

EILEEN J. CHOU

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EDUCATION

Certificate in Professional Culinary Arts San Francisco Cooking School <i>Culinary Externship: Commonwealth</i>	2014-2015
Bachelor of Science in Business Management, <i>summa cum laude</i> Case Western Reserve University <i>Concentration: Finance</i>	2007-2011
Bachelor of Science in Accounting, <i>summa cum laude</i> Case Western Reserve University	2007-2011

CULINARY EXPERIENCE

Baker <i>Ben's Bread, Seattle</i> <ul style="list-style-type: none">▪ Prepare, mix, shape, and bake a variety of sourdough/pre-fermented bread products, including English muffins, hearth loaves, brioche, and focaccia.▪ Closely manage production schedules of 5+ doughs per day in a high-volume bakery.▪ Maintain efficient flow and organization in a fast-paced environment.▪ Support pastry and back kitchen teams with projects as needed.	2023-Present
Co-Founder & Chef <i>Flour Beast, Seattle</i> <ul style="list-style-type: none">▪ Host a supper club that focuses on culinary creativity and community connection.▪ Develop and execute an ever-changing menu based on the season and local produce available.▪ Oversee food costs and find solutions for cost-efficiency without risk of lowering quality.▪ Manage general bookkeeping and settle all monthly accounting.▪ Daily oversight of marketing and social media efforts to drive business productivity and profitability.▪ Support potential and existing guests via email and social media platforms.	2023-Present
Private Chef <i>Seattle</i> <ul style="list-style-type: none">▪ Develop, execute, and deliver weekly lunches and dinners for individuals and families.▪ Offer a weekly rotation of dishes to prevent food monotony and broaden food tastes.▪ High attention to time management of cooking, delivery of meals, and administrative tasks.▪ Manage all operational logistics, including proper food storage and sanitation, ordering of equipment and supplies, maintaining transportation needs, and invoicing clients.	2023-Present
Culinary Instructor <i>The Pantry, Seattle</i> <ul style="list-style-type: none">▪ Develop and instruct culinary classes based on relevant food crafts and techniques that give students the ability to feel comfortable executing on their own. Topic specialties include handmade pasta, animal butchery, and Taiwanese cooking.<ul style="list-style-type: none">○ Effectively communicate techniques, skills, and history of the food I'm teaching.▪ Create a community-driven environment focused on empathy and patience.▪ Write all class documents, including recipes, syllabi, and informational packets.	2021-2023

- Oversee ordering and food costs to ensure all appropriate ingredients are accounted for and prevent food waste.
- Manage my personal constructive work practices and recommend new procedures to obstacles or problems that would improve the "before, during, and after " experience for staff and guests.

AM Prep Cook

2022

Tomo, Seattle

- Oversaw the daily preparation and ordering of ingredients revolving around a menu focused on seasonality and hyperlocal food.
- Managed the needs of the restaurant's line cooks by providing insight and support to maintain fluidity and organization in daily operations.
- Utilized my extensive experience in pasta-making and butchery for recipe development.
- Proven ability to juggle a variety of tasks ranging from project management to people management under intense conditions.

Baker

2022

Canlis, Seattle

- Dedicated execution of all bread-related production with a large emphasis on sourdough baking.
 - Assisted morning pastry team with projects whenever possible.
- Developed and tested new recipes involving seasonal and local ingredients, including locally milled grains.
- Refined bread-making skills and evolved the restaurant's bread program.
- Proven ability to work independently in a team setting within a fast-paced and constantly changing environment.

Market Manager

2021

River Run Farm, Olympic Peninsula

- Lead operations and financials of Seattle and Olympic Peninsula farmers markets, including University District, Ballard, and West Seattle farmers markets.
- Oversaw complete produce inventory from the harvest of a 100-acre farm to ensure proper distribution to five different farmers markets as well as the farm's wholesale and CSA ("Community-Supported Agriculture") initiatives.
 - Allocated any excess produce to food banks.
- Involved in all farming tasks, including transplanting, weeding, harvesting, washing, packing, and delivery of produce.
- Operated the farm's sales at two of the largest farmers markets in Seattle (University District and Ballard).
 - Directly sold to hundreds of consumers with a gross volume of 2000 pounds of produce.
 - Educated consumers about unfamiliar produce and how to properly store and cook.

Butcher

2018-2019

The Meat Hook, New York

- Honed the skill of breaking down whole animals, including beef, pork, lamb and poultry.
 - Worked at a medium to large scale in a boutique butcher shop (breaking down of 5 sides of beef, 8 pigs, 2 lambs, and 200 chickens per week).
- Execution of 300-pound sausage production and in-house charcuterie products.
- High attention to customer service and educating customers to decipher different cuts of meat in order to be more cost-efficient and consume sustainably.
- Educating the community on the benefits and socio-economic importance of regenerative agriculture and its effect on climate change.
- Main partnership with two local farms and visiting both properties, as well as the slaughterhouse, annually to maintain connection to the animals that are harvested and sold in the butcher shop.

