**Juries angel** rasos

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Email · [juriesangelrasos@gmail.com](mailto:juriesangelrasos@gmail.com)

Aspiring chef with two-year experience seeking for a kitchen position that will enhance my knowledge on classical and nouvelle cuisines, knife skills, and managerial skills while offering opportunities for my professional growth.

**SKILLS**

* Knowledge on food preparation and cooking techniques
* Knife skills
* Communication skills
* Can work in high pressure environment

**EXPERIENCE**

### June 30, 2020- September 12, 2020

## Line/Prep cook, Cactus Club CafÉ-Coal Harbour

* Prepares ingredients for Sushi Station, assemble and rolls sushi
* Operates machines for Sushi station
* In-charge on plating salads, desserts, and cold appetizers
* In-charge on the preparation of vegetables, cutting meats and seafoods and prepares Mise en place for service
* Checks, receives, and ensures products and deliveries are properly rotated and FIFO is always observed

### September 12, 2019 – March 13, 2020

## Garde manger – Cin-Cin Ristorante

* Prepares ingredients for the first course menu
* In-charge on the line during service
* Checks and receives products for Garde Manger Station

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| August 23, 2018- May 05, 2019Prep cook, Cactus Club CafÉ-Coal Harbour  * Portioned ingredients, soups, and sauces that are needed in the line * In-charged of cutting and preparing ingredients to be used in the line * Made sauces, flatbreads, bajas, and desserts to be used in different stations |

**EDUCATION**

### July 02, 2018- September 20, 2020

## Culinary Arts Diploma, LaSalle College Vancouver

President’s Honour Roll

### June 2009- March 14, 2014

## Bachelor of Science in Pharmacy, St. Paul University Philippines

University Best Thesis- Silver Medal (Pure Research)

**CERTIFICATES**

## FOODSAFE Level 1

## Valid until September 08, 2023

## Serving it Right

## Valid until March 05, 2024

**ACHIEVEMENTS**

## Professional Cook Level 1