

Mei Harrington

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

2026
San Jose, CA

CERTIFICATIONS

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

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

SKILLS

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

PROFESSIONAL AFFILIATIONS

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

LANGUAGES

- English (Native)
- Spanish (Proficient)

ADDITIONAL INFORMATION

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

REFERENCES

AVAILABLE ON REQUEST