

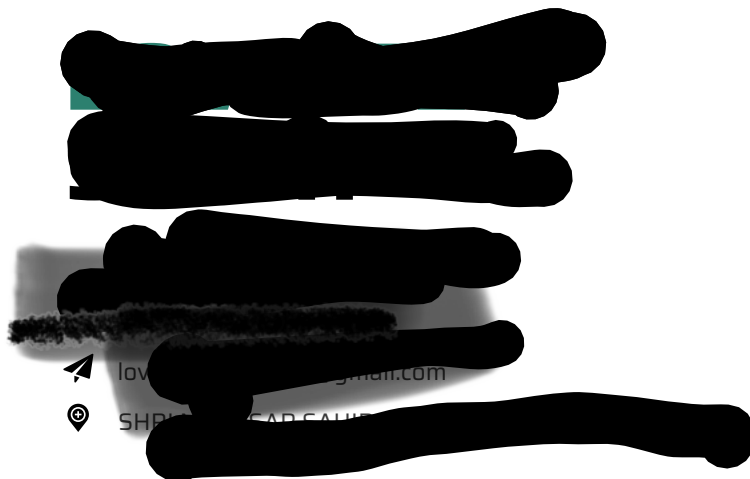


SUMMARY

Hardworking Kitchen Assistant highly skilled in kitchen inventory management and station organisation to foster efficiency. Strong background adhering to best food safety practices in fast-paced restaurant. Effective communicator with keen attention to detail. Helpful Kitchen Assistant committed to maintaining excellent food and hygiene standards. Adapts to varied preparation and cleaning demands for smooth-running service. Confident team player helping to support positive, productive working environments. Productive employee with proven track record of successful project management and producing quality outcomes through leadership and team motivation. Works with clients to determine requirements and provide excellent service.

SKILLS

- Good listener
- Dish cleaning
- Kitchen station cleanliness
- Cleaning techniques
- Cooking basics
- Food Hygiene
- Table clearing
- Food safety
- Hygiene standards
- High energy levels
- Safe food storage
- Basic cooking techniques
- Dishwashing techniques
- Kitchen sanitisation
- Cleanliness standards
- Packaging



EXPERIENCE

02/2023 - 12/2024

KITCHEN HELPER/CLEANER

Global platter Resort | Jalandhar, punjab, India

- Washed and peeled produce and prepared ingredients and equipment to support kitchen workflow.
- Maintained cleanliness and organisation of kitchen stations and storage areas.
- Prepared vegetables before service times, washing, peeling and chopping varieties used in dishes.
- Kept chef workspaces stocked with supplies during busy periods.
- Removed waste and inadequate food items regularly to keep work spaces neat and clean.
- Reported kitchen equipment faults for quick repair.
- Thoroughly and carefully polished glasses, cutlery and dishes before placing into correct storage areas.
- Operated kitchen equipment safely, including mixers, blenders, and ovens, contributing to a safe working environment.
- Neatly placed and arranged kitchen utensils, dishes and equipment into designated places after cleaning or use.
- Handled cleaning chemicals in line with safe use guidance.
- Used kitchen equipment according to manufacturer's instructions and company safety protocols.
- Prepared for busy periods by organising ingredients and restocking supplies in line with expected demand.
- Stored food according to safety procedures, protecting from spoilage and preventing waste.
- Managed inventory of kitchen supplies, ordering stock when necessary to prevent shortages during peak times.
- Assisted in the unloading of ingredient and supply deliveries into storage cupboards.
- Monitored temperatures of refrigerators and freezers to comply with food safety guidelines and prevent spoilage.
- Operated dishwashers and pressure washers to deep clean cutlery, plates and dishes after use.
- Mopped and swept kitchen areas and storage rooms according to established cleaning schedule.
- Conducted regular checks for expired or nearly expired ingredients, ensuring freshness and quality of meals served.
- Supported dishwashing efforts during high-volume periods, ensuring timely availability of clean dishes and cutlery.

LANGUAGES

ADDITIONAL
INFORMATION

Date of birth/24 nov 2000
Height/169cm
Passport [REDACTED]
[REDACTED]
Gender/Male
Weight/75kg
Married Status/unmarried
MotherName/[REDACTED]
Father Name/[REDACTED]
Religion/SIKH

English:

C1

Advanced

Punjabi:

C2

Proficient

Hindi:

C1

Advanced

EDUCATION

10/2022 - 09/2024
RANA COOKING SCHOOL | JALANDHAR,PUNJAB,INDIA
Diploma of Higher Education: HOSPITALITY MANAGEMENT

02/2019 - 03/2022
GURU NANAK COLLAGE | SRI MUKTSAR SAHIB ,PUNJAB ,INDIA
Bachelor of Arts

05/2017 - 06/2018
PUNJAB SCHOOL EDUCATION BOARD |
GULABEWALA,MUKTSAR,PUNJAB,INDIA
HIGH SCHOOL GRADUATE

03/2016 - 04/2017
PUNJAB SCHOOL EDUCATION BORAD | ATTARI ,MUKTSAR,PUNJAB,INDIA
10th