**RESUME**



**BAL**

[Bal.36438@2freemail.com](mailto:Bal.36438@2freemail.com)

**PERSONAL INFORMATION**



|  |  |  |
| --- | --- | --- |
| Name | : | Bal |
| Date of Birth | : | 9th Nov 1987 |
| Gender |  | : Male |
| Naonality | : | Nepali |

**OBJECTIVE**



I have been working for last 6 years in Gulf country. now I want to excel in this field with hard work, perseverance and dedicaon, can speak English / Arabic fluently ...

**PERSONAL SUMMARY**



A highly movated and capable professional cook with a real passion for preparing popular, healthy and nutrious meals. Having a ‘hands on’ approach to all areas of the kitchen and possessing excellent organizaonal skills and administrave skills. A quick learner who can eﬀortlessly fit into a exisng established environment, and also encourage junior staﬀ to achieve their best when preparing meals.

Looking for a immediate start and to join a busy and successful team where I can fulfill my potenal and further advance an already successful career.

**QUALIFICATIONS**



* Completed the school leaving cerficate (S.L.C) HMG board of Nepal
* Completed 10+2 (cerficate level) from HSEB Nepal

**CAREER HISTORY IN INDIA**



* Worked as a CHINESE COOK in Ayush Cuisine Chinese Treat, Mumbai India (2003- 2004)
* Worked as a CHINESE COOK in 3-STAR Hotel & restaurant, Mumbai India (2004 - 2006)
* Worked as a CHINESE COOK in Royal Chinese Hotel, Mumbai India (2006 – 2008)
* Worked as a CHINESE COOK in Krishna Sagar Restaurant & BAR Mumbai India (2008 - 2009)

-Working in a busy and popular restaurant and rounely having to cook for up to 100 diners every night. Responsible as part of a team for cooking tasty, delicious and healthy meals for all diners

**Dues:**

* Cooking and preparing a variety of fresh nutrious midday meals and other refreshments.
* Supervising food service assistants and kitchen staﬀ, organising their daily dues and monitoring performance.
* Ensuring that appropriate levels of hygiene and cleanliness are maintained in the kitchen.
* Washing, cung and preparing food before it is cooked.
* Taking into account the wishes of clients when planning of menus.
* Making sure good nutrional standards are maintained when preparing meals.
* Making sure that all food at point of delivery is of the highest quality.
* Enquiring is any clients have allergies and then cooking meals accordingly.
* Responsible for high standards of food, hygiene, and health and safety.
* Keeping an eye on the temperature of cookers and roasters.
* Assisng the catering manager to price up menus.
* Deciding what quanes are to be cooked and the amount of porons to be served.
* Constantly checking the quality of the food being served to customers.
* Checking staﬀ to make sure they are wearing appropriate clothing whilst in the kitchen.
* Contacng suppliers and ordering vegetables, meats, kitchen and cleaning equipment.
* Controlling stock rotaon to ensure the kitchen and larder are always well stocked.
* Preparing hamburgers, fresh food, fried chickens etc.

**CAREER HISTORY IN KUWAIT**



* Worked as a "CASHIER" in Taj Hotel Farwaniya KUWAIT (2009 - 2015)



**PERSONAL EXPERIENCE**



**Cooking competencies:**

* Experience of looking a er babies right through to young teenagers.
* Full knowledge of the Statutory Regulaons contained in the Health & Safety at Work Act.
* Comprehensive understanding of Food Hygiene Regulaons.
* Experience of high volume catering in a busy work place.
* Detailed knowledge of seasoning and recipes.
* Fully conversant with various cooking methods like boiling, baking, roasng and steaming.

**PERSONAL**



* Maintaining personal and professional development to meet the changing demands of the job.
* Able to work as part of a team.
* Relaxed personality with excellent communicaon skills.
* Eager to learn new recipes and cooking techniques.

**KEY COMPTENCES AND SKILLS**



Cleanliness

Food preparaon

* enon to detail Target driven Punctual

**REQUIREMENTS**



I am flexible to work in with all ming including Evening, Morning & Night

**LANGUAGES**



✓ English

✓ Arabic

✓ Hindi

✓ Nepali

Fluent Speak, Read & Write

Fluent Speak, - -

Fluent Speak, Rea & Write

Fluent Speak, Read & Write

I hereby cerfy that the above statement is true and correct to the best of my knowledge and belief

**Cerfied Food Handler by the State of Maharashtra (Mumbai)**

Date :

Place: DUBAI

Your Sincerely

(BAL)