

# TEJASWI SINGH JOOD

Cook

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## PROFILE

Experienced cook with a strong track record in high-volume food preparation, kitchen safety, and efficient service operations. Skilled in time management, ingredient preparation, and team coordination, ensuring seamless workflow and exceptional dish quality. Passionate about creating flavorful, well-presented meals while upholding the highest hygiene and safety standards. Thrives in fast-paced environments that demand precision, efficiency, and teamwork.

## EMPLOYMENT HISTORY

- ❖ **Cook, Nara Sushi** ..... May 2023 - Apr 2024  
Kitchener
- Readied ingredients in advance to reduce loads during rush periods.
  - Followed established recipes to prepare and cook menu items.
  - Checked kitchen equipment for proper operation, notifying management of problems.
  - Trained team members in grilling, frying and sauteing techniques.
  - Cleaned surfaces regularly to prevent spread of illness or cross-contamination between raw and cooked products.
  - Prepared ingredients, garnishes, and side dishes in advance to expedite meal service.
  - Ensured that all restaurant policies, procedures, and safety protocols were consistently followed.
- ❖ **Host, Nara Sushi** ..... Oct 2022 - May 2023  
Kitchener
- Managed reservations, coordinated waitlists, and efficiently directed customers to available tables.
  - Assisted in maintaining the flow of guests during peak hours, minimizing wait times while ensuring comfort and satisfaction.
  - Collaborated with front-of-house and kitchen staff to ensure a smooth dining experience.
  - Provided guests with information about the menu and special offerings, helping to enhance their dining experience.
  - Monitored dining area cleanliness and ensured tables were reset promptly to accommodate new guests.

## EDUCATION

- ❖ **Conestoga College, Waterloo** ..... Computer Programming
- ❖ **Food Safety and Hygiene** ..... Alison Courses (Online Course)

## SKILLS

- ❖ Excellent Communication
- ❖ Strong Problem-Solving Abilities
- ❖ Empathy and Patience
- ❖ Efficient Time Management
- ❖ Technical Proficiency
- ❖ Teamwork & Collaboration