

SOUS CHEF

Summary

I am a highly skilled Sous Chef. I started at the Hilton Barbados as a commis 1 and has been promoted to Demi Chef de Partie, Chef de partie and Senior Chef de Partie. I am now at the rank of Sous Chef. I have a passion for the Culinary Arts and believe in team engagement. I am a hard working pro active Sous Chef who is very dependable. I am quality focused, resourceful and I am seeking to use my skills and talent to add to the operation. I am ready and qualified for the next challenge. I keep up to date with Culinary trends to help improve the dining experience for the guests. I have experience working in fast pace kitchens and producing results.

Highlights

- Strong Management Skills
- Focused and disciplined
- Focused on cost control and working within budget
- Supervisor of the year 2010,2011
- Trainer of the year 2012
- Team leader managing 65 chefs and stewards
- Menu Writing and costing
- Skills trainer
- Create opportunities to increase revenue, decrease Kitchen expenses and Maximize productivity with out compromising guest satisfaction
- Past Chairman of the Blue Energy Committee
- Manage monthly budgets especially payroll
- Teaches sushi class
- Mentor and conduct all job skills checklist for new hires
- Capable of high volume production worked banquets up to 1800
- Perfect attendance 2005,2006,2007,2009,2010,2011,2012,2013,2014
- Nominated employee of the month on 2 occasions at Hilton Barbados

Experience

Sous Chef 10/2013 to Current

Company Name

- I am the opening chef and closing chef.
- The hotel consists of 350 rooms and 3 restaurants.
- My goal is to add to the operation and maintain all standards in a sanitary environment.
- I ensure that the breakfast- doing up to 511 covers when in two locations, lunch doing up to 113 in the Ala Carte and 250 with special buffets, beach bar doing up to 385 covers, dinner Buffets - Specialty nights e.g.
- Pasta Night, Seafood Night, Beach Barbeque fine dining restaurant doing up to 80 and any banquets and room service during this time are done according to the Hilton standard when on either the morning or evening shift.
- I do the Expediting on the range and ensure food is sent to the guest according to Hilton Standard.
- I am a skills trainer and train all new team members with a job skills check list.
- I prepare all Temperature logs, fridge temperatures, HR Audit etc.
- for Quality & Assurance audit.
- I conduct all daily briefings and also do refresher training with team members.
- I write the rosters for approximately 65 chefs including casuals where the budget must be kept for the payroll.
- I help facilitate any off property functions and also assist in menu writing.
- I do the costings once the menus are written.
- I have worked and facilitated many banquet events with numbers ranging to 1800 persons.
- I facilitate food Airline orders
- I am responsible for nominating an employee of the month.
- I am well rounded in any area of the Kitchen Department.
- I love to be hands on and assist my team at all times which creates team engagement.

09/2003 to 02/2005

Company Name

- Fairmont Royal Pavilion - General cook - nominated employee of the month - 2003-2005 - Responsible for Breakfast, lunch, dinner A La Carte Service, interacted with guest on the Action stations

12/2002 to 09/2003

Company Name

- Perfect attendance.
- General Cook - responsible for breakfast, lunch, dinner and room service A la Carte. Assisting with Buffets

Education

Certificate : Management Techniques for Senior Chefs 2011 University of Birmingham Barbados

Course was done through the Barbados Hospitality Institute

Certificate : Counseling Skills for Managers 2010 Enlightening Achievement CEO Patricia Healy Barbados

Certificate : Baking and Hot Breads 2010 Culinary Institute of America City , State , United States of America
Certificate : Asian Cuisine 2009 Culinary Institute of America State , United States of America
Certificate : Soups, Stocks and Sauces 2008 Culinary Institute Of America State , United States of America
Certificate : Small Dishes , Big Flavors from the Gardemanger 2007 Culinary Institute of America State , United States of America
Certificate : Sushi 2007 Hilton Barbados Resort Barbados

Beginners ,Intermediate and advanced Sushi - Chef John Amayo - Venezuela

Distinction in Supervisory mangement 2005 Caribbean Training Institute

Diploma -Supervisory Management with a Distinction

Associate of Applied Science : Applied Science- Culinary Arts 2002 Barbados Hospitality Institute Barbados

Associate Degree of Applied Science- Culinary Arts

High School Diploma 2000 Barbados Hospitality Institute - Barbados Alexandra Secondary School Barbados

Caribbean examination council - 7 certificates at grades 1 and 2 - All General

Art - Grade 1

Food & Nutrition - Grade 1

Home management- Grade 1

Principles of Business - Grade 2

Office Procedures - Grade 2

English language - Grade 2

English Literature - Grade 2

Personal Information

Marital Status: Married - (Uses Maiden Name)

Date of Birth: 15th September, 1983

Sex: Female

Children: Nil

Additional Information

- Scholarship Winner 2007-Caribbean Hotel & Tourism Association Education Foundation,
- Caribbean Hotel & Tourism Association Education Foundation-2008 Scholarship winner
- 2009-Caribbean Hotel & Tourism Association Education Foundation
- Acting Junior Sous Chef for the months of October - November 2009
- Scholarship winner 2010-Caribbean Hotel & Tourism Association Education Foundation

Skills

- Advanced Sushi skills
- Very Organized
- Creating Team Engagement
- Understanding Client Needs
- Controlling the Bottom Line
- Can multi task well