

# Adamae Mackert

Cook

## Profile

I am a highly experienced cook with over three years of experience in professional kitchens. I have a passion for food and take pride in preparing quality dishes that are both delicious and visually appealing. I am able to work well under pressure, thrive in fast-paced environments, and have excellent time management skills. I am also proficient in various cooking methods, including grilling, baking, sautéing, and broiling.

## Employment History

### Head Cook at Cook's Nook, WY

May 2022 - Present

- Led a team of 10 cooks and was responsible for daily operations in the kitchen.
- Trained new staff on recipes, food safety procedures, and knife skills.
- Created weekly specials that increased customer traffic by 15%.
- Implemented a cost-saving measure that decreased food waste by 25%.
- Developed strong relationships with local purveyors which resulted in 5% discounts on all orders.

### Cook II at Cook-It-Up Catering, WY

Sep 2019 - Apr 2022

- Successfully managed a team of 5 cooks during dinner rush hour.
- Increased efficiency by 20% through process improvements.
- Prepared 1000 meals per day on average.
- Reduced food waste by 10%.
- Trained 2 new employees in cooking techniques.

## Education

### High School Diploma at Laramie High School, Laramie, WY

Aug 2015 - May 2019

Some skills I've learned are time management, organization, and how to study effectively.

## Certificates

### Certified Executive Chef

Mar 2021

### Certified Sous Chef

Jun 2019

## Memberships

American Culinary Federation

World Association of Chefs' Societies

## Details

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## Links

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

## Skills

Knife skills



Culinary knowledge



Food safety



Sanitation



Time management



Organizational skills



Creativity

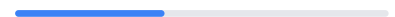


## Languages

English



Italian



## Hobbies

Biking

Running

Yoga