**MANUR**

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**PROFESSIONAL SUMMARY** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­\_\_\_

Motivated Demi chef de partie offering over 4 years of experience in the food industry. Focused on high standards for taste and quality, while maintaining profitable margins. Superior communication and leadership skills.

**SKILLS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| * Strong attention to safe food. * Preparation and cooking of food handling procedures * Steaming, Grilling ,Poaching, Braising, Barbecue cooking technique | * Hospitality and service industry background * Institutional and batch cooking * Excellent ability to communicate effectively * Fast learner |

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**WORK HISTORY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

01/2015 to 03/2017 **Demi chef de partie**

**Ratomato organics and bbq bistro** - Lazimpat, Nepal

* Prepared food items consistently and in compliance with recipes, portioning, cooking and waste control guidelines.
* Managed kitchen staff by orienting, training, assigning, scheduling, supervising, evaluating and enforcing discipline when necessary.
* Verified proper portion sizes and consistently attained high food quality standards.
* Instructed new staff in proper food preparation, food storage, use of kitchen equipment and utensils, sanitation and safety issues.
* Ensured all staff understood expectations and parameters of kitchen goals and daily kitchen work.

12/2012 to 11/2014 **Commis chef**

**Royal Singi Hotel** - Kathmandu, Nepal

* Promptly reported any maintenance and repair issues to Sous Chef.
* Accurately and efficiently prepared healthy, delicious fish, meat and vegetable-based dishes
* Verified freshness of products upon delivery.
* Practiced safe food handling procedures at all times.

**EDUCATION** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_

2012 Higher Diploma in Hotel Management: Hotel Management

International school of Tourism and Hotel Management

Kathmandu, Nepal

* Coursework in Hospitality Management
* Basic Vocational Certificate First Cook
* Went for internship in Gorkarna Forest Resort,Nepal And Maxims Genting highland,Malaysia for the duration of ten months

2009 High school Diploma: Commerce

Times international higher secondary school

Kathmandu, Nepal

**CERTIFICATIONS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* International school basketball tournament (Participation)
  + Certification of merit, Nepal (1st and 3rd position)
  + Edu-com, Nepal
  + Central wushu guan, Nepal
  + Standard Tourism and Hotel Training center Pvt.Ltd (Continental cuisine)
  + Shangrila Training Center (sushi)