# Joseph R Thomas

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##### Vancouver, BC

##### V6G 1W4

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## SUMMARY OF QUALIFICATIONS

***Accomplished Red Seal Chef & Baker*** with extensive experience in Italian, Mediterranean and West Coast cuisine, new world wines, preparation, time management, staff relations, banquet functions, menu planning, costing, menu evaluation, union environment and computer software programs such as Microsoft Word, Excel, Optimum Control and Power Point. Culinary professional with demonstrated ability to prepare top quality cuisine in high volume, high turnover establishments.

### EDUCATIONAL HISTORY

September 96- December 96

**Niagara College of Applied Arts and Technology (Ontario)**

- Cook Apprenticeship Training (Advanced)

- Received Certificate (GPA 3.04)

#### September 92 – April 95

**Niagara College of Applied Arts and Technology (Ontario)**

- Hotel and Restaurant Administration (3 Year Co-op Program)

- Received Associate Bachelor Degree (Cumulative GPA 3.0)

### EMPLOYMENT HISTORY

Aug 12-

**First Cook**

*UBC Food Services* Vancouver, BC

Responsibilities include sauces, proteins, prep, a la minute cooking for high-end banquets, faculty and students while supervising cooks at their stations

Apr 12 – July 12

**Executive Chef**

###### *Dundarave Fish Market West Vancouver, BC*

Responsibilities included all ordering, scheduling, menu planning, costing, prep and cooking for a la carte service using fresh local seafood

Mar 11 – Mar 12

**Executive Chef**

###### *Pacifico Ristorante Vancouver, BC*

Responsibilities included all aspects of Italian cooking and desserts, scheduling, menu planning, costing, prep and cooking for a la carte service

*March 08 – March 11*

###### Executive Chef

#### Tapestry @ The O’Keefe – Arbutus Walk Vancouver, BC

Responsibilities included all aspects of managing a kitchen and staff, budgeting, menu planning and development for a 5 star food & beverage operation while responsible for a $1.3 M budget per year.

*February 07 – March 08*

###### Executive Chef

#### Amica @ Rideau Manor Burnaby, BC

Responsibilities included all aspects of cooking and baking, managing staff, scheduling, inventory and interaction with the clients, while maintaining operation under a strict budget

### EMPLOYMENT HISTORY (continued)

June 05 – February 07

**Film Chef**

###### *The New Reel Appetites Burnaby, BC*

Responsibilities included running the day-to-day operations of the catering truck, cooking for film cast and crews and food styling.

January 05 – June 05

**Sous Chef**

###### *Adesso Bistro Vancouver, BC*

Responsibilities included all aspects of Italian cooking, costing, prep and cooking for a la carte service

2003 – 2005 **Sous Chef** Diamond University Center @ SFU Burnaby, BC

1999 – 2003 **Chef Saucier** McMaster University Hamilton, ON

#### 1997 – 1999 **Sous Chef** Asti's Ristorante Burlington, ON

#### 1994 – 1997 **Chef de Cuisine** Macroni’s Italian Restaurant Hamilton, ON

#### 1994 **1st Cook** The Explorer Hotel Yellowknife, NWT

#### 1991 – 1994 **2nd Cook**  The Ramada Plaza Hotel Hamilton, ON

1990-1991 **Line Cook** *Beasley House Bistro* Hamilton, ON

### CERTIFICATES

Certificate of Apprenticeship: *Cook*

Certificate of Qualification: *Cook* (Red Seal #F0500116)

Certificate of Qualification: *Jr. Baker*

Associate Bachelor Degree: *Hotel & Restaurant Administration*

National Food Safety & Sanitation Certificate

Food Safe I & II

Level A First Aid

### ACCOMPLISHMENTS

1994 – Cooked for the Royal Family on their 1994 Commonwealth tour

1995 – Hamilton Apprenticeship Board Black Box Competition: *3rd Place*

1996 – Hamilton Apprenticeship Board Black Box Competition: *1st Place*

1996 – Hamilton Cancer Society Soup Competition: *1st Place*

1997 – Best Fine Dining Italian, Golden Horseshoe: *1st Place*

1998 – Best Fine Dining Italian, Golden Horseshoe: *1st Place*

2003 – Taste of Hamilton Black Box Competition: *2nd Place*

2003 – CCFUSA Gold Medal: Appetizer, Entrée & Display

2005 – Best Casual Italian, Vancouver Magazine; *3rd Place*

2008 – Leisure Care F&B Department Award: *1st Place*

2008 – BCSLA Conference Presenter

2009 – Leisure Care F&B Department Award: *1st Place*

2010 – Published in the Ocean Wise Cookbook

2012 – Published in Vancouver View Magazine

### REFERENCES

Available upon request