Control Practices:** Budgeting, Supplier Negotiation, Cost Analysis
- **Customer Service:** Guest Relations, Feedback Management, Satisfaction Surveys

PROFESSIONAL AFFILIATIONS

- Member, Culinary Student Association, 2023 – Present
- Volunteer, Community Food Bank, 2024 – Present

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST