

# Mei Harrington

## Garde Manger Cook

📞 (408) 555-1234 ✉️ mei.harrington@example.com

🌐 linkedin.com/in/meiharrington 📍 San Jose, CA 95112

### STRENGTHS

- 🍴 **Culinary Skills**  
Masterful at crafting dishes that resonate flavors, often surprising diners.
- 🗣️ **Guest Engagement**  
Dedicated to connecting with guests, gaining insights that help refine offerings.
- 👥 **Team Orientation**  
Easily collaborates, often becoming the glue that holds operations together.
- 💡 **Problem Solver**  
Quickly resolves kitchen challenges, ensuring smooth service and preparation.
- 📦 **Inventory Management**  
Vigilant about stock levels, reduces waste through well-planned requisitions.

### SKILLS

|                                     |                     |
|-------------------------------------|---------------------|
| <u>Culinary Techniques</u>          |                     |
| <u>Food Safety &amp; Sanitation</u> |                     |
| <u>Menu Planning</u>                |                     |
| <u>Team Collaboration</u>           |                     |
| <u>Customer Service</u>             |                     |
| <u>Inventory Management</u>         |                     |
| <u>Cold Preparation Skills</u>      |                     |
| <u>Presentation Skills</u>          |                     |
| <u>Time Management</u>              | <u>Knife Skills</u> |
| <u>Communication Skills</u>         |                     |
| <u>Service Standards</u>            |                     |
| <u>Fast-Paced Environment</u>       |                     |
| <u>Problem Solving</u>              |                     |
| <u>Health Regulations</u>           |                     |
| <u>Kitchen Operations</u>           |                     |

### SUMMARY

Passionate culinary specialist dedicated to creating exceptional dining experiences through a blend of skillful preparation and teamwork. Extensive background in cold food preparations with a focus on local and seasonal ingredients, driven by a commitment to maintaining exceptional kitchen safety and sanitation standards. Recognized for strong interpersonal abilities and effective contributions within diverse team settings while thriving under pressure. A strong advocate for proactive guest engagement, ensuring that each plate meets high quality expectations. Excited about joining Culinary Innovations Inc. to enhance collaboration and contribute innovative ideas to the menu.

### EXPERIENCE

#### Garde Manger Cook

Culinary Innovations Inc. 📅 June 2025 - Present 📍 San Francisco, CA

As a Garde Manger Cook, responsible for preparing high-quality cold dishes in a fast-paced environment. Actively collaborates with Executive Chef and kitchen colleagues to uphold service excellence while adhering to safety protocols.

- Prepare seasonal salads and cold meals prioritizing fresh local ingredients.
- Collaborate in daily kitchen briefings, sharing innovative ideas for menu improvement.
- Manage proper inventory controls for ingredients to minimize waste.
- Maintain workspace cleanliness following strict sanitation policies.
- Communicate effectively with guests to gather feedback on dish presentations.
- Support fellow team members during peak service hours, fostering a cooperative work atmosphere.

#### Culinary Intern

Culinary Arts Academy 📅 January 2025 - May 2025 📍 San Francisco, CA

Served as an intern focused on developing foundational skills in a commercial kitchen setting. Gained valuable experience in food preparation techniques and safety practices under professional chefs.

- Assisted experienced chefs in preparing diverse dishes with attention to detail.
- Participated in training sessions enhancing skills in knife handling and presentation.
- Supported team during busy periods, contributing to seamless meal services.
- Engaged in discussions around menu planning, informed by current food trends.
- Learned essential safety and sanitation measures to ensure overall kitchen hygiene.
- Participated in team bonding activities geared towards effective collaboration.

### LEADERSHIP & AWARDS

- Dean's List, San Jose State University, Fall 2024
- First Place, Culinary Competition, Culinary Arts Academy, March 2025

### EDUCATION

#### Bachelor's Degree in Culinary Arts

San Jose State University 🎓 GPA: 3.8 📅 2026 📍 San Jose, CA

**Coursework:** Food Safety, Menu Design, Cooking Techniques, Nutrition

### CERTIFICATIONS

- ServSafe Food Handler Certification 📅 Expected 2026
- Certificate in Culinary Arts 📅 2025

LANGUAGES



MY CAREER



- Garde Manger Cook at Culinary Innovations Inc. (1.2 Years)
- Culinary Intern at Culinary Arts Academy (4 Months)

TECHNICAL SKILLS

- Food Preparation Equipment:** Knives, Food Processors, Whirlpools
- Cooking Methods:** Grilling, Roasting, Poaching
- Sanitation Procedures:** Cleaning Protocols, Food Safety Standards, Waste Disposal
- Plating Techniques:** Garnishing, Angling, Color Balancing
- Ingredient Knowledge:** Local Produce, Seasonal Items, Dietary Restrictions
- Service Standards:** Customer Interaction, Quality Control, Efficiency Metrics
- Inventory Tools:** Stock Management Software, Manual Tracking, Cold Storage Protocols
- Collaboration Platforms:** Slack, Microsoft Teams, Culinary Networking Groups
- Training Techniques:** Hands-on Education, Workshops, Peer Mentoring
- Presentation Standards:** Visual Appeal, Consistency, Freshness

PROFESSIONAL AFFILIATIONS

- Member, Culinary Club, San Jose State University
- Volunteer, Local Food Bank, San Jose, CA

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST