



ZLYFE ANGELO F. KAPANGYARIHAN

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SUMMARY

I am an experienced cook with over five years in the hospitality industry. I am wholeheartedly committed to showcasing my culinary skills and reaching my full potential in cooking. I am actively seeking an opportunity to contribute to a company that will significantly enhance my culinary knowledge.

WORK EXPERIENCE

Cook H2B, Frenchman's Reserve, Palm Beach Gardens, Florida USA

Nov 2023 - Mar 2024

- Responsible for prepping at banquets:
 - cut and portion the vegetables
 - trim, portion, and grill the beef
 - clean, debone, sear, and roast the chicken
 - clean, debone or break, portion, and roast the turkey
 - clean, fillet, debone, and grill the fish
- Assigned at buffets in weddings and events doing platings or serving at different stations.
- Making Stocks and sauces.

Cook H2B, St. Joe Hospitality, Panama City Beach, Florida USA

May 2023 - Oct 2023

- Responsible for prepping at banquets:
 - cut and portion the vegetables
 - clean, debone, sear, and roast the chicken
 - clean, fillet, debone, and sear the fish
- Assigned at plating for buffets in weddings and events.
- Assigned at Scratch (Breakfast restaurant) making fresh biscuits, chicken sandwiches, etc.
- Assigned at Beach Club restaurant for lunch.
- Assigned at FOOW for Pastry, making bread, muffins, biscuits, cookies, and cakes.

Cook H2B, Broken Sound Club, Boca Raton, Florida USA

Nov 2022 - May 2023

- Responsible for prepping at banquets:
 - cut and portion the vegetables
 - trim and portion the beef
 - clean, debone, sear, and roast the chicken
 - clean, debone or break, portion, and roast the turkey
 - clean, fillet, debone, and sear the fish
- Plating for weddings and other events.
- Making ala carte orders for breakfast and dinner.

Achievement at Broken Sound Club (Broken Sound Heroes)

- Became a broken sound hero because of being helpful to a club member.

Cook H2B, St. Joe Hospitality, Panama City Beach, Florida USA

Aug 2022 - Oct 2022

- Responsible for prepping at banquets:
 - cut and portion the vegetables
 - clean, debone, sear, and roast the chicken
 - clean, fillet, debone, and sear the fish
- Assigned at plating for buffets in weddings and events.
- Assigned at Scratch (Breakfast restaurant) making fresh biscuits, chicken sandwiches, egg, and fried donuts.
- Assigned to Beach Club restaurant for lunch.
- Assigned at FOOW restaurant for breakfast and dinner.
- Doing housekeeping for part-time.

Cook J1, St. Joe Hospitality, Panama City Beach, Florida USA

Dec 2020 - Dec 2021

- Responsible for prepping at banquets:
 - cut and portion the vegetables
 - clean, debone, sear, and roast the chicken
 - clean, fillet, debone, and sear the fish
- Assigned at plating for buffets in weddings and events.
- Assigned at Scratch (Breakfast restaurant) making fresh biscuits, chicken sandwiches, etc.
- Line cook at Beach Club restaurant for lunch.
- Assigned at FOOW restaurant for breakfast and dinner.

Cook, Cafe Tribu, Pasig City, Philippines

Sept 2018 - Aug 2019

- Restocking the products
- In charge of preparing sauces for the ala carte menu
- Making sauce for the pastas
- Preparing Filipino Breakfast food
- Ensures that the food is served properly

Cook, Hwaroro - Seoulia Korean Restaurant

Jun 2018 - Sept 2018

- Restocking kitchen items
- Marinating raw meats (beef, pork, chicken)
- Incharge of mise en place and cooking side dishes
- Ensures the quality of meat through safe keeping

EDUCATION

Bachelor of Science in Hotel and Restaurant Management Major in Culinary Arts, La Consolacion College Manila **2014 - 2018**

Bachelor of Science in Hotel and Restaurant Management, STI College **2013 - 2014**

High School Graduate, Dr. Carlos S. Lanting College **2008 - 2012**

Grade School Graduate, Lucas R. Pascual Elementary School **2002 - 2008**

ADDITIONAL INFORMATION

- **Languages:** English, Filipino
- **Trainings and Certifications:**
 - Food Handler Training Program (Florida Restaurant and Lodging Association)
 - Covid-19 Sanitation and Safety Training (Florida Restaurant and Lodging Association)
 - Culinary Internship/Training at WaterColor Inn & Resort, Santa Rosa Beach, Florida USA

REFERENCE

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