

# SHAWN KIAN ARRINGTON

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## Executive Profile

Innovative executive and marketing professional. Experienced in high-volume, multi-unit, retail and business operations. Desiring a high-level position in a professional corporate environment.

## Skill Highlights

- Small business development
  - Project management
    - Leadership
  - Communication skills
    - Self motivated
- Event management and promotion
  - Organizational skills
  - Inventory control
- Product development
- Business operations organization
  - New product delivery
  - Budgeting expertise
  - Employee relations
  - Operations Start-Up
  - Profit and Loss
  - Purchasing

## Core Accomplishments

- Supported all kitchen operations when chef was absent.
- Maintained daily cleanliness of broilers and fryers.
- Baked, roasted, broiled, and steamed meats, fish, vegetables, and other foods.
- Checked temperatures of freezers, refrigerators, and heating equipment to ensure proper functioning.
- Cleaned and inspected galley equipment, kitchen appliances, and work areas.
- Ensured freshness of food and ingredients by checking for quality, keeping track of old and new items and rotating stock.
- Executed daily production list and goals.
- Helped with preparation, set-up, and service for catering events.
- Performed other tasks as assigned by the sous chef or chef.
- Planned menus according to employers needs and diet restrictions.
- Portioned, arranged, and garnished food, and served food to waiters or patrons.
- Stocked, organized, and cleaned kitchens and cooking utensils.
- Stored food in designated containers and storage areas to prevent spoilage.
- Trained new employees.
- Weighed and measured ingredients.
- Responsible for the production of planting deserts.
- Collaborated with other personnel to plan and develop recipes and menus.
- Created and explored new cuisines.
- Directed the operation and organization of kitchens and all food-related activities, including the presentation and serving of food.
- Ensured consistent high quality of plate presentation.
- Oversaw kitchen employee operations to ensure production levels and service standards were maintained.
- Served meals and snacks to employing families and their guests.

## Professional Experience

### **Sabor Latino** San Juan, PR

#### **Chef**

01/2013 – 3/2013

Cook lunch and dinner, preparation- meats, rice, beans, and vegetables; Open & close; Sanitation; catch, slaughter, clean and prep cows and goats for restaurant use.

### **Four Seasons Restaurant and Hotel**

Rocky Mount, NC

#### **Chef**

05/2012 - 08/2012

Line cook; Lunch and dinner buffet preparation- meats, vegetables, starches, breads, deserts, soups, sauces/gravies; Banquet cook; Open & close; Sanitation; Salad bar prep; Record waste; Inventory.

### **Lees Restaurant, Bar, & Liquor Store**

Greenbelt, MD

#### **Chef**

01/2011 - 04/2012

Create Menus; Restaurant and bar food service; Developing cater service; Self employed, Restaurant owners and I shared profits.

### **Da Boat Ryde** Rocky Mount, NC

#### **Food Vendor**

11/2009 - 04/2010

Provide food service for a night club; Create and maintain menu items; Self employed full operational responsibility.

### **Bistro 1410** Miami Beach, FL

#### **Executive American Chef**

11/2009 - 01/2010

Manage and maintain all food items; Sanitation; Line assistance; Prep of meats and vegetables to be used on the line.

### **Spirit Entertainment Cruises** New York, NY

#### **Hot Cook/ Chef**

06/2008 - 09/2008

Prep and cook all menu items as a culinary master; Desert plating; Carver station; Sanitation.

### **Carleton House Restaurant** Rocky Mount, NC

#### **Cook**

03/1997 - 08/1999

Breakfast cook, omelet and waffle station; Lunch and dinner buffet preparation- meats, vegetables, starches, breads, deserts, soups, sauces/gravies; Banquet cook; Open & close; Sanitation; Salad bar prep; Record waste

## Education

LE CORDON BLEU

2006

Brown College, Mendota Heights, MN

Introduction to french culinary arts, vegetable cut and culinary terminology; Nutrition; Butchery.

VOCATIONAL EDUCATION: CULINARY ARTS

1995

Adult and Continuing Education-Bergen County Technical School Teterboro, NJ  
101 in culinary arts; Servsafe certification; Introduction to food service industry.