



Mei Harrington

Garde Manger Cook

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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 📅 2026 📍 San Jose, CA

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

CERTIFICATIONS

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

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

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

LANGUAGES

English Native

Spanish Proficient

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