

# Marcus Thompson

Line Cook

**PHONE:** (555) 234-5678

**ADDRESS:** 1247 Culinary Ave, Chicago, IL 60614

**WEBSITE:** <https://marcusthompson-chef.com>

**EMAIL:** [marcus.thompson@email.com](mailto:marcus.thompson@email.com)

## SKILLS

### Technical Skills

- Cooking Methods: Sauté, grill, roast, braise, deep-fry, poaching, reduction sauces
- Cuisine Expertise: Italian pasta and sauces, American comfort food, basic French techniques
- Equipment Proficiency: Rational combi oven, Hobart mixer, mandoline, immersion circulator, salamander
- Food Safety: ServSafe certified, HACCP principles, temperature monitoring, allergen protocols

### Specialized Skills

- Dietary Accommodations: Gluten-free preparation, vegan alternatives, allergen-free cooking procedures
- Cost Control: Portion standardization, yield calculations, inventory management, waste tracking
- Station Management: Mise en place organization, multi-station coverage, equipment maintenance
- Team Collaboration: Training new staff, clear communication during service, expediting support

## AWARDS & RECOGNITION

### Employee of the Month

The Brass Monkey Restaurant

*March & September 2021*

- Recognized for maintaining zero food waste on garde manger station during peak summer season
- Praised for exceptional teamwork and training three new line cooks while maintaining station efficiency

### Best Team Performance

Chicago Restaurant Week

*2022*

- Part of Bella Vista kitchen team that served 1,200+ covers over 5 days with zero customer complaints
- Contributed to restaurant's highest-grossing Restaurant Week in company history

- Experienced line cook with 4+ years handling high-volume service up to 300 covers nightly across multiple stations
- Proven ability to maintain 3-minute ticket times while executing 15+ menu items during peak dinner service
- ServSafe certified professional with expertise in Italian cuisine, allergen management, and cost control procedures

## WORK EXPERIENCE

### Bella Vista Italian Kitchen

*March 2022 - Present*

Line Cook

- Execute 200+ covers nightly on sauté and pasta stations during peak season, maintaining consistent quality across 12 signature dishes
- Reduced food waste by 18% through precise portioning and FIFO implementation, contributing to 3% improvement in food cost percentage
- Trained 5 new line cooks on sauce preparation and plating standards, with 100% retention rate through probationary period
- Developed seasonal butternut squash risotto that became permanent menu item, increasing autumn appetizer sales by 22%
- Maintained zero health code violations across 8 quarterly inspections while working all five kitchen stations

### The Brass Monkey Restaurant

*June 2020 - February 2022*

Line Cook

- Handled grill and fry stations during 150-cover weekend services, consistently meeting 4-minute ticket times for all proteins
- Implemented standardized sauce recipes, reducing daily prep time by 45 minutes and ensuring consistency across shifts
- Recognized as Employee of the Month twice for maintaining cleanest station and zero customer complaints
- Cross-trained on garde manger and expediting, providing coverage during staffing shortages and special events
- Managed inventory for grill station, reducing protein waste by 12% through improved rotation and storage procedures

### Murphy's Pub & Grill

*August 2019 - May 2020*

Prep Cook/Line Cook

- Advanced from prep cook to line cook within 6 months, demonstrating proficiency in knife skills and station management
- Prepared 50+ pounds of vegetables daily using proper knife techniques, maintaining consistent cuts and minimizing waste
- Assisted on grill station during weekend rushes, learning protein cookery and temperature control for 8 different cuts
- Maintained walk-in cooler organization and FIFO rotation, contributing to 15% reduction in spoilage costs

## EDUCATION

### National Restaurant Association

*2024-2026*

ServSafe Food Protection Manager Certification

### Illinois Department of Public Health

*2023*

Allergen Awareness Certification

### Lincoln Park High School

*2019*

High School Diploma

## CERTIFICATIONS & TRAINING

### ServSafe Food Protection Manager

*Current through 2026*

National Restaurant Association

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**Allergen Awareness Certification**

2023

Illinois Department of Public Health

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**Basic Life Support (BLS) Certification**

Current

American Red Cross

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**Knife Skills Workshop**

2021

Kendall College of Culinary Arts

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**REFERENCES****Chef Isabella Rodriguez**

Executive Chef | Bella Vista Italian Kitchen

Phone: (555) 789-0123 | Email: i.rodriguez@bellavista.com

Relationship: Direct Supervisor (2022-Present)

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**James Mitchell**

Kitchen Manager | The Brass Monkey Restaurant

Phone: (555) 456-7890 | Email: j.mitchell@brassmonkey.com

Relationship: Kitchen Manager and Direct Supervisor (2020-2022)

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**Sarah Chen**

Sous Chef | Riverside Bistro (formerly at Murphy's Pub & Grill)

Phone: (555) 321-6547 | Email: s.chen@riversidebistro.com

Relationship: Supervised training and advancement from prep to line cook (2019-2020)