

KEISHIA TEMPEL

Chef

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LINKS

[linkedin.com/in/keishiatempel](https://www.linkedin.com/in/keishiatempel)

SKILLS

Culinary arts

Food preparation

Knife skills

Menu planning

Nutrition knowledge

Sanitation and food safety
procedures

Time management

LANGUAGES

English

Hindi

HOBBIES

Cooking

Baking

Gardening

EMPLOYMENT HISTORY

Executive Chef at O'Charley's, VA

Mar 2022 - Present

- Trained and managed a team of 15 cooks.
- Created new menu items that increased sales by 20%.
- Cut food costs by 10% through better inventory management.
- Implemented a new scheduling system that saved the restaurant \$500 per week in labor costs.
- Negotiated favorable terms with suppliers that saved the restaurant 5% on its monthly food bill.

Head Chef at The Cheesecake Factory, VA

Aug 2019 - Jan 2022

- Led a team of 20 cooks and oversaw the daily operations of the kitchen.
- Implemented new systems that decreased food waste by 25%.
- Trained 3 sous chefs who went on to open their own successful restaurants.
- Won "Best Chef" at the annual culinary competition.
- Authored a cookbook that sold 100,000 copies.

Sous Chef at Panera Bread, VA

Sep 2015 - Jun 2019

- Successfully managed a kitchen with 5 cooks and 2 dishwashers during a busy lunch rush.
- Coached new staff on proper cooking techniques and knife skills.
- Decreased food waste by 10% through better menu planning and portion control.
- Increased customer satisfaction ratings by 3% due to improved flavor profiles in dishes.
- Created 4 new seasonal menus that were well received by customers.

EDUCATION

Culinary Arts Diploma at J. Sargeant Reynolds Community College, VA

Sep 2010 - May 2015

I've learned how to cook and bake a variety of foods, how to properly handle food and kitchen utensils, and how to follow food safety guidelines.

CERTIFICATES

Certified Executive Chef

Jan 2021

Certified Master Chef

Mar 2019