


Adalene Sweetin

Cook

Over 3 years of cooking experience in a professional kitchen environment. Proven ability to follow recipes and cook times accurately. Experienced in portion control and creating menu items within budget guidelines. Ability to work well under pressure while maintaining a positive attitude with coworkers and customers.

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208 S Jackson St, Seattle, WA 
98104

Education

High School Diploma at Bellevue High School, Bellevue, WA

Sep 2015 - May 2019

I have learned many skills while studying for my High School Diploma, including time management, communication, organization, and critical thinking.

Links

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

Skills

Knife skills



Culinary knowledge



Food safety



Sanitation



Time management



Organizational skills



Creativity



Employment History

Head Cook at Cook's Pest Control, WA

Apr 2022 - Present

- Led a team of 5 cooks and 2 dishwashers.
- Prepared food for up to 200 people daily.
- Created new recipes that were well received by customers.
- Implemented cost-saving measures that reduced food costs by 10%.
- Trained new employees in cooking techniques and safety procedures.
- Maintained a clean and organized kitchen at all times.

Cook II at Cook's Natural Market, WA

Sep 2019 - Mar 2022

- Cooked and served food for up to 100 people at a time.
- Prepared meals according to recipes with speed and accuracy.
- Trained new cooks in the proper techniques for cooking and food preparation.
- Kept kitchen area clean, organized, and stocked with supplies.
- Monitored inventory of ingredients and ordered supplies as needed.
- Created weekly menu plans that were both cost-effective and appealing to customers.

Certificates

Certified Executive Chef

Dec 2020

Certified Sous Chef

Jan 2019

Memberships

American Culinary Federation

World Association of Chefs' Societies