

# Long Dang

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I am a hardworking, fast-learning, and energetic individual looking to take my kitchen skills to the next level. With my culinary training and passion for cooking coupled with my enthusiasm to grow and contribute, I believe I can add both value and positivity to your kitchens.

## EDUCATION

**CulinaryLab Cooking School** (Tustin, CA)

*April 2018 – September 2018*

Completed programs include:

- Culinary Basics: *Safety, Sanitation, & Conversions*
- Soups, Stocks & Sauces: *Reduction, Emulsion & Purée*
- Knife Skills & Vegetable Cookery: *Blanching, Sautéing & Caramelizing*
- Plant-Based Cooking: *Fresh Pasta, Cooking Tubers, Legumes & Grains*
- Dry Heat Methods: *Sautéing, Pan & Deep Frying, Grilling & Roasting*
- Moist Heat Methods: *Braising, Poaching & Sous Vide*
- Seafood: *Flatfish, Roundfish, & Shellfish Fabrication & Cookery*
- Advanced Plating: *Plate Composition & Design*
- Hors d'Oeuvres & Buffet Design: *Event Planning, Menu Design & Costing*
- Garde Manger: *Curing & Smoking, Charcuterie & Cheese Making*
- International Cuisine: *Filipino, Italian & Indian Techniques*

**Nguyen Thi Dieu High School** (Ho Chi Minh City, Vietnam)

*graduated 2012*

## PROFESSIONAL EXPERIENCE

**CulinaryLab Cooking School**

*April 2018 – June 2018*

*Student Worker*

- Assisted with CulinaryLab private events and classes
- Helped with prep, cooking, and food management

**O'Reilly Auto Parts** (Anaheim, CA)

*November 2015 – August 2017*

*Delivery Specialist*

- Delivered fast and professional customer service
- Oversaw retail transactions, stock checks, and weekend store closure duties

**Terranea Resort** (Los Angeles, CA)

*October 2018 – September 2022*

*Experience Fine-Dining restaurant, Banquet, fast-paced restaurant, sushi restaurant, Asian cuisine restaurant*

*Cook I/Lead Cook at Nelson's Restaurant.*

**Kensho Vegan Sushi** (Westminster, CA)

March 2019 – April 2020

**Lido House Autograph Collection** (Newport Beach, CA)

*October 2022 – April 2023*

*Experience High-End, Fine-Dining restaurant, banquet, fast-paced restaurant.*

*Cook I/Lead Cook at Mayor's Table Restaurant*

**Nep's Cafe/Gem Dining** (Fountain Valley, CA)

May 2023 – Present

Experience fast-paced, Asian-American fusion cuisine, high volume restaurant

## **SKILLS:**

Experienced in quality cooking, can collaborate and communicate well with teammates and chef, attention to all details, good at problems-solving, willingness to learn, be able to multitask efficiently, work well under pressure and be able to provide good leadership skills if needed.

Fluent in Vietnamese and English.