

# Mei Harrington

## Garde Manger Cook

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### 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          |

### 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

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