



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 June 2025 - Present
Culinary Innovations Inc. *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 January 2025 - May 2025
Culinary Arts Academy *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 2026
San Jose State University GPA: 3.8 *San Jose, CA*
Coursework: Food Safety, Menu Design, Cooking Techniques, Nutrition

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

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