

# 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**

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

**LANGUAGES**

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- English (Native)
- Spanish (Proficient)

**ADDITIONAL INFORMATION**

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

**REFERENCES**

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AVAILABLE ON REQUEST