Caspian Wetherford

Sous Chef

Columbus, OH · caspian.wetherford@example.com · (614) 555-0103 · LinkedIn · Instagram (menu and plating work)

SUMMARY

Sous chef with 7 years in full-service kitchens and 3 years as second to the executive chef in a 240-cover restaurant. Runs the pass 3 nights a week, owns ordering with 6 suppliers and has held food cost between 28% and 30% for 2 years. ServSafe Manager certified.

EXPERIENCE

Sous Chef — Thornapple Kitchen & Hearth

Columbus, OH · Apr 2022 – Present

- Run the pass on 3 of 6 service nights for up to 240 covers, keeping average ticket times near 14 minutes.
- Took over weekly ordering from 6 suppliers and brought food cost from 33% to 29% within 8 months.
- Write the weekly schedule for 11 cooks and dishwashers, trimming overtime by about 25 hours a month.
- Built station spec binders for 7 stations, cutting new-cook training from 3 weeks to 10 days.
- Passed 5 health inspections in a row with no critical violations after setting up twice-daily temperature logs.

Junior Sous Chef — Galloway Street Brasserie

Cincinnati, OH · Jun 2019 – Mar 2022

- Led the morning prep crew of 4, finishing a 60-item prep list before 3 p.m. on nearly every shift.
- Developed 9 seasonal specials, 3 of which moved to the permanent menu.
- Managed the walk-in inventory count every Sunday, catching about $300 of expiring stock a month for specials.

SKILLS

Kitchen leadership: Running the pass, lineups, scheduling, training, performance notes

Cost control: Food cost, recipe costing, par levels, ordering, inventory counts

Culinary: Butchery, sauces, menu development, plating standards

Safety: HACCP plans, allergen procedures, temperature logs

Systems: Inventory software, scheduling apps, kitchen display systems

CERTIFICATIONS

ServSafe Manager, 2024

ServSafe Allergens, 2023

EDUCATION

Associate of Applied Science in Culinary Arts, Buckeye Valley Technical College, 2017

Fictional example by FindAJobAI: the person, employers and numbers are invented.