

SEAN MURPHY

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PROFESSIONAL OBJECTIVE

EXPAND MY PALATE TO BETTER MY COOKING ABILITIES, AND INCREASE KNOWLEDGE OF FOOD

- Help to create a culture of professionalism and excellence.
- Learn new cooking techniques.
- Learn from each experience made available to me.
- Realize that self-improvement is also improvement for the Kitchen

EDUCATION

Silver Fork Culinary Arts Program

August 2013- October 2013

Silver Fork Culinary Arts Program Chef Apprentice

- Participated in nine week culinary arts training program held at Center on Halsted which provided a blend training of BOH AND FOH food service knowledge
- Acquired hands-on training from Food Network Celebrity Chef Dan Smith
- Enhanced kitchen technique including working with knives ,sauces ,stocks ,baking ,pastries breads and cooking methods
- Provided catering for special events at Center on Halsted, including fundraiser events for major donors

Le Cordon Bleu College of Culinary Arts

Graduation Dated March 2016

Associate Degree of Applied Science

- Knife Skills
- Knowledge of Food Safety and Sanitation
- Knowledge of Measurements

SKILLS

- Follow Safety and Sanitation guidelines
- Make critical decisions concerning time management and productivity
- Follow recipes from start to completion

EMPLOYMENT HISTORY

Food For Thought

Lincolnwood, Illinois

Off Premise Prep-Cook

July/2014 - Present

- Help set up pop up kitchen before service
- Help with preparation of various event items
- Assemble Salad-Entree-Dessert plates for service
- Help break down pop up kitchen after service
- Work together with a large staff in order to accomplish memorable event for our clients

Eataly

Chicago, IL

Prep Cook

November/2013 - Present

- Prepare Italian Cuisine in a production kitchen
- Work with a team in order to complete daily tasks
- Able to identify and use kitchen equipment
- Maintain sanitary and neat conditions in the kitchen
- Assist other departments when needed

CERTIFICATIONS

Illinois Department of Public Health
Food Service Sanitation Manager Certification

Expires *October 2018*