

# Sabria Iwema

Saute Cook

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## Education

### High School Diploma at Newark High School, Newark, DE

Sep 2015 - May 2019

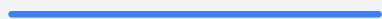
I've learned how to study for and take tests, how to do research, and how to write papers.

## Links

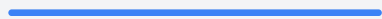
[linkedin.com/in/sabriaiwema](https://www.linkedin.com/in/sabriaiwema)

## Skills

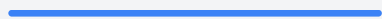
Knife skills



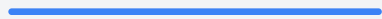
Food safety



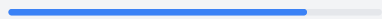
Sanitation



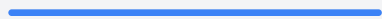
Cooking techniques



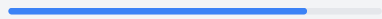
Menu knowledge



Customer service

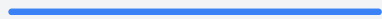


Time management

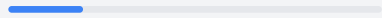


## Languages

English



Japanese



## Profile

I am a saute cook with over three years of experience in the food industry. I have worked in various restaurants and catering companies, and have gained a wealth of knowledge in cooking techniques, ingredient preparation, and menu development. My passion for food has led me to create flavorful dishes that are both aesthetically pleasing and nutritious. I am dedicated to providing excellent customer service, and work well under pressure in fast-paced environments.

## Employment History

### Saute Cook at Outback Steakhouse, DE

Apr 2022 - Present

- Cooked food using a sauté method for customers in a timely manner.
- Maintained cleanliness of work area throughout shift.
- Adhered to all safety and sanitation guidelines when handling food.
- Demonstrated proper knife skills when prepping ingredients.
- Actively communicated with other kitchen staff to ensure orders were completed correctly.
- Kept track of inventory and placed orders for necessary supplies.

### Lead Saute Cook at The Cheesecake Factory, DE

Sep 2019 - Mar 2022

- Led a team of 5 saute cooks and ensured that all dishes were cooked to perfection.
- Trained 2 new saute cooks on proper cooking techniques and methods.
- Implemented a new system for food preparation which decreased prep time by 20%.
- Consistently received positive feedback from customers regarding the taste and quality of my dishes.
- Was promoted to Lead Saute Cook after 6 months with the company.

## Certificates

### Certified Executive Chef (CEC)

May 2021

### Certified Culinary Arts Professional (CCAP)

Feb 2020

## Memberships

American Culinary Federation

National Restaurant Association