



Maria Garcia

Sous Chef / Chef de Cuisine

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linkedin.com/in/mariagarcia-chef

Nationality: American **Date of Birth:** 1990-08-21 **Place of Birth:** San Juan, Puerto Rico

Driving License: Class E — Florida

EXPERIENCE

Sous Chef

Mar 2019 – Present

Marisol — Modern Latin American · Miami, FL · United States

Second in the kitchen at a 180-seat restaurant doing 600–900 covers on weekends.

- Run the pass on most service nights; expedite, plate, and hold the line to spec.
- Manage ordering, receiving, and inventory; own food-cost tracking and supplier relationships.
- Built the prep system and station maps; cut food cost ~5.5 points and ticket times by a third.
- Hired, scheduled, and trained a **14-person brigade**; led ServSafe and allergen training.
- Co-develop seasonal menu changes and the brunch program with the executive chef.

Chef de Partie (Saucier, then Grill)

Jun 2015 – Feb 2019

Costa Brava — Mediterranean · Miami Beach, FL · United States

Senior line cook at a 120-seat coastal-Mediterranean restaurant.

- Ran sauté and grill stations through high-volume service; trained incoming line cooks on both.
- Owned daily mise en place, station ordering, and waste logs; consistently passed health inspections with no critical violations.
- Contributed three dishes that became menu mainstays; helped run a weekly chef's-table tasting.

Line Cook → Lead Line Cook

Jan 2011 – May 2015

Palmetto Grill & Catering · Orlando, FL · United States

Started on garde manger at a busy bistro and catering operation; promoted to lead line cook. Worked every station, ran prep for catering volumes up to 400 guests, and trained new hires.

EDUCATION

Associate of Science, Culinary Arts

Aug 2009 – Dec 2010

Le Cordon Bleu College of Culinary Arts — Miami · Miami, FL · United States

Classical technique, garde manger, baking & pastry foundations, kitchen management, and a 240-hour externship at a hotel banquet kitchen. Graduated with honors.

Coursework — Hospitality & Business

Aug 2008 – May 2009

Valencia College · Orlando, FL · United States

Took hospitality, accounting, and Spanish coursework before transferring to culinary school.

AWARDS

Best New Brunch — Reader's Choice Miami Dining Awards	2022 – 2022
Rising Chef Showcase — Featured Cook South Beach Food Festival	2018 – 2018
Outstanding Culinary Graduate Le Cordon Bleu — Miami	2010 – 2010

WEBSITES & SOCIAL LINKS

LinkedIn: <https://linkedin.com/in/mariagarcia-chef>

Instagram (cooking): <https://instagram.com/chefmariagarcia>

LANGUAGES

Spanish — Native **English** — Full Professional **Portuguese** — Limited Working
French — Elementary

REFERENCES

Chef Daniel Ferreira

Marisol — Executive Chef / Owner
+1 (305) 555-0184 ·
dferreira@marisolmiami.example.com

Chef Anaïs Roux

Costa Brava — Executive Chef
+1 (305) 555-0131 · aroux@costabrava.example.com

Wendy Albright

Palmetto Grill & Catering — General Manager
+1 (407) 555-0159 ·
walbright@palmettogrill.example.com

HOBBIES & INTERESTS

Sunday markets and home pickling projects, salsa dancing, building a small backyard herb garden, and a long-running quest to recreate my grandmother's arroz con gandules exactly right.

SKILLS

Line Management & Expediting · Expert

Menu Development & Plating · Expert

Food Cost Control & Inventory · Expert

Sauté, Grill & Garde Manger Stations · Expert

Ordering, Receiving & Vendor Relations · Experienced

Kitchen Scheduling & Brigade Training · Experienced

Food Safety & HACCP / ServSafe · Experienced

Banquet & Catering Production · Experienced

PROFESSIONAL SUMMARY

Sous chef with 13 years in high-volume and fine-dining kitchens, from line cook to running the pass. Strong on station organization, menu and costing work, ordering and inventory, and training a brigade that holds standards under pressure. Cuisine background spans modern Latin American, Mediterranean, and Caribbean. Calm on a busy Saturday night, relentless about food safety, and proud of a kitchen that runs clean.

TECHNICAL PROFICIENCIES

Cuisines: Modern Latin American, Caribbean & Puerto Rican, Mediterranean, Spanish, contemporary American, brunch & banquet

Kitchen & Operations: Station/line design, prep & par sheets, food-cost tracking, recipe costing, inventory & ordering, FIFO, waste logs, scheduling

Techniques: Butchery & fabrication, stocks & mother sauces, sous-vide, fermentation & pickling, à la minute service, plating & garnish

Systems & Compliance: Toast & Aloha POS, MarketMan/inventory software, HACCP plans, ServSafe Manager, allergen protocols, county health code

PROFESSIONAL TRAINING

ServSafe Manager Recertification National Restaurant Association	Jan 2024 – Jan 2024
Kitchen Financials: Costing & P&L for Chefs Culinary Institute of America — ProChef (online)	Sep 2021 – Nov 2021

LICENSES & CERTIFICATIONS

ServSafe Food Protection Manager National Restaurant Association	Jan 2024 – Jan 2029
Certified Sous Chef (CSC) American Culinary Federation	Oct 2019 – Oct 2024
HACCP Manager Certification International HACCP Alliance	Jun 2020 – Present
Allergen Awareness Training ServSafe	Jan 2024 – Jan 2027

EXTRACURRICULAR ACTIVITIES

Guest Instructor Miami Culinary Institute (MDC) · Miami, FL	Jan 2022 – Present
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Teach a few hands-on sessions a semester on Latin American technique and station management for culinary students, and sit on capstone tasting panels.

Festival Cook

Feb 2018 – Present

South Beach Wine & Food Festival · Miami Beach, FL

Cook the restaurant's station at the festival's grand tasting most years — menu planning, prep logistics, and high-volume plating for 5,000+ guests.

VOLUNTEERING

Volunteer Cook & Kitchen Lead

May 2017 – Present

Feeding South Florida · Miami, FL

Run the kitchen line for monthly community meals — batch cooking, plating, and walking volunteer cooks through safe food handling. Help plan menus around donated produce.

AFFILIATIONS

Member

2016 – Present

American Culinary Federation — Miami Chapter

Member

2021 – Present

Les Dames d'Escoffier International — South Florida (Associate)

POWER STATEMENT

Rebuilt the line and prep workflow at a 180-seat restaurant — restationed the kitchen, rewrote prep lists, and tightened ordering — cutting **food cost from 34% to 28.5%** and average ticket time on a full book from 22 to 14 minutes, while the menu kept its three-star local review.

ACCOMPLISHMENTS

- Cut food cost from 34% to 28.5% and ticket times by a third through a full line and prep rebuild.
- Helped launch a brunch program that won a local "Best New Brunch" reader's award.
- Built and trained a 14-person brigade with consistently clean health inspections.
- Guest instructor at the Miami Culinary Institute; cooks the South Beach festival grand tasting most years.