Sous Chef

2017-2018

Blanca, New York

- Part of a 3-member chef team at a 2-Michelin starred restaurant to create and execute an ever-changing 16-course tasting menu focusing on seasonal and local ingredients.
- Mastered handmade pasta skills and continued the evolution of the menu's three fresh pasta courses.
- Tended to and harvested ingredients from our rooftop garden.
- Maintained positive relationships with vendors and local farms by shopping weekly at the farmers market.
- Continued the constant rotation of in-house fermentation, in-house charcuterie, and dry-aged proteins to prevent food waste.
- High attention to detail and time management while working in an intimate and open kitchen environment.

Line Cook

2014-2016

The Progress, San Francisco

- Hired into the opening team of the restaurant and arduously worked through its rise to earning a Michelin star.
- Strong focus and care in preparing dishes to showcase hyperlocal, seasonal, and sustainable ingredients.
- Collaborated with the restaurant's farm to ensure success and utilization of crops to prevent large-scale food waste and overextension of resources.
 - Management of large-scale in-house fermentation and dehydration for overgrowth of produce.
- Maintained positive relationships with local farms by shopping biweekly at the farmers market.
- High attention to detail and organization while working in a fast-paced and open kitchen environment.

OPERATIONAL/FINANCIAL EXPERIENCE

Operations Coordinator

2022-2023

The Pantry, Seattle

- Manage the financials and general bookkeeping of the business.
 - Payment of all invoices and staff reimbursements.
 - Settlement of monthly and annual accounting.
- Maintain and update food costs for the entire organization. Find alternatives for cost-efficiency and quality control.
- Foster positive relationships with customers and provide an open feedback loop to ensure all concerns and needs are met and resolved in a timely manner.
- Oversee daily operations of the business and troubleshoot any issues that may arise around equipment, product ordering, and general maintenance of the kitchens.
 - Provide creative and effective solutions that will ensure proper cost management and low negative impact to instructors and our students.
 - Provide support and assistance to all peers and instructors.

Senior Associate

2012-2014

TM Financial Forensics, San Francisco

- Heavily utilized SQL, Access, and Excel to create and manipulate complex and ambiguous financial datasets.
- Learned coding to analyze litigation disputes regarding ECM software, loan payments, and networking solutions.
- Served as project lead on multiple assignments with responsibility in report writing, designing charts and datasets, evaluating effectiveness, and implementing quality control reviews.
- Oversight and management of 2-4 associates at a time.
- Worked with large corporations, such as Bank of America, Apple, and Oracle.

Investment Banking Intern

2011

Arbor Advisors, Palo Alto

- Enhanced corporate strategy efficiency by systematizing client acquisition process through implementation of internal controls and performance metrics.
- Researched prospective strategic buyers and performed due diligence for ongoing M&A transactions.

- Utilized SEC filings, industry research databases, and Salesforce to perform trend analyses and identify market metrics to present sector-specific reports on M&A and Capital Market trends.

Business Analyst

2011

Cisco Systems, San Jose

- Gathered financial business requirements and analyzed systems infrastructure in order to create design guides and financial systems as part of the financial data integration team.
- Partnered cross-functionally with Cisco engineers along with global accounting departments to define technical requirements for internal reporting controls.
- Tested the validity of financial data and assisted with troubleshooting of systems in order to meet “go live” deadlines.

EDUCATIONAL TRAVEL

Mexico & South America

February 2017-May 2017

- Traveled extensively through Mexico and South America to discover new cuisines and learn more about the culture of these countries.
- A large amount of my time was spent in Oaxaca, considered the culinary mecca of Mexico, exploring its food and art culture.
- Also spent a large majority of my time traveling through Patagonia on both the Chilean and Argentinian sides, trekking through its national parks and reconnecting with our planet. Grounding myself in nature allows me to refocus my energies on the reasons I cook for others and wanting to share the importance of being a sustainable cook and eater.

Southeast Asia & Australia

January 2020-May 2020

- Traveled extensively through Southeast Asia to not only reconnect with Asian cuisine, but also to understand how it inspires the culture of each individual country differently.
- I had set forth plans to live in Australia for a year, but due to the Covid pandemic, I was not able to follow through with these plans. However, the short amount of time I lived there reawakened my passion for cooking as its movement towards farm to table is still at its peak and I was introduced to a world of unfamiliar ingredients.

REFERENCES

Richard Garcia, Pastry Chef

Tomo, Seattle, WA

(575) 741-1250, richard1991garcia@gmail.com

Bassem Banafa, Consultant

Bassem Banafa, LLC, Washington, D.C.

(408) 386-5780, bassem@bassembanafa.com

Connie McGuire, Chef

Connie Caters, San Francisco, CA

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David Meyer, Chef

Private Chef, San Mateo, CA

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